

# The Best Summer Salad Recipes

Summer, when the weather is hot and cooking dinner feels like a lot of work, is a great time for salads. But after a while, it's easy to run out of salad ideas. If you're stuck and can't think beyond salad greens and traditional toppings, consider giving some of these great salads a shot.

- **Salads that Incorporate Berries:** Toss strawberries and blueberries with bananas in poppy seed dressing or liven up your coleslaw with some raspberries. Strawberries and blueberries go well with many different summer fruits, so consider combinations that include nectarine, peaches, or tangerines. Berries also go great with chicken, avocado, and cheeses. Great summer herbs like mint and basil are also great additions to salads with fruit.
- **Salads with Unique Vegetables:** Why not try mixing beets in with your greens, berries, and feta? Radishes make potato salad more interesting, and grilled corn mixed with colorful vegetables, feta cheese, mayo, and spices make a salad reminiscent of Mexican street corn. Make coleslaw more interesting by using broccoli instead of cabbage, make the most of summer cucumbers by tossing them with creamy dressing, or make a celery salad with apples, Parmesan, and vinaigrette.
- **Salads that Utilize Melon:** Watermelon and cantaloupe combined with spinach, cucumbers, green onions, and vinaigrette make the perfect sweet and savory dish. Watermelon goes great with feta, cucumber, and basil, or tossed with blue cheese, red onions, spinach, and macadamia nuts or almonds. Cantaloupe is refreshing with blueberries and citrus.
- **Salads with Pasta and Grains:** Pasta salad is great, and quinoa salad can be even better. Toss your favorite grains with flavorful ingredients like grilled chicken

feta, pineapple, fresh spinach, vinaigrette, or tomatoes fresh from the garden. Be creative, using orzo, macaroni, or even granola to make your favorite ingredients into a fun salad.

- **Green Salads:** While green salads can get a little monotonous, thinking outside the lettuce and tomato box can get interesting. Choose darker greens like arugula or spinach, combine them with both sweet and savory ingredients, throw in some sunflower seeds or nuts, and toss it all with a light dressing like poppy seed or vinaigrette.

When you're ready to make the perfect summer salad, start with the delicious produce at Net Cost Market. For over 20 years, Net Cost Market has been committed to helping our customers save time and money while offering them the world of food all in once place. We're a local supermarket with a global reach, providing a selection of everyday food products as well as a variety of culinary delights from around the world. It's our goal to provide authentic, high-quality food products from local farmers as well as suppliers from around the world. When you [shop with Net Cost Market](#), you'll find a comfortable and gratifying shopping experience that even includes online shopping and home delivery.

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## Quick and Easy Summer Recipes!

During the Summer months, we often find ourselves naturally eating meals that are much lighter than those we eat in winter. This is often because eating heavy food when the weather's warm makes us feel overly bloated, and because many

of these lighter ingredients – [greens, fresh fruits and vegetables](#), for example – have high water contents and are therefore much more refreshing. If only we craved these fresh ingredients all year round! Here at NetCost Market, we've got three easy, quick, and light summer recipes to keep you feeling refreshed during the summer heat!

## Cucumber salad with ginger pork

This quick and easy summer salad is packed full of protein yet is light and refreshing. Cucumber, mint, and cilantro all give it that summer feel, and the ginger means it has a little summer zing!



### Recipe

#### *Ingredients:*

1 cup cooked brown rice (white rice is also fine), 1 tbsp. vegetable oil, 1lb. ground pork, 2 cloves garlic – chopped, 1 small red chili – chopped, 2  $\frac{1}{2}$  tbsp. grated fresh ginger, 2 tbsp. soy sauce, 4 tbsp. fresh lime juice, 1 tsp. brown sugar, 1 English cucumber – thinly sliced, 2 scallions – thinly sliced, 1 cup fresh cilantro,  $\frac{1}{2}$  cup fresh mint.

#### *To make:*

- Put a skillet on medium heat. Add the vegetable oil and the pork. Cook until the meat is browned.
- Toss with garlic, red chili, and 2 tbsp. of the grated ginger. Remove from the heat and then toss with 2 tbsp. lime juice and 1 tbsp. soy sauce.
- In a separate bowl, whisk together 2 tbsp. lime juice, 1 tbsp. soy sauce,  $\frac{1}{2}$  tbsp. grated ginger, and the brown sugar. Toss together with the cucumber and scallions, and then fold in the cilantro and mint. Serve salad with

the pork over the rice.

## Summer spaghetti with pesto

Italy is known for its long summers, and it's also known for having some of the best food in the world. This recipe combines the two, making a brilliantly light summer version of a classic Italian pasta dish!



## Recipe

### *Ingredients:*

1 lb. spaghetti – uncooked, 2 ears of corn – shucked, 1 medium yellow squash – cut into  $\frac{1}{2}$ -inch thick slices, 1 medium zucchini – cut into  $\frac{1}{2}$ -inch thick slices, 1 small bell pepper – deseeded and cut into sixths, 4 green onions – sliced, 2 tbsp. olive oil, 1 lemon,  $\frac{1}{2}$  cup pesto, 1 pt. cherry tomatoes – halved,  $\frac{1}{4}$  cup fresh parsley – chopped.

### ***To make:***

- Get a grill going on medium heat. Meanwhile, cook the spaghetti according to the label and then drain and let cool.
- In a large mixing bowl, toss the corn, squash, zucchini, bell pepper, and onions with the oil and  $\frac{1}{2}$  tsp. of salt and pepper until totally coated.
- Grill the corn until it starts to char. Then grill the squash, zucchini, and bell pepper until grill marks appear.
- Grill the onions until they are slightly charred.
- In a large bowl, grate  $\frac{1}{2}$  tbsp. zest from the lemon and then squeeze in 2 tbsp. juice. Whisk this together with the pesto and  $\frac{1}{2}$  tbsp salt and pepper.
- Cut off the kernels of the corn and then roughly chop the squash, zucchini, pepper, and onion. Add them to the bowl of pesto and then add the pesto and tomatoes.
- Mix together before adding the spaghetti and tossing all until fully mixed!

## **Classic lentil and chickpea salad with halloumi**

If you haven't had halloumi, well you're certainly missing out! This goat and sheep's-milk cheese is designed for grilling, and it makes a great topper to salads or meat alternative in burgers! This salad is a classic in the Mediterranean and Middle-East.



## Recipe

### ***Ingredients:***

Salad: 2 tbsp. olive oil, 1 red onion – halved and sliced, 10 cherry tomatoes, 2 tsp. harissa paste, 10 ounces of cooked beluga lentils, juice of half a lemon, 10-ounce block of halloumi – cut into  $\frac{1}{4}$ -inch thick slices, 1 can chickpeas – drained and rinsed, a small bunch of mint – roughly chopped, a small bunch of parsley – roughly chopped.

Dressing: 1 tbsp. tahini, 3 tbsp. Greek yogurt, 3 tsp. harissa paste, 1 tsp. runny honey, juice  $\frac{1}{2}$  lemon, a  $\frac{1}{2}$  clove of garlic – crushed.

### ***To make:***

- Get a pan going on medium heat and cook the onion until soft. Next, stir in the tomatoes and cook until they start to break down.

- Stir in the harissa paste, lentils, and lemon juice. Cook for 10 minutes, season with salt and pepper and allow to cool.
- Whisk together ingredients for the dressing with some water – enough to make a nice dressing consistency.
- Fry the halloumi slices until golden brown on both sides. Set to one side.
- Toss the chickpeas and half of the fresh herbs with the lentil mixture.
- On a large platter, add the lentil mixture, and then top with some dressing. Then, add the halloumi and garnish with the remaining fresh herbs!

Summer is all about eating fresh! So, we at [NetCost Market](#) hope that these simple, fresh recipes will give you the inspiration you need to get cooking while the weather is hot!