**Watermelon Mint Salad**: [http://www.seriou...](http://www.seriouseats.com/recipes/2016/06/watermelon-feta-mint-salad-recipe.html)

**Why It Works**

* Sweet watermelon, salty feta, and mint are a classic pairing.
* Adding a good dose of chopped lemon zest enhances the aromatic flavors in the watermelon.
* Crumbling the feta over the top instead of tossing it together with the rest of the salad provides a more interesting finished texture and flavor.
* **Yield:**Serves 4 to 6
* **Active time:** 5 minutes
* **Total time:**5 minutes
* **Rated:**

**Ingredients**

* 3 pounds seedless watermelon (about 1 small or 1/4 large), rind removed, cut into 1-inch chunks (about 2 pounds/1kg chunks after rind is discarded)
* 1 tablespoon (15ml) juice from 1 lemon, plus 4 (2-inch) strips zest, removed with a sharp vegetable peeler
* 3 tablespoons (45ml) extra-virgin olive oil, plus more for drizzling
* 1/4 cup (10g) roughly chopped fresh mint leaves
* Up to 4 ounces (1 quart) arugula leaves (optional; see note)
* Kosher salt and freshly ground black pepper
* 4 ounces (110g) feta cheese (see note)

**Directions**

1. **1.**

Place watermelon chunks in a large bowl. Finely chop lemon zest. Add lemon juice and half of zest to bowl with watermelon. Add oil, mint, and arugula (if using) and toss until watermelon is evenly dressed. Season lightly to taste with salt and pepper. (The cheese will add saltiness, so go light on the salt at this stage.)

1. **2.**

Transfer salad to a wide, shallow bowl or a large plate and spread out evenly. Crumble feta over the top. Sprinkle with remaining lemon zest. Drizzle with more olive oil and a few grinds of black pepper. Serve immediately.

**Cilantro Ginger Smoothie**: [https://draxe.com...](https://draxe.com/recipe/cilantro-ginger-smoothie/)

Ingredients:

* ½ cup cilantro
* 1 cup chopped cucumber
* Juice of one lime
* 2 teaspoons grated ginger
* 4 dried figs
* 4 ounces sheep or coconut yogurt

Directions:

1. Add all ingredients to a high speed blender.
2. Puree on high until completely smooth.
3. Serve immediately.

Chicken Salad with Basil and Herbs: [http://www.alexan...](http://www.alexandracooks.com/2014/06/26/chicken-salad-with-olive-oil-herbs/)

The chicken salad pictured here is made with a simple dressing of olive oil and vinegar — no fish sauce, no lime juice — but it very much resembles what I love about a Vietnamese chicken salad: big, plump pieces of chicken, lots of herbs, a nice bite in the dressing. If you can get your hands on Thai basil, it’s particularly good in this salad, but if you can’t, a mix of tarragon and basil offers a similar flavor.

Chicken Salad with Olive Oil & Herbs

Prep 15 mins

Cook 10 mins

Inactive 2 hours

Total 2 hours, 25 mins

Author Alexandra Stafford at alexandracooks.com

Yield 6-8 servings

I've given instructions below for how I learned to poach a chicken at the restaurant, which is how I now always poach a chicken: place chicken in a pot; cover with cold water; partially cover pot and bring to a boil; turn off the heat; let chicken finish cooking while it cools completely in the liquid. This takes a few hours. If you do this method, it is imperative that you let the chicken cool completely in the liquid before removing it otherwise it won't be cooked. I like to do this at night — I stick the whole, cooled pot in the fridge (it's always a challenge finding space), and then pull the chicken from the bone in the morning. You can, of course, do this first thing in the morning, too. Also, if you are pressed for time, just simmer your chicken until it's done. What I love about the bring-the-water-to-a-boil-and-shut-it-off method is that the chicken never over cooks — it is plump and moist and juicy. I should note that when you begin pulling the chicken from the bone, the meat might look pink, which will make you think it is not cooked, but it is — the red spots/blood vessels (this is a guess?) sometimes spread into the meat giving it a pinkish hue. If you are nervous, just plunge the pulled meat into a pot of boiling water for a second and drain it, but I can almost assure you your chicken will be cooked if you allow it to cool completely in its cooking liquid.

Ingredients

1 small chicken (about 3 lbs. if you can find one)

1 large red onion

2 to 4 tablespoons white balsamic (or other) vinegar

kosher salt

3 to 4 scallions

a ton of herbs: basil, tarragon, cilantro, Thai basil, mint

¼ cup extra-virgin olive oil plus 1 or 2 more tablespoons

freshly cracked black pepper

crushed red pepper flakes or a mince hot chili (optional)

Instructions

Place chicken in a large pot. Cover with cold water. Partially cover, bring to a simmer, then turn off the heat. Let chicken cool completely in liquid. This takes a few hours. (Alternatively, simmer chicken until it's done.)

When ready to make the salad, thinly slice the onion and place in a bowl. Cover with two tablespoons of vinegar and a pinch of salt. Set aside.

Meanwhile pull chicken from bones and place in a large mixing bowl. Slice the scallions somewhat thinly (or not) and add to the bowl. Give the herbs a rough chop and add to the bowl. Add the macerated red onions and the ¼ cup of olive oil. Season with ½ teaspoon kosher salt and freshly cracked pepper to taste. Add pepper flakes or chili to taste.

Use your hands to toss everything together. Take a taste. If necessary add another tablespoon of vinegar and olive oil. Add more salt if necessary. Toss again and taste until seasoning is right. Serve.

Did you make a recipe?

Tag [@alexandracooks](https://instagram.com/alexandracooks) on Instagram and hashtag it #alexandracooks.

Filed Under: [Chicken](https://alexandracooks.com/category/dinner/chicken/), [Chives](https://alexandracooks.com/category/csa/herbs/chives/), [cilantro](https://alexandracooks.com/category/csa/herbs/cilantro/), [CSA](https://alexandracooks.com/category/csa/), [Eating Locally](https://alexandracooks.com/category/local/), [Entrees](https://alexandracooks.com/category/entrees/), [Fourth of July](https://alexandracooks.com/category/holidays/fourth-of-july/), [Herbs](https://alexandracooks.com/category/csa/herbs/), [Lunch](https://alexandracooks.com/category/lunch/), [mint](https://alexandracooks.com/category/csa/herbs/mint/), [Parsley](https://alexandracooks.com/category/csa/herbs/parsley/), [Salads](https://alexandracooks.com/category/salads/), [Tarragon](https://alexandracooks.com/category/csa/herbs/tarragon/)

with Sage: [http://www.goodli...](http://www.goodlifeeats.com/roasted-sweet-potatoes-with-garlic-and-sage/)