

Super Salad Recipes

Rocky Mount Lifestyle Health Center

Delightful Fruit Salad

Place colorful, fresh fruit in large bowl. Choose from blueberries, strawberries, kiwi, pineapple, bananas, raspberries, grapes, canteloupe, honeydew, etc. Drizzle small amount of honey over fruit. Zest one lime and then squeeze juice and sprinkle over fruit. Toss gently to mix.

Kale and Cauliflower Salad

2 Tbs. fresh lemon or lime juice
2 T. olive oil
2 T. mayo
1/ tsp. salt
4 cups kale, shredded
3 cups cauliflower, finely sliced
1/4 cup smoked or blanched slivered almonds

Shred the kale and cabbage in a food processor. Add other ingredients and mix.

Cranberry Walnut Couscous Salad

2/3 Cup Israeli (Pearl) Couscous	Juice of 1/2 orange
2 cups water	2 Tbs. olive oil
3 Tbs. chicken-style seasoning	1 Tbs. light brown sugar
1/4 cup green onion, sliced	2 Tbs. cranberries, dried
1/3 cup red onion, chopped	1/2 cup chopped walnuts
Zest of 1 lime	Juice of one lemon
Zest of 1/2 orange	Salt to taste

Boil Couscous for 10 minutes in water with chicken seasoning. Drain and run under cold water to chill. Add all remaining ingredients and toss until well mixed. Season to taste. Chill and serve.

How to cook Israeli (pearl) Couscous (for side dish, etc.): Add 1 1/4 cups of boiling water for the first cup of couscous. Add 1 cup water for each additional cup of couscous. Cover pot and simmer for 8-10 minutes, stirring occasionally. Add salt to taste.

Dilled Cucumbers (Ten Talents)

2 English cucumbers, sliced
1/2 cup vegan sour cream (purchased or homemade)
1 small sweet onion, sliced
1/2 Tbs. lemon juice (fresh squeezed is best)
1/4 tsp. salt
dash of celery seed
1 tsp. dry dill weed, or 1 Tbs. fresh, minced

Place sliced onions and cucumbers in a glass bowl. Add rest of ingredients. Stir to coat. Cover and chill for several hours, stirring occasionally.

Waldorf Salad (Vegetarian Times)

3/4 cup broken walnut pieces
2 cups celery, diced
3 cups diced apples
1 cup red grapes, halved
1/2 cup light or vegan mayonnaise
1 Tbs. lemon juice
1 /2 tsp. honey or agave nectar
1 Tbs. parsley, chopped

Toast walnuts on baking sheet at 350 F for 8-10 minutes, until light brown and fragrant, and then cool. Combine celery, apples, grapes and walnuts in large bowl. Combine remaining ingredients together and add to bowl. Gently stir together. Add salt if desired and serve on bed of Boston lettuce.

Oriental Cabbage Salad

12 C. chopped cabbage
10 green onions, chopped
1 1/2 C. sliced almonds
2 pkgs. Ramen noodles (noodles only)
3 Tbs. parsley flakes
1/2 C. sesame seeds

Dressing
1/3 C. lemon juice
1/4 C. honey
1 tsp. salt
1 Tbs. McKay's chicken seasoning
1/2 tsp. garlic powder
1/2 C. light oil (or 1/4 oil and 1/4 water)

Mix first six ingredients together. Blend or shake remaining ingredients and pour over salad. If making ahead keep Ramen noodles, almonds and dressing separate and add to salad just before serving to keep salad crunchy.

Roasted Sweet Potato Salad (Brittany Mullins)

10 cups sweet potatoes, chopped into bite-size chunks
1 Tbs. coconut oil, melted
1 tsp. salt
4 oz baby spinach, chopped
1/2 cup red onion, chopped small
3-4 Tbs. lemon juice
1/3 cup dried fruit - cranberry, tart cherry, fig, etc.
1-2 avocado, chopped in chunks
salt to taste
Hemp seeds (optional)

Preheat oven to 400 F. Place sweet potato chunks in a large bowl and toss with the coconut oil and salt. Bake for 30 minutes until tender, flipping once. Remove from oven to cool.

Mix spinach, onion, dried fruit and lemon juice in a large bowl. Add cooled sweet potato chunks and stir to combine. Gently stir in avocado and season to taste. Sprinkle on hemp seeds when serving. May be eaten cold or at room temp.

Nutrition information for 1/8 of recipe: 184 calories, 6 g fat, 30 g carbohydrates, 13 g sugar, 6 g fiber, 3 g protein.

Ideas for Super Tossed Salads

Lettuce: use dark green lettuces - Romaine, Boston, Spinach, Kale, Cabbage, sprouts, etc.

Lettuce alternatives or additions: couscous, quinoa, brown rice, wild rice, noodles, etc.

Veggies: go for crunch and color - peppers, radishes, red onions, carrots, lightly steamed broccoli and cauliflower, avocado, tomato, celery, cucumbers, etc.

Toppings: Hemp seeds, ground flax seeds, sesame seeds, pumpkin seeds, sunflower seeds, dried fruit, mandarin oranges, chopped nuts, chick peas, black beans, corn, sesame sticks, etc, etc, etc.

Dressings: Read the bottle for serving size and nutrition info. Homemade is best!! :)

Poppy Seed Dressing (Choices)

1/4 cup onion, chopped (red onion turns this into a lovely pink dressing)
1/4 cup honey
2 1/2 Tbs. lemon juice
1/2 tsp. dry mustard (optional)
1/4 tsp. salt
1/4 cup water
1/4 cup oil
1 Tbs. poppy seeds

Whiz all ingredients except poppy seeds in blender until smooth. Add poppy seeds and pulse briefly to mix, keeping seeds whole. Refrigerate and enjoy!

Italian Dressing (Barbara Watson)

1/4 cup lemon juice
1/4 cup olive oil
1/2 cup water
1 Tbs. honey
2 tsp. chicken-style seasoning
1/2 tsp. salt
1 large clove garlic
1/2 tsp. Italian seasoning
1 tsp. parsley
2 tsp. Instant Clear Jel

Blend all ingredients except clear jel in blender until smooth. Sprinkle in Instant Clear Jel while blending. This will thicken further as it chills.

Mexican Sweet Potato Bowl with Cashew Lime Cream (thegardengrazer.com)

Bowl ingredients:

3-4 cups brown rice, cooked
2 sweet potatoes
15 oz. can black beans
3-4 green onions
1 1/2 cups corn (fresh, frozen or canned)
1 cup cherry tomatoes
1 avocado
1 tsp. cumin
1/2 tsp. smoked paprika
Olive oil for drizzling
Salt to taste

Cream ingredients:

1 cup raw cashews (soaked if needed)
1/2 cup plain almond milk (or water)
1/3 cup cilantro
Juice from 3 limes
1/8 tsp. salt

Preheat oven to 425. Dice sweet potatoes into about 3/4" cubes. Place on a lightly sprayed baking sheet. Drizzle with a little olive oil, salt, 1 tsp. cumin, and 1/2 tsp. smoked paprika. Toss to combine. Bake for about 35-40 minutes, stirring halfway through. While the potatoes are cooking, prepare cream. Place all cream ingredients in a blender and blend until smooth. Rinse and drain black beans and corn, slice onion, dice tomatoes and avocado. Assemble your bowls (or let others assemble like a burrito bowl bar!) Place rice on bottom, top with sweet potatoes, black beans, and desired toppings. Drizzle sauce over top.