

## FEATURED ON THE PLATE

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We recently met Seamus Mullen, chef-owner of Tertulia in New York City, at Iceland's annual Food & Fun Festival in Reykjavik. His success... >

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### RECIPES

#### Little Bites: Spike Mendelsohn's Steakhouse Burger with Onion Straws

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CityEats is thrilled to have made it out to Phoenix. We're just beginning our westward journey, and there's nowhere on this side of... >

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## The Ten: Entree Salads

Posted by [susietimm](#) on [July 5, 2013](#)

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Phoenix's food scene has a plethora of good eats. The Ten is your place to eat vicariously through our list of the very best the Valley has to offer.



Sapporo's Wonton Chicken Salad

This time of year we Phoenicians love cold and delicious salads. This list of ten are refreshing, light and great for takeout. Here's some heartier "entree" salads that might make the heat just a tad bit more bearable.

#### Sapporo's Wonton Chicken Salad

Asian BBQ-marinated chicken breast is mixed with sweet pears, Napa cabbage, cucumber, carrots, peppers, bean sprouts, crispy wontons and cashews, and then drizzled with sesame honey dressing. It's a crunchy blend of sweet and salty that will make your mouth water for one of Sapporo's killer martinis. We think that's their plan all along.

#### Grimaldi's House Salad

Grimaldi's is known for their amazing pizza, but they make a pretty awesome house salad as well. If you're not feeling like a slice of pie, check it out: Romaine lettuce, red onion, cherry tomatoes, oven-roasted sweet red peppers, mushrooms, green olives and vinaigrette dressing.

#### Z Tejas' Jerk Chicken Salad

This zesty blend of mixed greens topped with jerk chicken strips, Roma tomatoes, crispy tortilla strips and Feta cheese weighs in at less than 500 calories, if you leave off

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### [Cafe ZuZu's Chopped Salad](#)

This fete of veggie goodness contains cucumbers, tomatoes, celery, carrots, gruyere cheese, toasted almonds, green onions, sun dried cranberries and sweet peppers with green goddess and bacon dressings. Whew. That's a mouthful in the very best possible way.

### [Euro Pizza Cafe's BLT Salad](#)

This Fountain Hill's Pizza joint offers a gluten-free BLT salad that isn't fancy, but is incredibly tasty. With diced tomatoes, red onion, romaine lettuce all tossed in Thousand Island dressing and topped with bacon crumbles and croutons, we're exceptionally satisfied with this salad.

### [Cove Trattoria's Salmon Salad](#)

This popular dish is made with grilled salmon, asparagus, artichokes, sun-dried tomatoes, roma tomatoes, red onions, almonds and served over spinach with a lemon gorgonzola dressing on the side. It's the perfect protein packed salad for lunch or dinner.

### [Fired Up Grill's Steak Salad](#)

This beefy pick has choice top sirloin on a bed of spinach, marinated mushrooms, gorgonzola cheese, carrot and cherry tomato, drizzled with balsamic vinaigrette and topped with fried onion strings. It's like a steak dinner. Only on a salad.

### [Range Steakhouse at Harrah's Ak-Chin Casino's Traditional Caprese Salad](#)

Between pulls of the slot machine or raking in the winnings at "21" you might get hungry. Stop into Range Steakhouse for a simple dinner salad of sliced beefsteak tomatoes, fresh buffalo mozzarella, basil, and aged balsamic vinegar. It's filling and tastes really scrumptious with a side of \$100 bills.

### [Hillstone's Thai Steak & Noodle Salad](#)

This Asian salad has marinated filet (or chicken if you prefer) strips, mango and Thai dressing over mixed greens. It's a perfect blend of sweet and savory, smooth and crunchy piled high on one stellar plate.

### [Macayo's Grilled Cilantro Lime Chicken Salad](#)

A light dish from Macayo's this new salad is mixed field greens topped with grilled chicken, Parmesan cheese and calabacitas, which is a vegetable medley of sauteed zucchini, squash, corn, peppers and onions. It's all tossed in a cilantro-lime dressing.

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