



FAITH WOMEN'S SALAD SUPPER COOKBOOK 2025



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May 3, 2025



Each spring, the Women's Ministry of Faith Presbyterian Church holds a Salad Supper. This event is an opportunity for women to get to know one another better, invite friends and relatives, have fun, and enjoy many delicious salads! "Favorite Salads" are chosen, and prizes are awarded. This year's event was held at the home of Barbara Lawrence, and we wish to thank her for her special hospitality. Many of the recipes from the event are included in this cookbook.

first place

THAI PEANUT CHICKEN SALAD - from *Averie Cooks*

Emily Elliott Britton



DIRECTIONS

Peanut Salad Dressing

1. To a medium bowl add all ingredients and whisk to combine until smooth and incorporated.
2. Taste, check for seasoning and flavor balance, and make any necessary adjustments (i.e. more honey, more peanut butter, more salt, more sesame oil, etc.). I like my sauce on the thicker side but you can add more vinegar/honey to thin it if desired; set aside.

Chicken

3. To a large skillet, add the olive oil, sesame oil, chicken, evenly season with salt and pepper, and cook over medium-high heat for about 5 to 7 minutes, flipping intermittently so all sides cook evenly. Cooking time will vary based on thickness of chicken breasts and sizes of pieces.
4. Remove skillet from the heat and allow chicken to cool in pan while you assemble the salad.

Salad

5. To a large platter or bowl, add all ingredients plus the chicken and any cooking juices, and evenly drizzle with peanut sauce, to taste.

Notes

You likely won't need all of the peanut sauce. Extra will keep airtight in the fridge for up to 1 week.



INGREDIENTS

Peanut Salad Dressing

- heaping 1/3 cup creamy peanut butter
- 1/4 cup honey
- 1/4 cup sesame oil
- 2 tablespoons apple cider vinegar
- 1 to 2 teaspoons ground ginger, or to taste
- 1 teaspoon salt, or to taste
- 1 teaspoon pepper, or to taste
- 1 clove garlic, finely minced or pressed, optional
- pinch cayenne pepper, optional and to taste

Chicken

- 2 tablespoons olive oil
- 1 tablespoon sesame oil
- 1 to 1.25 pounds boneless skinless chicken breasts, cut into bite-sized pieces and seasoned with salt and pepper

Salad

- 4 cups romaine lettuce or kale, or your favorite greens
- 1 cup sugar snap peas, snow peas may be substituted
- 1 cup diced red bell peppers
- 1 cup red cabbage, sliced into thin ribbons
- 1/2 cup grated carrots
- 1/2 cup peanuts, roughly chopped if desired (I used honey-roasted peanuts)
- 1 green onion, sliced into thin rounds
- 3 to 4 tablespoons cilantro, finely minced



second place

BROWN BUTTER LENTIL SALAD

Christie Nelson



DIRECTIONS

1. Preheat oven to 375F with a rack in the center.
2. Coat vegetables with olive oil and salt and pepper. Spread onto a baking sheet in an even layer and roast until golden and tender, stirring occasionally, about 15- 25 minutes.
3. Add lentils to a medium pot and cover with about 6 cups of water. Salt the water generously and bring to a boil. Turn down the heat to a simmer and cook until lentils are tender, about 15-25 minutes. Drain the lentils and return to the pot. Cover to keep warm.
4. Prepare the vinaigrette: Add sage leaves to a small bowl. Melt butter over medium heat. Cook the butter a few minutes, stirring occasionally and scraping the milk solids off the bottom of the pan as needed until golden brown and toasty. Pour browned butter and toasty bits over the sage. It will foam and crackle. Let sit for 1 minute, then whisk in olive oil, red wine vinegar, and maple syrup. Season with salt and pepper to taste.
5. Add cooked vegetables to pot with lentils. Pour dressing over the top and stir gently to combine. Add parsley and more salt and pepper if desired.
6. Transfer to a serving dish and sprinkle with goat cheese if using. Serve warm.

INGREDIENTS

For the Salad:

- 1lb sweet potatoes, carrots, or butternut squash, peeled and cubed (about 4 cups total)
- 2 Tbsp olive oil
- Kosher salt and black pepper
- 1 c lentils, rinsed
- 1/2 c fresh parsley, chopped
- 1/2 c goat cheese, crumbled (optional)

For the Vinaigrette:

- 1 Tbsp fresh sage leaves, minced
- 4 Tbsp unsalted butter
- 1 Tbsp olive oil
- 2 Tbsp red wine vinegar
- 1 tsp maple syrup
- Kosher salt and black pepper

third place

BROCCOLI SALAD

Julie Kumpf



DIRECTIONS

Mix the ingredients in the dressing and add to the salad ingredients. Toss.

Note: Julie used chopped, toasted pecans rather than the smoked almonds and also did not use pepper in the dressing.



INGREDIENTS

For the dressing:

- 1 c. mayonnaise
- 3 Tbsp. apple cider vinegar
- 3 Tbsp. granulated sugar
- 1 tsp. ground black pepper

For the salad:

- 8 c. small broccoli florets
- 1 c. dried cranberries
- 1 c. shredded sharp cheddar cheese
- 1 c. smoked almonds, chopped
- 6 slices bacon, cooked and crumbled
- $\frac{1}{4}$ c. chopped red onion



honorable mention

STRAWBERRY SHORTCAKE FLUFF SALAD

Kyra Nelson



DIRECTIONS

Cut pound cake or angel food cake in half. Cut any dark edges off loaf cake. Cut into 1 ½-inch cubes. **Note:** Cake can be from a bakery or boxed mix. It should be plain, without any frosting or filling. For boxed mixes, use a pound cake or angel food cake mix and bake according to package instructions.

Mix whipped cream topping and sweetened condensed milk together in a large bowl. Stir in mini marshmallows and sliced strawberries. Fold ingredients together until well combined.

Cover and refrigerate until ready to serve.

INGREDIENTS

- 2 pints fresh strawberries, sliced
- ½ loaf pound cake or angel food cake, premade or boxed mix
- 10.5 oz. mini marshmallows
- 8 oz. whipped cream topping
- 14 oz. sweetened condensed milk

honorable mention

ORIENTAL SALAD

Michelle Miller &
Jo Ann Mason



DIRECTIONS

Mix dressing ingredients in a jar with tight fitting lid and shake to blend.

Break Ramen noodles into small pieces, set aside and discard flavor packet. Melt butter in a skillet over medium heat. Add noodles and nuts and stir until browned.

Toss broccoli, romaine lettuce, mandarin oranges, craisins, onions, nuts, and noodles together in a bowl. Add dressing and toss to coat.



INGREDIENTS

Salad:

- Romaine lettuce, torn into bite size pieces
- Broccoli, chopped
- Mandarin oranges, drained
- Craisins
- Pecans or almonds (optional)
- Green onions, chopped
- 1 package Ramen noodles
- ¼ cup butter

Dressing:

- ¾ cup oil
- ½ cup red wine vinegar
- 2 Tbsp. soy sauce
- ½ cup sugar or sweetener
- Salt & pepper



PUB SUB IN A TUB

Caitlin Burks

DIRECTIONS

Take all your favorite sub toppings, add to a bed of greens and enjoy!

Here is what I included:

- spinach
- shredded lettuce
- tomatoes
- pepper jack cheese
- turkey deli meat
- banana peppers
- cucumbers

The dressing was a mixture of Dijon mustard, mayonnaise and Boar's Head sub dressing.

Measure with your heart!

INGREDIENTS

Your favorite sub toppings and a bed of greens!

SUPER EASY CHICKEN POT PIE BISCUITS

Nancy Shields

DIRECTIONS

In a frying pan over medium heat, melt the butter, add onion and sauté for about 10 minutes. Season with salt, pepper, flour, thyme, and rosemary; give them a good stir and cook for about 3-4 minutes.

Pour in the chicken stock & bring to a boil. Reduce heat to low setting & add chicken. Bring that to a simmer for about 15 minutes or until sauce has slightly thickened and chicken is cooked. Remove the chicken, pour in the milk & let it cook for 4 minutes. Shred the chicken in a separate mixing bowl. Remove the pan from heat & divide the portion of the sauce in half.

Add potatoes & peas to the bowl of shredded chicken before pouring in one portion of the divided sauce mixture. Season with salt & pepper if desired, then set them in the refrigerator. Set the remaining sauce mixture aside.

Cut circles of about 2 inches in diameter from a sheet of puff pastry, then scoop a spoonful of the chicken mixture on top of it & cover with another circle of pastry. Press the edges using a fork. Repeat the process with all of the remaining chicken mixture & puff pastry. Brush the pastry pies with egg wash, then sprinkle the top with salt & pepper. Bake in a preheated oven at 375 degrees for about 20-25 minutes or until they're puffed & golden. Serve immediately & pair with some sauteed greens as well as the heated-up remaining sauce mixture.



INGREDIENTS

- 6 Tbsp. butter, finely chopped
- 1 onion, finely chopped
- Salt & pepper
- 5 Tbsp. plain flour
- 1 sprig fresh thyme, leaves removed
- 1 sprig rosemary, leaves removed
- 3 cups chicken stock
- 2 chicken breasts
- 1 cup milk
- 1 large potato, diced & blanched
- 1 cup frozen peas, defrosted
- 4 sheets puff pastry
- 1 egg, beaten



TACO SALAD

Alyson Dodge

DIRECTIONS

Prep Work:

For the dressing: Combine 1/3 cup sour cream, 1/3 cup salsa, and 1/2 tablespoon taco seasoning. Set aside.

Slice the avocado in half lengthwise, remove the pit, and scoop the pulp into a small bowl. Add lime juice and 1/8 tsp. salt and use a fork to mash it. Cover tightly with saran wrap and set aside at room temp.

Cook the Meat Mixture:

Heat olive oil in a large skillet over medium-high heat. Add the ground beef, cook and crumble for 7 minutes, or until brown and cooked through. Drain grease.

Reduce heat to low. Add 2 tablespoons taco seasoning and toss to coat. Add the 3/4 cup salsa and cilantro. Add additional salsa if desired. Cover partially while you prepare the salad.

Assemble the Salad:

Add the lettuce to serving plates or a large salad bowl. Sprinkle with the meat mixture.

Top with diced tomatoes, peppers, black beans, corn, black olives, onions, and cheese.

Top with mashed avocado then add a dollop of sour cream to each serving. Drizzle with salad dressing or serve it on the side.

Sprinkle with Doritos and serve!

INGREDIENTS

- 1 oz. packet taco seasoning
- 16 oz. salsa divided
- 3/4 cup sour cream divided
- 1 avocado
- 1/8 teaspoon salt
- 1 teaspoon lime juice
- 1 tablespoon olive oil
- 1 lb. ground beef
- 3 tablespoons cilantro roughly chopped
- 1 head iceberg or romaine lettuce chopped and clean
- 2 Roma tomatoes diced
- 1 cup Black beans drained and rinsed
- 1 cup whole kernel corn drained
- 1/4 cup black olives drained and sliced
- 1 1/2 cups shredded Mexican cheese blend
- 1 large bag of Doritos

SHRIMP ORZO PASTA SALAD

Brenda Freese

DIRECTIONS

Pat shrimp dry with paper towels & season with salt & pepper on both sides. Heat a skillet over medium-high heat & add olive oil. Once hot, add shrimp & cook just until pink & cooked through. Remove from heat & let cool. Coarsely chop shrimp & set aside.

Cook orzo pasta according to package instructions, then drain & let cool. Add pasta to a large bowl with the cucumber, tomatoes, onion, feta cheese, & parsley. Add the cooked shrimp.

Combine the dressing ingredients in a mason jar or small bowl; add lid & shake to combine. Pour dressing over pasta salad & toss gently to combine. Cover & chill until ready to serve. Toss again just before serving. Enjoy!

Note: To make ahead, prepare & combine all ingredients except cucumbers & tomatoes, to prevent them from getting mushy. Add them just before serving & toss to coat with dressing.

10 servings



INGREDIENTS

Salad:

- 1 lb. raw shrimp, small size
- Salt & pepper
- 1 tsp. olive oil
- 8 oz. orzo pasta, cooked according to package instructions
- 1 English cucumber, diced
- 2 cups cherry tomatoes, halved
- ½ cup purple onion, chopped
- ¾ cup feta cheese, crumbled
- 1/3 cup curly leaf parsley, finely chopped

Dressing:

- 1/2 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- 1 Tbsp. lemon juice
- 1 tsp. sugar
- ½ tsp. Italian seasoning
- ¼ tsp. salt
- ¼ tsp. black pepper



MEDITERRANEAN CHICKPEA SALAD

Kelly Shore

DIRECTIONS

Prep the veggies: dice, slice, and chop all the fresh ingredients.

Make the dressing: In a small bowl, whisk together olive oil, red wine vinegar (or lemon juice), minced garlic, oregano, salt & pepper.

Combine ingredients: In a large bowl, mix chickpeas, tomatoes, cucumber, red onion, olives, parsley, and feta.

Add dressing: Pour the dressing over the salad and toss gently to combine.

Chill & serve: Let sit for 10-15 minutes (or longer in the refrigerator) for flavors to meld. Serve cold or at room temperature.

INGREDIENTS

- 1 can (15 oz.) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- ¼ red onion, thinly sliced
- ½ cup Kalamata olives, pitted and halved
- ½ cup feta cheese
- ¼ cup fresh parsley, chopped
- ¼ cup extra virgin olive oil
- 2 Tbsp. red wine vinegar (or lemon juice)
- 1 garlic clove, minced
- ½ tsp. dried oregano
- Salt & freshly ground black pepper, to taste

SOUTHWEST CABBAGE SALAD

Michelle Carter

DIRECTIONS

In a large mixing bowl, combine the coleslaw mix, diced bell peppers, red onion, jalapeño, corn, black beans, green onions, and chopped cilantro. Toss until evenly mixed.

In a separate bowl, whisk together the sour cream, water, lime juice, minced cilantro, and all the spices until smooth and creamy. Adjust the water if needed to reach your desired dressing consistency.

Pour the dressing over the salad mixture and toss thoroughly until everything is well coated.

For the best flavor, cover and refrigerate for at least 30 minutes before serving.



INGREDIENTS

Salad:

- 1 (16 oz) bag cabbage coleslaw mix
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- ½ red onion, diced
- 1 jalapeño, deseeded and finely chopped
- 1⅓ cups frozen corn, thawed
- 1 (15 oz) can black beans, drained and rinsed
- ½ cup crumbled cotija cheese
- ½ cup green onions, chopped
- ⅓ cup fresh cilantro, chopped

Dressing:

- ¾ cup sour cream
- ¼ cup water (or more to thin if needed)
- Juice of 1 lime
- 2½ tbsp fresh cilantro, minced
- 2 tsp chili powder
- 1½ tsp salt
- 1½ tsp paprika
- 1 tsp ground cumin
- 1 tsp garlic powder
- ½ tsp black pepper



EPICURIOUS GREEK SALAD

Barbara Lunger

DIRECTIONS

Toss first 9 ingredients in medium bowl to blend. Gently mix in feta cheese. Season with salt & pepper.

(Can be made 2 hours ahead. Let stand at room temperature.)

INGREDIENTS

- $\frac{3}{4}$ pound tomatoes, seeded & diced (about 2 cups)
- 2 cups diced, seeded, peeled cucumber (from about 1 large)
- 1 cup diced red bell pepper (from about 1 large)
- $\frac{1}{4}$ cup kalamata olives or other brine-cured black olives, halved
- $\frac{1}{4}$ cup diced red onion
- 3 Tbsp. chopped fresh Italian parsley
- 3 Tbsp. extra-virgin olive oil
- 1 $\frac{1}{2}$ Tbsp. red wine vinegar
- $\frac{1}{2}$ tsp. dried oregano
- $\frac{1}{4}$ cup crumbled feta cheese (about 2 ounces)

"SALAD YOU CAN SIP" GAZPACHO

Sarah Leahy

DIRECTIONS

Prepared with love by my husband—
shared with joy by me!

This chilled Spanish soup is like summer in a bowl. Packed with garden-fresh veggies and full of flavor, it's a salad that doesn't need a fork!

1. Combine all veggies in a blender or food processor. Blend to your desired texture—smooth or slightly chunky.
2. Stir in tomato juice, olive oil, and vinegar.
3. Season with salt, pepper, and optional spices.
4. Chill for at least 2 hours (even better overnight).
5. Serve cold, garnished if desired.



INGREDIENTS

- 6 ripe tomatoes, chopped
- 1 cucumber, peeled and chopped
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 1 small red onion, chopped
- 2 garlic cloves
- 3 cups tomato juice (or V8 for extra zest)
- 1/4 cup olive oil
- 2 tablespoons red wine vinegar (or lemon juice)
- Salt and pepper to taste
- Optional: dash of hot sauce or cumin for extra flair
- Optional toppings: chopped cucumber, croutons, or fresh herbs



BLACK BEAN & RICE SALAD

Betty Brady

DIRECTIONS

In a serving bowl, combine the black beans with the cold cooked rice, green & red bell peppers, chopped tomato, & chopped green onion.

In a small bowl, whisk together the olive oil, lime juice, Dijon mustard, sugar, cumin, salt & black pepper.

Add the dressing mixture to beans & rice; stir gently to blend ingredients.

Cover & refrigerate until thoroughly chilled. Toss & garnish with parsley or cilantro. Serve.

INGREDIENTS

- 1 (15 oz.) can black beans, drained & rinsed
- 2 cups cooked long-grain rice, chilled
- 1 green bell pepper, finely chopped
- ½ red bell pepper, finely chopped
- 1 tomato, seeded & chopped
- 2-3 green onions, finely chopped
- 3 Tbsp. extra-virgin olive oil
- 2 Tbsp. lime juice
- ½ tsp. Dijon mustard
- ½ tsp. sugar
- ¼ tsp. ground cumin
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- Parsley or cilantro, chopped, for garnish

POTATO SALAD ANGEL EGGS

Sandi Stoiber

DIRECTIONS

Hard boil 8 large eggs, then cut in half. Save all yolks plus 2 eggs to add to potato salad

Boil 2-3 white potatoes; mash gently.

Add 2 Tbsp. pickle relish, the diced egg mixture, & 2-3 Tbsp. mayonnaise. Mix all together gently.

Use the potato mixture to fill the boiled egg halves; they will be quite full.

Make a pretty bed of lettuce and place eggs on it. Garnish eggs with a bit of red bell pepper or paprika.



INGREDIENTS

- 8 large eggs
- 2-3 white potatoes
- 2 tbsp pickle relish
- 2-3 tbsp mayonnaise
- Bed of lettuce
- Red bell pepper (optional)
- Paprika (optional)



EDAMAME HEART OF PALM SALAD

Deb Douglas

DIRECTIONS

Mix all together; add Annie's Shitake Vinaigrette dressing (may substitute with Greek).

Mixed greens may be added or left out.

INGREDIENTS

- 12 oz. bag frozen shelled edamame, steamed
- 1 can Heart of Palm, salad cut & drained
- $\frac{3}{4}$ cup feta cheese
- $\frac{1}{2}$ cup Craisins
- $\frac{1}{2}$ cup sunflower seeds
- $\frac{1}{4}$ cup purple onion, diced

other salads

PLAIN, SIMPLE CAESAR SALAD

Roberta Cook



ORZO SALAD AND GREEN SALAD from Whole Foods

Betty Grisham





Key Scripture Verse for the Year

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.
Romans 15:13