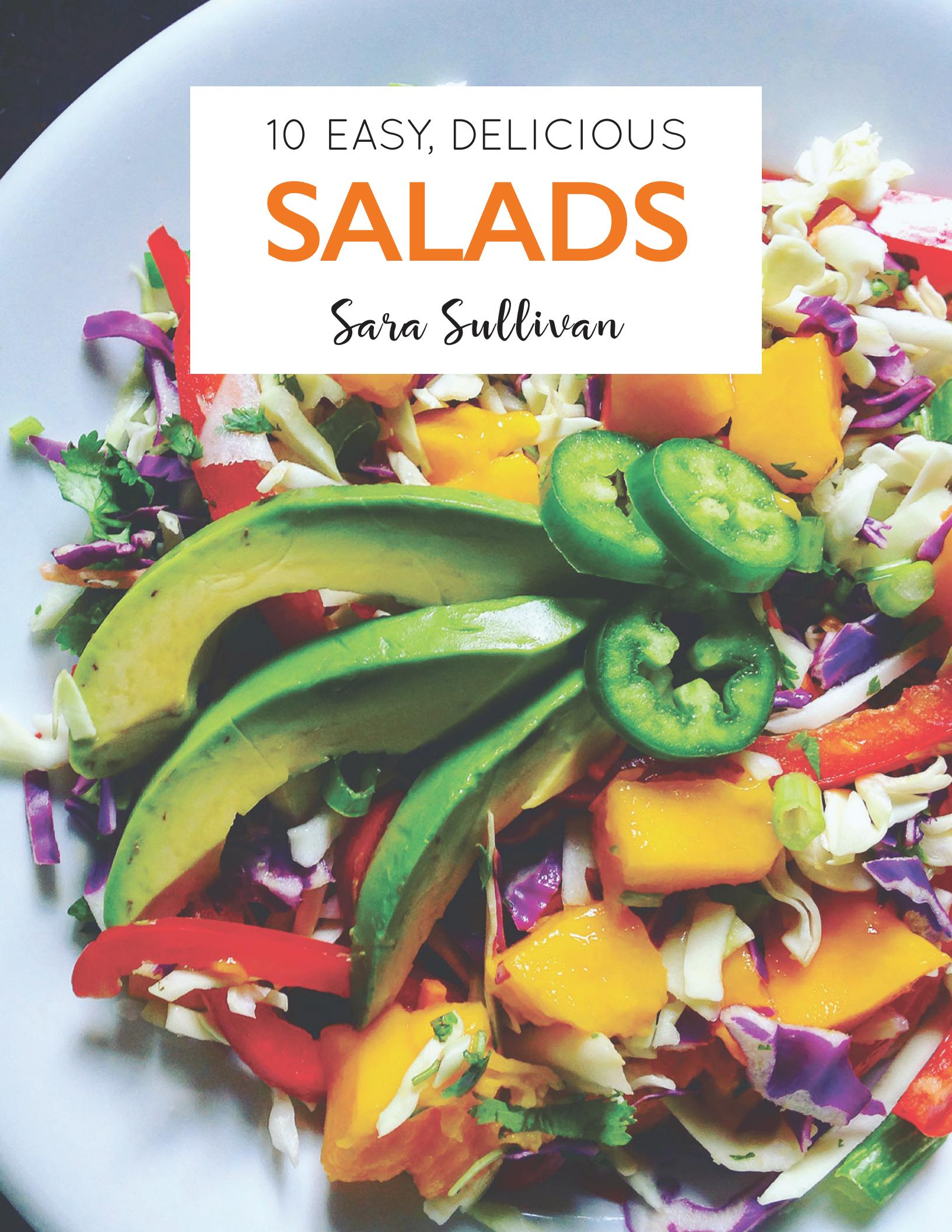


10 EASY, DELICIOUS

SALADS

Sara Sullivan



I love a good salad

My life can be hectic with work and raising a family and I find that throwing together a salad that is loaded with fresh seasonal vegetables gives me the energy I need to power through a busy day.

I love that salads are approachable and appropriate for any time of the year and for any occasion. If you think the world of salad is limited to watery lettuce and a few chopped tomatoes and carrots, think again. There are endless possibilities when it comes to creating a salad. You can play around with everything from vibrant greens tossed with fresh vegetables, sea salt & olive oil or you can become more complex by involving ingredients such as cooked new potatoes, couscous, lentils, shredded cabbage or any other robust interesting vegetable. Use your imagination and you'll never be bored.

I hope this ebook, packed with delicious and satisfying recipes helps you to make salads a part of your everyday lifestyle!

xo Sara



MY SIX SECRETS TO EXTRAORDINARY SALADS

Like anything in life, creating a good salad involves a little craft and a bit of know-how! But just because it's easy doesn't mean you're knocking it out of the park. It's not enough to make a decent salad; I want you to make the best damn salad of your life, every single time.

1 Choose fresh quality ingredients

The higher the quality, the better. This doesn't mean breaking the bank; a great salad can be made with just a handful of ingredients, and inexpensive ones at that. Purchasing seasonal ingredients at a farmers market is ideal. This produce is most often picked the day you buy it. Choosing the best of what's available may mean that you don't stick rigidly to a recipe. Each time you play with a recipe, whether out of necessity or whimsy, your cooking confidence will grow.

2 Use a Salad Spinner

Most people simply rinse lettuce under the sink, but to really get all the dirt out, dunk the lettuce in a bowl full of water and massage the grime out. Then use a salad spinner to completely dry the leaves, or else the salad dressing won't stick to them, resulting in a watery, bland salad.

3 Play with your greens

Lettuce and other salad greens have their seasons, too; therefore, try to eat seasonal greens. Toss in kale and brussels sprouts during Winter months and butter lettuce and romaine during the Spring and Summer

4 Ditch bottled dressing

Trust me, a few servings of homemade dressing and you will never want store bought dressing again. The thought of Hidden Valley makes my tongue shrivel.

Making your own dressing is not hard, it's actually shockingly simple. Most salad dressings contain an oil element, such as extra virgin olive oil and an acid element, such as balsamic vinegar, red wine vinegar, or lemon or lime juice. Aim for a ratio of 3 parts oil to 1 part acid then add any other ingredients you'd like. Half a teaspoon of Dijon mustard or some finely chopped fresh herbs or chili can add loads of beautiful flavor. If you want a slightly creamy dressing, try stirring a spoonful of natural yogurt into the dressing.



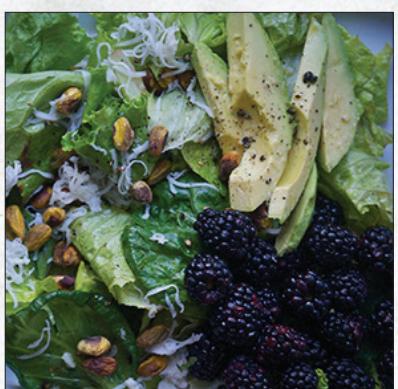
5 Choose Good Oil

The best oils to use on raw foods are Flaxseed, Olive, Hemp and Avocado. When choosing a healthy oil to use for raw foods like salads, it's important to look for those that are cold-pressed or as unrefined as possible, like virgin olive oil. These contain the most nutrition and tend to have the most flavor as well. Cold-pressed oils will have a label that identifies their state of processing, which makes it easy to identify them. It's also important to store most of these oils at room temperature in a cool dry place, as exposure to heat (as in if you store them by the stove) can turn them rancid over time.

6 Chop them fine

This is the secret to an amazing salad. Nobody wants to eat like a rabbit gnawing on big carrot sticks. When a salad is merely chunks of various veggies in a bowl, you're really just eating chunks of vegetables in a bowl. Chop them down to uniform sizes and now the flavors can mix together to make a salad. Slice cherry tomatoes in half, grate the carrots, chop the pecans, finely mince the herbs. The added bonus is that, at the bottom of the bowl you are left with a mix of the stuff (the best part) marinating in dressing. Divine!





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MIXED GREENS, STRAWBERRIES & GOAT CHEESE WITH FIG BALSAMIC VINAIGRETTE

Salad ingredients

4 cups mixed spring greens
1 cup sliced organic strawberries
1/3 cup crumbled goat cheese
1/4 cup pecans, toasted & chopped
Any fresh herbs that you have growing (optional)

Fig Balsamic Vinaigrette ingredients

1/4 c dried figs
1/2 c balsamic vinegar
1Tbsp. Dijon mustard
1/4 cup olive oil salt and pepper, to taste
An additional 1-2 Tablespoons of olive oil if you prefer a thinner consistency.

Make the dressing

Combine the figs, balsamic vinegar, Dijon mustard, and olive oil in a blender and puree until smooth. Season with salt and pepper to taste. If you prefer a thinner, more pourable dressing, add another tablespoon or two of oil and blend.

Arrange your salad ingredients together in a bowl. Pour desired amount of dressing over salad and toss together. A little dressing goes a long way, so start with a small amount and add more if desired.

BROILED ROMAINE WITH LEMON CREAM & HAZELNUTS



Salad ingredients

2 heads romaine lettuce
1/2 Tbsp olive oil
1/4 tsp salt and pepper
1/3 cup toasted, chopped hazelnuts)

Lemon Cream ingredients

1/4 Cup Fresh lemon juice (about 1 large lemon, 2 small)
1 tsp Fresh garlic, minced
3 Tbsp. raw cashews
1 Tbsp Dijon mustard
2 tsp Honey
1/2 Cup Extra virgin olive oil
Salt and Pepper to taste.

Make the dressing:

Position oven rack to the highest level and heat oven to low broil. Slice the heads of romaine in half and place halves on a baking sheet. Brush the romaine halves with olive oil and salt and pepper. Set aside.

Prepare dressing by placing all the ingredients in a high speed blender. Blend until smooth & creamy. Season to taste with salt and pepper and set aside. (You may not need all the dressing for this recipe. Store unused dressing in an airtight container in the refrigerator.)

Place romaine under broiler and watch closely while it cooks. Depending on the strength of your oven, anywhere from 5-15 minutes. It's a fairly quick process, you're essentially looking for them to char, wilt a bit and soften. Remove from oven, divide the romaine between four plates and top with 2 Tbsp dressing and toasted hazelnuts.



MOROCCAN CHICKPEA CARROT SALAD WITH PISTACHIOS

Salad ingredients

- 4 cups peeled & grated carrots
- 1 15-ounce can chickpeas, rinsed and drained
- 5 medjool dates, pitted and chopped
- 3 scallions, sliced
- 1/2 cup fresh cilantro, finely chopped

Dressing ingredients

- 1/4 cup olive oil
- Juice of 2 limes (about 1/4 cup)
- 1 teaspoon ground cumin
- 3/4 teaspoon turmeric
- 1/2 teaspoon crushed red pepper flakes
- sea salt and freshly-cracked black pepper
- 1/2 cup roasted and salted pistachios, coarsely chopped

Make the dressing

Add the carrots, chickpeas, dates, scallions, and cilantro to a large bowl.

In a small mixing bowl, whisk together the olive oil, lime juice, cumin, turmeric, and red pepper flakes.

Pour the dressing over the carrot mixture and toss to coat.

Sprinkle in the pistachios and toss gently. Season to taste with salt & pepper.

BLACKBERRY AVOCADO SALAD

Salad ingredients

- 6 cups mixed spring greens
- 2 ounces goat cheese (I used a grated goat gouda)
- 1/3 cup raw pistachios, lightly toasted
- 1 avocado, sliced
- 1 cup fresh blackberries

Make the dressing

Combine vinegar, honey, dijon, garlic, salt, pepper and red pepper in a large bowl and whisk together. Stream in the olive oil while constantly whisking until the dressing comes together. Store in the fridge for up to one week.

Place the greens in a large bowl and toss with the salt and pepper. Add 2 tablespoons of the champagne vinaigrette to the greens and toss well until the all of the greens are coated. Add the goat cheese (if using) on the greens and toss well.

Serve the greens in heaping piles on plates and cover with a few spoonfuls of pistachios and extra dressing as desired. Top with avocado and blackberries. Season additionally if necessary.

Dressing ingredients

- 1/4 cup champagne vinegar
- 1/3 cup extra virgin olive oil
- 1 tbsp. honey
- 2 tsp. Dijon mustard
- 1 garlic clove, freshly minced
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/8 tsp. crushed red pepper





SWEET PEA QUINOA WITH PISTACHIOS, APRICOTS & MINT

Ingredients

- | | |
|---|---|
| 1 cup quinoa, rinsed | chopped |
| 1 1/2 cups vegetable broth | 2 green onions, sliced |
| 1 cup fresh or frozen peas (cooked if using frozen) | 2 Tbsp. minced fresh mint leaves |
| 1 cup pistachios | 1 Tbsp. red pepper flakes (more or less depending on your preference) |
| 1/2 cup dried apricots (unsulfured), | 1 Tbsp. orange zest |

Make the dressing

In a medium saucepan, heat the vegetable broth over medium-high heat until it comes to a boil. Add the quinoa and stir. Bring back to a boil, then turn down the heat to low and simmer, covered, until the quinoa absorbs the water, about 15 minutes. Remove from heat and set aside for 10 minutes, still covered. This will allow the quinoa to fully absorb the water and become nice and fluffy. Place cooked quinoa in a large bowl and toss with remaining ingredients. Allow flavors to marinate at least 10 minutes before serving.

BROCCOLI, AVOCADO, KALE SALAD WITH GARLIC-TAHINI DRESSING & ROASTED CHICKPEAS



Salad

2 cups packed greens (kale, spinach, or Swiss Chard)
stems removed and chopped
1 1/2 cups broccoli florets, roasted
1 cup shredded cabbage (purple, green or a combination)
1 cup cooked quinoa
1 avocado, sliced

Garlic-Tahini Sauce

2 tbsp. fresh squeezed lemon juice
1 garlic clove minced
½ cup water
½ cup tahini
1 tsp maple syrup or honey
1 tbsp apple cider vinegar
2 tsp. Tamari or soy sauce

Chickpeas

1 15-ounce can chickpeas, rinsed and drained
1 tbsp. extra virgin olive oil
1 tsp. smoked paprika
1/4 tsp. salt

Prepare Chickpeas

Preheat oven to 425 degrees. Drain, rinse and pat dry chickpeas. In a bowl toss chickpeas with smoked paprika, olive oil and salt. Place chickpeas on a baking sheet and bake until crispy, about 20 minutes. Remove from oven and let cool.

Prepare Garlic-Tahini Sauce

Put all the tahini sauce ingredients into a food processor and process until smooth, scraping down sides and bottom. Taste and add more tamari and water if needed.

Assemble Salad

In a large salad bowl combine all the salad ingredients and enough garlic-tahini dressing to coat. Gently toss.

Top salad with roasted chickpeas and an extra drizzle of garlic tahini sauce if desired.



BLACK BEAN SALAD WITH AVOCADO, FIRE ROASTED CORN, TOMATOES, RED ONION AND CILANTRO

Ingredients

- 1 can black beans, rinsed & drained
- 1 Tbsp. white balsamic vinegar
- 2 large avocados, diced
- 1 cup fresh raw corn, frozen fire roasted corn, or grilled corn
- 1 cup grape tomatoes, sliced in half

- 1/4 cup red onion, diced
- 1/4 cup fresh cilantro, chopped
- Juice of 1 lime (about 1 Tbsp.)
- 1 clove of garlic, minced
- 2 Tbsp olive oil
- Sea salt and freshly cracked pepper, to taste

Method

Place the drained and rinsed black beans into a bowl; add the vinegar and mix until well combined. Set aside.

Place the avocado, corn, tomato, red onion, and cilantro together in a bowl. Combine the lime juice, garlic, and oil into a small container, whisk until well combined.

Pour avocado mixture in with the black beans then drizzle the top with the lime mixture. Mix until evenly coated and well combined. Season with sea salt and freshly cracked pepper, to taste. Serve immediately.

CHICKPEA WALDORF TAHINI SALAD

Salad ingredients

1 (15 ounce) can chickpeas, drained
2 stalks of celery, diced
1/2 of a small red onion, diced
1/4 cup unsalted sunflower seeds
1/4 cup raisins
1/2 cup parsley, minced
For serving: Crusty bread, pita bread or Naan

To make salad

In a large bowl toss the chickpeas with all the salad ingredients (minus the bread) and mix well. In a separate bowl whisk together all the ingredients for the sauce.

Taste test and adjust seasonings as needed. If the sauce seems too thick add a touch more water and thin to your desired consistency.

Drizzle half of the sauce with the chickpea mixture and taste test. If it needs more sauce add a little more until meets your liking.

Serve alongside crusty bread, pita or naan wraps and enjoy.

Tahini Sauce ingredients

1/4 cup tahini
1/4 cup water + additional to thin if necessary
1 tsp. apple cider vinegar
2 teaspoons dijon mustard
2 teaspoons honey
1 teaspoon Sriracha hot sauce (optional)
3 Tablespoons nutritional yeast
pinch of salt





QUINOA, PEACH, CORN & AVOCADO SALAD WITH GOAT CHEESE

Salad ingredients

- 1/2 cup quinoa
- 2 ears organic corn, shucked and kernels removed
- 2 cups packed micro greens (you can substitute pea shoots, sprouts, arugula or any leafy green you like)
- 1/3 cup green onions, thinly sliced
- 1/4 cup goat cheese, crumbled (omit for vegan option)
- 1 avocado, sliced
- 1/4 cup toasted pumpkin seeds

Dressing ingredients

- 1/4 cup balsamic vinegar
- 1 tsp. Dijon mustard
- 1 tsp. honey
- 1 garlic clove, minced
- salt & freshly ground black pepper to taste
- 1/2 cup olive oil

To make the dressing

Beat the vinegar in a bowl with the mustard, honey, garlic, salt and pepper until blended. Then beat in the oil by droplets, whisking constantly. (Or place all the ingredients in a screw-top jar and shake to combine.) Taste and adjust the seasonings.

To make the salad

Cook quinoa according to package directions; cool. In a large bowl, combine cooked quinoa, micro-greens, raw corn kernels, goat cheese, sliced peaches, green onions and pumpkin seeds.

Divide salad on individual plates or place on a large platter, garnish with sliced avocado and drizzle with just enough balsamic dressing to coat. Serve immediately.

THE ULTIMATE DETOX SALAD

Dressing ingredients

1/3 cup olive, hemp, or flaxseed oil
1/2 cup lemon juice, fresh
1 tablespoon fresh ginger, peeled and grated
2 teaspoons Dijon mustard
2 teaspoons pure maple syrup or honey (optional)
1/4 teaspoon salt, or to taste

Salad ingredients

2 cups cabbage, thinly sliced (I used both red & green)
1 cup kale, thinly sliced
1 large carrot, peeled and grated
1 red bell pepper, sliced into matchsticks
2 avocados, peeled and diced
1/2 cup fresh cilantro, chopped
1 cup mango, peeled and sliced
1 jalapeno, sliced (optional)

To make the salad

Whisk together all ingredients for the dressing (or put everything in a small blender and blend) and set aside until ready to use. Add the cabbage, kale, bell pepper, and carrots to a large serving bowl.

Pour desired amount of dressing over the salad and toss until everything is coated. Add the cilantro, diced avocado, mango and jalapeno and toss again.

Serve as an entrée salad or as a side salad to your favorite meal.



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sarasullivan.com

