

•Virtual Cooking Class Materials•

Make-Ahead Summertime Salads

Thanks so much for signing up for my virtual cooking class with your library! This PDF contains everything you need to get prepared for us to cook together!

•**PRO TIP: print out the recipe cards to keep them handy during class!**•

Please read through the **recipe cards** (pages 2-3 of this PDF) in advance and **have all of your cookware/tools and ingredients out and ready to go** when class starts if you're cooking along with me.

In addition to the ingredients, here's a list of the cookware/tools you'll need:

- Stovetop
- Large pot
- Measuring cups and spoons
- Large bowl
- Medium bowl
- Cutting board
- Chef's knife
- Whisk or fork
- Small skillet
- Small bowl or ramekin
- Large bowl
- Citrus juicer (optional)
- Tongs or salad tossing tool (optional)



If you have any questions, comments, or concerns, feel free to email me at bigflavorstinykitchen@gmail.com.

See you in the kitchen!

-Ashley Covelli

P.S. If you're still craving more, you can [click here to sign up for Extra Helping](#), my **free newsletter**. You'll get delicious recipes, cooking tips, and exclusive content delivered **straight to your inbox** once a week!

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Antipasto Pasta Salad



Ingredients

For the Salad:

1 pound dried pasta (feel free to use a mix)
1/4 cup olive oil
1/2 cup cherry tomatoes, halved
1/2 cup sliced pitted olives
7 ounces salami, diced
8 fresh mozzarella, diced
1/2 cup fire roasted peppers, diced
Freshly grated Parmesan cheese, for garnish

Instructions

1. **Cook the pasta:** Fill a large pot with cold water and bring to a boil. Once boiling, add 2 tablespoons of kosher salt. Cook pasta according to package instructions for al dente (mine took 8-9 minutes). Drain well and place in a large bowl. Mix 1/4 cup of olive oil into the pasta cool to room temperature, stirring occasionally to ensure it doesn't stick together, while you prepare the rest of the ingredients.

2. **Make the vinaigrette:** In a medium bowl, whisk together all ingredients except oil. Once combined, slowly drizzle in the oil, whisking as you go, until the dressing emulsifies and comes together. Refrigerate until ready to serve. (Makes about 1 cup dressing)

3. Add tomatoes, olives, salami, mozzarella and roasted peppers to the pasta. Pour the vinaigrette over top and stir well to combine. Refrigerate for at least an hour. Garnish with Parmesan and serve.

Tips:

- Feel free to use a mix of pasta shapes. If they have different cooking times, be sure to add them to the boiling water in stages so they all finish cooking at the same time.
- You can dice a larger ball of fresh mozzarella or buy smaller bocconcini as-is.

Recipe from [Big Flavors from a Tiny Kitchen](#)

Category: Salads and Sides

Makes: 4 quarts

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Total Time: 20 Minutes

Shopping online? Visit [the Big Flavors Amazon shop page](#) to stock up on ingredients and kitchen tools!

For the Vinaigrette:

1/4 cup balsamic vinegar
1 teaspoon dried parsley
1/2 teaspoon dried basil
1/4 teaspoon dried oregano
1/8 teaspoon garlic powder
1 teaspoon Dijon mustard
1 teaspoon sugar
3 tablespoons plain Greek yogurt
1/4 teaspoon kosher salt
1/8 teaspoon freshly cracked black pepper
1/2 cup extra virgin olive oil

Recipe from Ashley Covelli at
Big Flavors from a Tiny Kitchen



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Massaged Kale Salad with Pepitas, Pine Nuts, and Dried Cranberries



Recipe from [Big Flavors from a Tiny Kitchen](#)

Category: Salad

Makes: 4 Servings

Prep Time: 10 Minutes

Cook Time: 5 Minutes

Total Time: 15 Minutes

Shopping online? Visit [the Big Flavors Amazon shop page](#) to stock up on ingredients and kitchen tools!

Ingredients

- 1/4 cup pine nuts
- 1 bunch kale (about 10 cups lightly packed)
- 1 ripe avocado, halved, pitted, and peeled
- 2 teaspoons honey
- 1/2 teaspoon kosher salt
- 1 tablespoon freshly squeezed lemon juice
- 1/2 teaspoon garlic powder
- 1 teaspoon nutritional yeast
- 1/4 cup dried cranberries or currants
- 1/4 cup pepitas (pumpkin seeds)

Instructions

1. Toast the pine nuts: place 1/4 cup pine nuts in a single layer in a small dry skillet. Place on the stovetop over medium-low heat and let them cook, stirring occasionally or tossing the skillet, until they start to brown and smell nutty, about 3-5 minutes total. Transfer the toasted nuts to a small bowl to cool.
2. Wash kale, remove stems, and chop. Place chopped kale in a large bowl with the avocado, honey, and salt. Massage kale with your hands until it wilts down and softens a bit.
3. Add lemon juice, garlic powder, nutritional yeast, dried cranberries, pepitas, and toasted pine nuts. Toss well to combine.

Tips:

- Don't leave the pine nuts in the skillet after they're toasted. The heat remaining in the skillet may cause them to overcook and burn.
- It's OK to use salted pepitas here. Just note that if you do, you may want to taste the salad for seasoning before using any additional salt.
- Feel free to add more nutritional yeast and lemon juice, to taste.

Recipe from Ashley Covelli at
Big Flavors from a Tiny Kitchen



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