



HEALTHY VILLAGE

WELLNESS CENTER

Salads



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Almond Strawberry Chicken Salad

2 Servings / Prep time: 10 minutes / Cook time: N/A
Poultry, Gluten-free, Low Sugar

Ingredients

- 6 cups spinach or field greens (I used 3 cups each)
- 1 cup sliced strawberries
- 1 cup blueberries
- 3/4 cup mandarin orange slices
- 1 ripe avocado, sliced
- 1/4 cup sliced almonds
- 12 ounces skinless, boneless cooked chicken, chopped
- poppy seed dressing (homemade or store-bought)

Directions

Toss everything together in a large bowl, except for the dressing, until combined. Pour desired amount of dressing on top and serve immediately.

Additional Notes: You could really dress this summer salad with just about anything. Either balsamic or raspberry vinaigrette would be incredible, too.

Source

<https://sallysbakingaddiction.com/strawberry-almond-chicken-salad/print/>



Apple Cranberry Nut Salad

2 Servings / Prep time: 15 minutes / Cook time: N/A
Vegetarian, Gluten-free

Ingredients

- 6 cups salad (I used a combination of arugula and baby spinach, any spring green mix will do)
- 1 red apple
- 1 green apple
- 1 cup walnuts, roughly chopped (such as Diamond of California)
- 1/3 cup crumbled feta cheese (Omit if Dairy Free)
- 1/3 cup dried cranberries
- dressing (see note)
- 1 cup apple juice
- 4 tablespoons apple cider vinegar (or white vinegar in a pinch)
- 2 tablespoons honey
- scant 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup oil

Directions

Core and chop apples (thin slices or 1 inch chunks). Toss lettuce, apples, walnuts, feta, and cranberries together in a large bowl. Whisk together all dressing ingredients. Toss with salad immediately before serving.

Notes: I also love poppy seed dressing with this salad! Recipe can easily be doubled or tripled for a larger group.

Option: Add sunflower seeds, pine nuts or pumpkin seeds

Source

<https://www.lecremedelacrumb.com/apple-cranberry-walnut-salad>



Apple Cranberry Salad

4-6 Servings / Prep time: 10 minutes / Cook time: N/A
Vegetarian, Gluten-free

Ingredients

- 6 cups salad (a combination of arugula and baby spinach, any spring green mix will do)
- 1 red apple
- 1 green apple
- 1 cup walnuts, roughly chopped or almonds, sunflower seeds, pine nuts, cashews
- 1/2 cup dried cranberries

Dressing

- 1 cup apple juice
- 4 tablespoons apple cider vinegar
- 2 tablespoons honey
- scant 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup coconut or olive oil

Directions

Core and chop apples (thin slices or 1 inch chunks). Toss lettuce, apples, nuts, and cranberries together in a large bowl. Whisk together all dressing ingredients. Toss with salad immediately before serving.

Notes: You could use poppy seed dressing with this salad! Recipe can easily be doubled or tripled for a larger group.

Source

<https://www.lecremedelacrumb.com/apple-cranberry-walnut-salad>



Apple Cranberry Spinach Salad

4 Servings / Prep time: 30 minutes / Cook time: N/A
Vegetarian, Gluten-free

Ingredients

- 10 oz fresh baby spinach (about 10 cups of torn leaves)
- 1 Granny Smith apple, sliced
- 1 Gala apple, sliced
- 1 or 2 avocados, sliced
- 1 cup pecan halves
- 2 whole fresh mandarin oranges, peeled; or 1 can of mandarin oranges, drained
- 1/2 cup dried cranberries
- Organic Balsamic Vinaigrette Dressing

Directions

Chop 1/4 cup of pecan halves into smaller bites - set aside.

In a large bowl, combine all salad ingredients except for 1/4 cup of chopped pecan halves.

Drizzle the salad with the dressing and toss. Sprinkle chopped pecans on top of the salad. Serve immediately.

Source

<https://juliasalbum.com/apple-cranberry-spinach-salad-with-pecans-avocados-and-balsamic-vinaigrette-dressing/>



Apple Cranberry Walnut Salad

4-6 Servings / Prep time: 10 minutes / Cook time: N/A
Vegetarian, Contains Dairy

Ingredients

- 6 cups salad (I used a combination of arugula and baby spinach, any spring green mix will do)
- 1 red apple
- 1 green apple
- 1 cup walnuts, roughly chopped (such as Diamond of California)
- 1/3 cup crumbled feta cheese
- 1/3 cup dried cranberries

Dressing

- 1 cup apple juice
- 4 tablespoons apple cider vinegar (or white vinegar in a pinch)
- 2 tablespoons honey
- scant 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup oil

Directions

Core and chop apples (thin slices or 1 inch chunks). Toss lettuce, apples, walnuts, feta, and cranberries together in a large bowl.

Whisk together all dressing ingredients. Toss with salad immediately before serving.

Source

<https://skinnynms.com/chicken-broccoli-and-asparagus-stir-fry-recipe/>



Avocado Corn Tomato Salad

4-6 Servings / Prep time: 15 minutes / Cook time: N/A
Vegan, Gluten-free, Contains Corn

Ingredients

- 2 cups cooked corn, fresh or frozen (see Note)
- 1-2 avocados, cut into 1/2-inch cubes
- 1 pint cherry or grape tomatoes, halved
- 1/2 cup finely diced red onion

Dressing

- 2 tablespoons olive oil
- 1/2 teaspoon grated lime or lemon zest
- 1 tablespoon fresh lime or lemon juice
- 1/4 cup chopped cilantro
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

Combine the corn, avocado, tomatoes and onion in a large glass bowl. Mix together the dressing ingredients in another bowl, pour over the salad, and gently toss to mix. Chill salad for an hour or two to let flavors blend.

Notes: Fresh corn is really best to use here. Cut it off the ear and boil it for 3-4 minutes to cook it.

Source

<https://www.the-girl-who-ate-everything.com/corn-avocado-and-tomato-salad>



Bean Salad

2 Servings / Prep time: 15 minutes / Cook time: N/A
Vegetarian, Gluten-free, Contains Corn

Ingredients

- 1-2 cans garbanzo beans/chickpeas
- 1 can kidney beans
- 1-2 cans black beans
- 1 package (10 oz) frozen corn, thawed
- 1 medium red onion, diced
- 2 bell peppers, diced (any color, any combination)
- 3 garlic cloves, minced
- 1/2 cup balsamic vinegar
- 1/4 cup olive oil
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika (optional)
- 1/2 teaspoon sugar (Stevia) or try Honey
- salt and pepper to taste

Directions

Combine first seven ingredients in a large bowl.

Whisk remaining ingredients in a small bowl and pour over bean mixture. (I have also put the liquid ingredients in a lidded container and shaken to combine.

Serve at room temperature or chilled.

Store any leftovers in an airtight container in the refrigerator.



Beet Salad

4 Servings / Prep time: 15 minutes / Cook time: N/A
Vegan, Gluten-free

Ingredients

- 3 medium to large beets, peeled and trimmed*
- 1 valencia orange with zest
- 1 lime with zest
- 2 tablespoons olive oil
- salt to taste
- 1/2 cup chives, minced

Directions

Shred beets and add to bowl. Add zest and juice from entire orange. Add zest and juice from lime to taste (this amount is subjective). Add olive oil and toss to combine. Add salt to taste and toss to combine. Add chives just before serving.

Notes: Use the food processor grater to avoid staining everything in my kitchen bright pink. The grated beets can be dressed and kept in the refrigerator, covered well, for a couple of days. They become more tender but don't lose their texture, and the mixture becomes even sweeter as the beet juices mingle with the citrus. Toss again before serving.

Source

<https://selfproclaimedfoodie.com/raw-citrus-beet-salad/>



Berry Pistachio Spinach Salad with Berry Vinaigrette

6 Servings / Prep time: 10 minutes / Cook time: N/A
Vegetarian, Contains Dairy

Ingredients

- 6-8 cups baby spinach leaves
- 1 -1½ cups berries of choice (I used ⅓ cup each blueberries, raspberries, and blackberries - strawberries are great too)
- ¼ red onion, thinly sliced into rings
- ⅓ cup blue cheese crumbles (OR feta cheese crumbles)
- ⅓ cup shelled Diamond of California Pistachios

Dressing

- ¾ cup fresh or frozen berries of choice (I used a combination of blueberries, raspberries, blackberries, and strawberries)
- ⅔ cup extra virgin olive oil (or vegetable oil)
- ¼ cup apple cider vinegar
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1-2 tablespoons honey
- ¼ cup cold water

Directions

To make the dressing, pulse all ingredients in a blender or food processor until smooth. Cover and chill until ready to serve.

When ready to serve the salad, in a large bowl toss together spinach, berries, red onions, cheese crumbles, and pistachios.

Serve with prepared dressing.

Source

<https://www.lecremedelacrumb.com/berry-pistachio-spinach-salad-with-berry-vinaigrette/>



Black Bean Quinoa Salad

2 Servings / Prep time: 5 minutes / Cook time: 20 minutes
Vegan, Gluten-free

Ingredients

- 1 cup dried quinoa
- 1 small tin black beans, rinsed
- 1 punnet grape tomatoes, halved
- 1 red, orange or yellow bell pepper, diced
- 1/2 long english cucumber, diced
- 1 avocado, diced
- 1 small bunch fresh cilantro, coarsely chopped

Vinaigrette:

- 2 limes, juice and zest
- 1 Tbsp olive oil
- 2 cloves garlic, crushed
- 1 tsp ground cumin
- Salt and pepper

Directions

Place 1 cup quinoa and 2 cups water in a medium saucepan and bring to a boil. Turn heat off, cover and let sit for 20 minutes. Remove lid and fluff with a fork.

Whisk all vinaigrette ingredients together.

Add the quinoa and the rest of the salad ingredients to a large bowl and mix gently. Drizzle vinaigrette over salad and toss to coat.

Source

<http://portandfin.com/black-bean-quinoa-salad-with-lime-vinaigrette/>



Blueberry Blackberry Mint Salad

2-4 Servings / Prep time: 10 minutes / Cook time: N/A
Vegan, Gluten-free

Ingredients

- Mint Leaves
- Blueberries
- Blackberries
- Option: Also, add Raspberries or Strawberries
- Option: Poppy Seed Dressing or Raspberry Vinaigrette.
- Option: Sprinkle almonds and or sunflower seeds for extra protein and nutrition

Directions

Mix how much of each ingredient that you want on a platter.

Source

<https://www.cookingclassy.com/cranberry-almond-spinach-salad/>



Blueberry Chicken Salad

4 Servings / Prep time: 15 minutes / Cook time: 5 minutes
Poultry, Gluten-free

Ingredients

- 5 cups mixed greens
- 1 cup blueberries
- 1/4 cup slivered almonds or another nut or sunflower seeds.
- 1/4 cup Dried Cranberries
- 2 cups cubed chicken breasts, cooked

Dressing

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1/4 cup blueberries
- 2 Tbsp. honey
- salt and pepper to taste

Directions

In a large bowl, toss the greens, blueberries, almonds, and cooked chicken breasts until well mixed.

Top with Blueberries and Dried Cranberries. For the salad dressing, combine the olive oil, apple cider vinegar, blueberries, and honey in a blender. Blend until smooth. Add salt and pepper to taste.

Source

<https://skinnymys.com/grilled-chicken-and-avocado-salad-3/>



Broccoli Salad with Blueberries & Apples

8 Servings / Prep time: 15 minutes / Cook time: N/A
Vegetarian, Contains Dairy

Ingredients

- 1 1/2 pounds fresh broccoli, cut into bite-size pieces
- 1 cup fresh blueberries
- 1/4 cup finely chopped red onion
- 1/2 cup dried cranberries
- 1/4 cup sunflower seeds
- 1 large apple, chopped into bite-size pieces
- 1 tablespoon lemon juice

For the creamy yogurt, poppy seed dressing:

- 1 cup Greek yogurt
- 1/4 cup honey
- 1 tablespoon lemon juice
- 2 teaspoons apple cider vinegar
- 1 tablespoon water
- 1 tablespoon poppy seeds

Directions

Place broccoli, blueberries, red onion, cranberries, and sunflower seeds in a large bowl. In a small bowl, toss apple with 1 tablespoon lemon juice. Add to the big bowl with the salad.

In a small bowl, whisk together all dressing ingredients. Pour dressing over the salad and toss gently to combine. Salad may be served immediately or refrigerated until serving. It will last for 2-3 days in the refrigerator.



Brussels Sprouts Quinoa Cranberry Salad

4-6 Servings / Prep time: 10 minutes / Cook time: 20 minutes
Vegetarian, Gluten-free

Ingredients

Salad:

- 1 pound brussels sprouts, rinsed and ends trimmed, then halved lengthwise and thinly sliced crosswise
- 2 cups cooked quinoa
- 1 cup dried cranberries
- 2/3 cup chopped pecans, toasted
- orange vinaigrette (see below)

Orange Vinaigrette

- 1/4 cup freshly-squeezed orange juice
- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- pinch of salt and pepper

Directions

To Make The Salad

Toss all ingredients together until combined.

To Make The Orange Vinaigrette

Whisk all ingredients together until combined.

Source

<https://www.gimmesomeoven.com/brussels-sprouts-cranberry-quinoa-salad-recipe/print/>



Chicken Salad with Lemon Quinoa

4 Servings / Prep time: 15 minutes / Cook time: 5 minutes
Poultry, Gluten-free

Ingredients

Lemon Quinoa:

- 1/2 cup dry quinoa
- 1 cup vegetable or chicken stock
- Pinch of salt to season
- Juice of 1/2 a lemon

Chicken

- 6 boneless chicken thigh or breast fillets, trimmed of fat
- 1 tablespoon garlic (or plain) olive oil
- 2 tablespoons balsamic vinegar
- Juice of 1/2 a lemon
- 1 teaspoon vegetable stock powder
- 1 teaspoon garlic powder/granules or 1 clove garlic, crushed

Salad

- 6 cups lettuce, washed and shredded
- 200g (7oz) grape tomatoes, halved
- 1/2 medium red onion, thinly sliced
- 100g | 3.5oz pitted kalamata olives
- 1/2 cup parsley

Dressing

- 2 tablespoons garlic olive oil
- 2 teaspoons balsamic vinegar

Directions

Lemon Quinoa

In a small saucepan, combine quinoa, stock and salt together. Bring to the boil; reduce heat to gentle simmer, cover with a lid and cook for 15 minutes or until broth has absorbed and quinoa is soft. Remove from heat and set aside while still covered and allow to steam. After about 2 minutes, fluff with a fork. Allow to cool slightly and add the lemon juice.

Chicken

Add the chicken fillets in a large skillet or nonstick pan with the olive oil, balsamic vinegar, lemon juice, and garlic powder. Sauté the chicken until nice, crispy and golden on both sides, and cooked through. Remove from heat; allow to cool slightly, and slice into 1-inch strips.

Dressing:

Combine all dressing ingredients in a small bowl/jug, and whisk until mixed through.

Salad

Combine the lettuce, tomatoes, onion, olives, and parsley together in a large salad bowl. Top with chicken slices and quinoa, and drizzle with the dressing. Toss to combine. Serve with lemon wedges.

Source

<https://cafedelites.com/balsamic-chicken-salad-lemon-quinoa/>



Chickpea Salad

6 Servings / Prep time: 10 minutes / Cook time: 2 minutes
Vegetarian, Gluten-free

Ingredients

- 8 oz fresh green beans
- 1 red bell pepper
- 1/2 a large English seedless cucumber
- 2/3 cup shredded carrots
- 1 (15-16 oz) can chickpeas, drained and rinsed

Dressing

- 1/2 cup avocado oil*, extra to taste
- 1/4 cup red wine vinegar
- 2-3 TBSP chopped fresh basil
- 2 TBSP raw honey
- 1 TBSP fresh lime juice
- pinch of salt

Directions

First whisk together your dressing by combining dressing ingredients listed above to a lidded mason jar (or equivalent) and shaking to mix. Wash and trim the ends of your green beans. Fill a medium-large bowl with ice water, set aside.

Bring a shallow pot of water to a boil and blanch your green beans until tender yet crisp, approx. 2 minutes. Drain green beans and immediately toss in ice water to shock the beans. This halts the cooking process and keeps them perfectly tender and vibrant. Once cooled, remove green beans from water and move to a cutting board.

Chop into bite-sized pieces, then chop your bell pepper and cucumber and add to a medium-large bowl.

For the shredded carrots, give them a rough chop if desired (I like to) and add to the bowl. Before dressing the salad, I like to strain out the basil (with a mesh strainer) and toss the basil with the veggies. You can 100% leave it in, I just do this for visual appeal and because my partner-in-crime seems to prefer it.

Give your dressing another big shake before serving and pour over the salad. Allow it to sit for a few minutes (or a little longer if you prefer a marinated veggie salad) season with salt and pepper to taste and dig in!

Source

<https://peasandcrayons.com/2016/06/chickpea-chopped-salad-basil-vinaigrette-dressing.html>



Cranberry Almond Spinach Salad

8 Servings / Prep time: 10 minutes / Cook time: N/A
Vegetarian, Gluten-free, Contains Dairy

Ingredients

Salad

- 16 oz baby spinach
- 1 cup almonds, toasted
- 1 cup dried cranberries

Sesame Seed Dressing

- 1/4 cup white wine vinegar
- 2 Tbsp apple cider vinegar
- 3 Tbsp white sugar
- 1/2 cup olive oil
- 3 Tbsp honey
- 1 Tbsp finely minced shallot
- 2 Tbsp sesame seeds, toasted
- 1 Tbsp poppy seeds (optional)

Directions

For the dressing: In a bowl or jar whisk together white wine vinegar, apple cider vinegar and sugar until the sugar has dissolved. Stir in olive oil, honey, shallot, sesame seeds and optional poppy seeds until mixture is well blended.

For the salad: Add spinach, almonds and cranberries to a salad bowl. Drizzle dressing over salad and toss. Serve immediately after adding dressing.

Source

<https://www.allrecipes.com/recipe/14469/jamies-cranberry-spinach-salad/>



Cranberry Avocado Spinach Salad with Chicken

1 Serving / Prep time: 10 minutes / Cook time: N/A
Poultry, Contains Dairy

Ingredients

Salad

- 1 lb chicken, grilled
- 9 oz baby spinach
- 2 medium avocados, cored and diced
- 1 cup crumbled feta
- 3/4 cup sliced almonds, toasted
- 3/4 cup dried cranberries

Dressing

- 1/4 cup olive oil
- 1/4 cup canola oil
- 2 tsp orange zest
- 1/4 cup fresh orange juice
- 2 Tbsp fresh lemon juice
- 2 Tbsp honey
- 2 tsp dijon mustard
- 1/4 tsp salt
- 1 Tbsp poppy seeds

Directions

Add olive oil, canola oil, orange zest, orange juice, lemon juice, honey, dijon mustard and salt to a blender. Pulse until well emulsified. Pour into a jar and stir in poppy seeds. Refrigerate until ready to use.

Add all salad ingredients to a large bowl. Pour dressing over top and toss to evenly coat. Serve immediately.



Cucumber & Chickpea Salad

4 Servings / Prep time: 15 minutes / Cook time: N/A
Vegan, Gluten-free

Ingredients

- 3 tablespoons olive oil
- 1 (16 ounce) can BUSH'S® Garbanzo Beans, drained
- 1/2 cup tomato, chopped
- 1/4 cup red onion, minced
- 1 rib celery, sliced
- 1 cucumber, chopped
- 1 teaspoon garlic, minced
- 2 tablespoons fresh dill, chopped
- 1 1/2 teaspoons red wine vinegar
- 1/2 lemon, juiced
- 1/2 lime, juiced
- cracked black pepper to taste
- 1 tablespoon fresh parsley, chopped

Directions

Heat 2 tablespoons of the oil in a sauté pan over medium heat. Stir in beans, cover and turn off heat. Set aside.

Gently toss all remaining ingredients in a large salad bowl. Add beans. Serve topped with additional parsley, if desired.

Source

<https://shewearsmanyhats.com/cucumber-and-chickpea-salad/>



Cucumber Carrot Asian Salad

4 Servings / Prep time: 20 minutes / Cook time: N/A
Vegetarian, Gluten-free

Ingredients

- 2 seedless or hothouse cucumbers, chilled
- 2 large carrots
- 1 tsp. Kosher salt
- 2 TBSP rice vinegar or apple cider vinegar
- 1 TBSP fresh lime or lemon juice (about half a lime or lemon)
- 2-3 TBSP honey, to taste
- 1 tsp. Toasted sesame oil
- pinch of red pepper flakes, to taste
- 1/2-1 TBSP toasted or raw sesame seeds (I used white and black, but either would work fine on their own)
- 1 scallion, sliced
- 2 TBSP fresh cilantro, chopped (optional)

Directions

If you have a spiralizer, use it to cut the cucumbers and carrots into long noodles. (My carrots weren't big enough to fit in my spiralizer, so I used a julienne peeler instead -- if you don't have a spiralizer, a tool like this will do in a pinch, or you can slice the carrots and cucumber thinly with a knife.) Place the spiralized cucumber into a strainer and toss with 1 tsp. kosher salt. Let the cucumber drain for 15-20 minutes to remove excess water.

Meanwhile, in a small bowl or glass measuring cup, whisk together the vinegar, lime juice, honey, sesame oil, red pepper flakes, and sesame seeds.

Once the cucumber has drained for a bit, spread it onto a layer of paper towels, or a clean dish towel, and gently pat out as much moisture as you can. Place the "noodles" into a large bowl, and add 2-3 TBSP dressing, to coat. Toss to combine, then garnish with additional sesame seeds, sliced scallions, and fresh cilantro. Serve immediately. (Leftover salad can be stored in an airtight container in the fridge for up to a day, but keep in mind that the cucumber will continue to release excess water as it sits. If your salad becomes soupy, you can drain the water from the bottom of the bowl before eating.)

Notes: Honey can be replaced with maple syrup or other liquid sweetener, if you wish to make this salad vegan.

Source

<http://www.willcookforfriends.com/2015/08/asian-sesame-cucumber-salad.html>



Cucumber Tomato Avocado Salad

4 Servings / Prep time: 15 minutes / Cook time: N/A
Vegan, Gluten-free

Ingredients

- 1 lb Roma tomatoes
- 1 English cucumber
- 1/2 medium red onion, sliced
- 2 avocados, diced
- 2 Tbsp extra virgin olive oil or sunflower oil
- Juice of 1 medium lemon (about 2 Tbsp)
- 1/4 cup (1/2 bunch) cilantro, chopped
- 1 tsp sea salt or 3/4 tsp table salt
- 1/8 tsp black pepper

Directions

Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a large salad bowl.

Drizzle with 2 Tbsp olive oil and 2 Tbsp lemon juice. Toss gently to combine. Just before serving, toss with 1 tsp sea salt and 1/8 tsp black pepper.



Curry Apple Salad, Spicy

2 Servings / Prep time: 40 minutes / Cook time: N/A
Vegetarian

Ingredients

- 5 oz/142 g salad mix
- 1 cucumber, chopped
- 2 granny smith apples, sliced
- 3/4 cup glazed pecans (recipe below)

Spiced Chickpeas

- 1 can chickpeas (14 oz/298 ml)
- 2 teaspoons coconut oil, melted
- 1 teaspoon Madras curry powder
- 1 teaspoon cumin powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt

Curry Vinaigrette

- 1/4 cup olive oil
- 3 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Madras curry powder
- 1/4 teaspoon cumin powder
- 1/8 teaspoon cardamom
- 1/4 teaspoon maple syrup
- 1/2 teaspoon salt
- Black pepper, to taste

Directions

Preheat oven to 400 °F.

To make the spiced chickpeas, thoroughly rinse and dry chickpeas. Transfer chickpeas to a baking sheet. Pour melted coconut oil over chickpeas and toss to coat. Add curry powder, cumin powder, cinnamon, garlic powder, and salt. Toss to mix. Bake for 25-30 minutes, stirring halfway through, until chickpeas are firm and dry. Remove from oven and allow them to cool.

In a small bowl or glass, prepare the curry vinaigrette. Add olive oil, apple cider vinegar, mustard, curry powder, cumin powder, cardamom, maple syrup, salt and pepper. Whisk to combine. In a large bowl, add the lettuce, chopped cucumber, sliced apples and pecans. Pour the vinaigrette over salad and toss well. Top with spiced chickpeas and serve.

Notes: If making your own glazed pecans for this recipe, start with those first to allow them enough time to cool.

Source

<https://evergreenkitchen.ca/recipe/curry-apple-salad-with-spiced-chickpeas>



Detoxification Salad

6 Servings / Prep time: 10 minutes / Cook time: N/A
Vegetarian

Ingredients

- 2 cups kale
- 2 cups broccoli florets
- 2 cups brussels sprouts, roughly chopped
- 2 cups red cabbage, roughly chopped
- 1 cup carrots, roughly chopped
- 1/2 cup fresh parsley
- 1/2 cup almonds
- 1 to 2 Tbsp sunflower seeds

For the dressing

- 3 Tbsp olive oil
- 1/2 cup lemon juice (or juice of two lemons)
- 1 Tbsp fresh ginger, peeled and grated
- 3 tsp. Dijon mustard
- 2 tsp. honey (or maple syrup)
- 1/4 tsp. sea salt

Directions

Using a food processor, process all the veggies up to the parsley until finely chopped and mix together in a large bowl. This may take a few batches.

Add almonds to the food processor and pulse, until roughly chopped, and mix in with the salad along with the sunflower Seeds.

In a small bowl, whisk together all the ingredients for the dressing and drizzle over top of the salad OR place in a jar and use as needed.

Source

<https://www.eatyourselfskinny.com/easyrecipe-print/7885-0/>



Dill Cucumber Salad

6 Servings / Prep time: 10 minutes / Cook time: 2 minutes
Vegetarian, Gluten-free

Ingredients

- 1 pound mixed cucumbers like English cucumbers, cocktail cucumbers and garden cucumbers, sliced into 1/4 inch rounds
- 1/2 red onion, peeled and thinly sliced
- 2 teaspoons kosher salt
- 2 teaspoons granulated sugar or honey
- 2 teaspoons red wine vinegar
- 2 teaspoons white balsamic vinegar
- 2 teaspoons cider vinegar
- 1/2 cup water
- 1/4 cup fresh dill leaves, chopped

Directions

Combine the sliced cucumbers in a colander set inside a medium size bowl and sprinkle with the salt and sugar, (or honey).

Place in the refrigerator for about an hour. Drain the cucumbers. Add the onion, vinegars, water and dill. Serve or refrigerate the cucumbers will become more pickled as they sit.

Source

https://www.foodiecrush.com/dill-cucumber-salad-and-5-more-super-simple-cucumber-salads/#_a5y_p=1960662/



Fruit Salad

8 Servings / Prep time: 15 minutes / Cook time: N/A
Vegetarian, Gluten-free

Ingredients

For the fruit salad, you'll need approximately 1 heaping cup of each of the following:

- Strawberries, hulled and sliced
- Blueberries
- Blackberries
- Green Grapes, cut in half
- Mangoes (2 or 3), peeled and chopped
- Kiwi (4 or 5), peeled and thickly sliced

Sweet Lime Dressing

- 1 lime, juiced (approximately 2 or more tablespoons fresh lime juice)
- 2 tablespoons honey
- Chopped fresh mint for garnish

Option: Add Almonds or a different nut and or seeds to your liking for extra protein.

Directions

Combine the prepared fruit. In a small bowl, whisk together the lime juice and honey. Add to the fruit and toss lightly to combine.

If making ahead, toss with dressing and garnish with mint just before serving.



Fruit Salad Melon & Pineapple

2-4 Servings / Prep time: 10 minutes / Cook time: N/A
Vegetarian, Gluten-free

Ingredients

- 1 mini seedless watermelon, diced into small cubes (5 cups)
- 1 cantaloupe, diced into small cubes (5 cups)
- 1 honeydew, diced into small cubes (5 cups)
- 1 pineapple, diced into small cubes (3 1/2 cups)
- 1/3 cup honey
- 1/4 cup fresh lime juice
- 1/4 cup chopped fresh mint

Directions

Dice fruit (drain of any excess liquid) and add fruit to a large salad bowl. In a jar or bowl whisk together honey, lime juice and mint.

Pour over fruit and toss to evenly coat. Serve immediately.

Source

<https://www.cookingclassy.com/melon-pineapple-fruit-salad-honey-lime-mint-dressing/#more-23646>



Grilled Chicken & Veggie Salad with Tomato Vinaigrette

6 Servings / Prep time: 40 minutes / Cook time: N/A
Poultry, Gluten-free, Low Sugar

Ingredients

Chicken

- 1 lb. organic chicken breasts
- 1 tbsp extra-virgin olive oil
- 1 tsp rosemary
- 1 tsp Italian seasoning
- 1/4 tsp Himalayan sea salt

Vegetables

- 1 large zucchini
- 1 yellow squash
- 1 red pepper
- 2 cups fresh cherry tomatoes
- 1 red onion

Any other veggies of choice

- 1 tbsp extra-virgin olive oil
- 1 tsp Himalayan sea salt

Tomato Vinaigrette

- 1 cup Muir Glen organic diced tomatoes, blended
- 1 tbsp vinegar
- 2 tbsp extra virgin olive oil
- Dash fine Himalayan sea salt
- Dash ground black pepper
- 1/2 tsp garlic granules
- 1/2 tsp onion powder

Optional: 1/4 tsp cayenne pepper

Directions

Toss chicken in extra virgin olive oil and spices, set aside. Cut veggies and toss in oil and salt, set aside.

Spray the grill and heat to 350 400 degrees. Place the chicken breasts on one side. On the other side place a layer of greased tin foil and place the veggies on top. Cook for about 7-8 minutes then flip over. Cook veggies until desired softness, and cook chicken until fully cooked. Make the dressing by combining ingredients in your high-speed blender and blending until smooth. Taste and adjust spices as needed.

Serve with veggies warm or hot over a bed of spinach!

Source

<https://lexiscleankitchen.com/grilled-veggie-grilled-chicken-salads-with-tomato-vinaigrette/>



Grilled Shrimp & Watermelon Salad

2 Servings / Prep time: 15 minutes / Cook time: 30 minutes
Seafood

Ingredients

Dressing

- 2 1/2 tbsp balsamic vinegar
- 1 tsp water
- 1 tbsp chopped shallots
- 1/8th tsp kosher salt
- pinch fresh black pepper
- 2 tbsp extra virgin olive oil

Shrimp

- 10 oz shelled and deveined (about 24) large shrimp
- 1 clove garlic crushed
- seasoned salt, to taste

Salad

- 8 cups chopped romaine
- 4 cups diced watermelon
- 4 ounces' soft goat cheese

Directions

In a small bowl, combine vinegar, water, shallots, salt and pepper. Gradually add olive oil, stirring until incorporated.

For the shrimp:

If cooking outside on the grill, soak skewers at least 30 minutes.

Season shrimp with seasoned salt, then mix in crushed garlic. Thread the shrimp onto the skewers.

Light the grill or indoor grill pan on medium to medium-high flame, when hot spray the grates with oil and grill the shrimp about 1 to 2 minutes on each side. Set aside. In a large bowl toss the romaine with the dressing. Divide between for plates and top with watermelon, goat cheese and grilled shrimp.

Source

https://www.skinnytaste.com/grilled-shrimp-and-watermelon-chopped_14/#_a5y_p=1680438



Harvest Cranberry Persimmon & Burrata Salad

6 Servings / Prep time: 15 minutes / Cook time: 15 minutes
Vegan

Ingredients

- 1/2 cup raw walnuts
- 1/2 cup pepitas
- 2 tablespoon maple syrup
- flaky sea salt
- 3-4 cups baby kale and or arugula
- 3-4 fuyu persimmons, cored + cut into wedges
- 2 clementines, peeled
- 3/4 cups dried cranberries
- 8 ounces fresh burrata cheese, torn

Cranberry Balsamic Dressing

- 1/4 cup 100% cranberry or pomegranate juice
- 1/4 cup balsamic vinegar
- 1 tablespoon lemon juice
- 1/3 cup olive oil
- salt + pepper, to taste

Directions

Combine the walnuts, pepitas and maple syrup in a medium size skillet. Place the skillet over medium heat and cook for 5-6 minutes or until the mixture becomes golden, toasted and caramelized. Remove the nuts and seeds from the skillet and transfer to a plate.

Sprinkle with salt and let cool.

In a large bowl or on a large serving plate, combine the greens, persimmons, clementines and cranberries. Add the torn Burrata cheese and sprinkle on the walnuts and pepitas.

In a small bowl, whisk together the ingredients for the dressing. Taste and adjust salt + pepper to your liking.

Drizzle the dressing over the salad or serve alongside the salad.



Hydrating Salad

4 Servings / Prep time: 15 minutes / Cook time: N/A
Vegan, Gluten-free, Low Sugar, Contains Corn

Ingredients

- 1 English cucumber, diced
- 1 can black beans, rinsed
- 1 1/4 cups corn
- 1 red pepper, diced
- 1 cup cherry tomatoes (I used half red, half yellow)
- 1/2 cup packed fresh cilantro, chopped
- 1 lime
- 1 avocado, diced
- Salt and pepper to taste

Directions

Place the cucumber, black beans, corn, red pepper, cherry tomatoes, and chopped cilantro in a bowl. Squeeze the fresh juice from the lime onto the salad, and stir well.

Mix in the avocado, season with salt and pepper, and enjoy.



Mandarin Orange Spinach Salad

4 Servings
Poultry

Ingredients

Salad

- 1 lb boneless skinless chicken breast, grilled and sliced
- 1 cup sliced almonds, toasted
- 10 oz baby spinach
- 2 cups snow peas, sliced into halves
- 1 1/2 cups matchstick carrots
- 1 red bell pepper, seeded and diced
- 1 1/2 (15 oz) cans mandarin oranges (no sugar added)
drained well (fresh would work too)
- 1/2 cup cilantro, stems removed
- Black and white sesame seeds, for garnish (optional)

Wonton strips

- 12 wonton wrappers, sliced into 1/2-inch thick strips
- Vegetable oil, for frying
- Cinnamon

Dressing

- 1/4 cup olive oil
- 1/4 cup canola oil
- 1 tsp lemon zest
- 3 1/2 Tbsp fresh lemon juice
- 2 Tbsp honey
- 2 Tbsp peeled and grated ginger
- 1 clove garlic
- 1 tsp Dijon mustard (Emeril's is the only way to go)
- 1/4 - 1/2 tsp salt, to taste

Directions

For the dressing:

Add all ingredients to a blender and pulse until well emulsified and ginger and garlic are finely minced. Pour into an airtight container and all to rest in refrigerator while preparing salad (shake or stir before adding to salad).

For the wonton strips:

Heat about 3/4 to 1-inch of oil in a skillet to 360 degrees (maintain this temperature, reduce heat as needed). Add just enough wonton strips without overcrowding. Fry just until halfway cooked, then using metal tongs (grabbing as many as you can at once) rotate to opposite side and cook until just lightly golden. Remove and drain on a plate lined with paper towels. Immediately sprinkle lightly with cinnamon and salt before they dry.

For the salad:

Add all salad ingredients to a large salad bowl and toss. Drizzle with dressing and gently toss. Top each serving with desired amount of wonton strips and optional sesame seeds. Serve immediately.

Source

<https://www.cookingclassy.com/mandarine-orange-spinach-salad-with-chicken-and-lemon-honey-ginger-dressing/>



Mediterranean Three Bean Salad

6 Servings

Vegan, Gluten-free

Ingredients

- 15 oz. can red kidney beans
- 15 oz. can garbanzo beans
- 15 oz. can black beans
- 3 roma tomatoes
- 1/2 small red onion
- 1 cucumber
- 1/2 cup fresh parsley
- 1/2 cup fresh cilantro

Dressing

- Juice from 1 lemon (more to taste)
- 1-2 cloves garlic, minced
- 1 Tbsp. red wine vinegar
- 1 Tbsp. olive oil (omit for oil free)
- Salt to taste

Directions

Rinse and drain beans. Add to a large bowl. Dice tomato and cucumber, finely dice red onion. Roughly chop herbs, stems removed. Add to bowl. In a small bowl, add dressing ingredients and stir to combine.

Pour dressing over salad and toss well.

Add more lemon juice, vinegar, or salt to taste if desired.

Can serve immediately, but best served after it chills in the fridge.

Notes: Keeps covered in the fridge for several days. Stir before serving. For a milder onion taste, sub green onions for the red. If you're not a fan of cilantro, use 1 cup parsley (or vice versa). Get creative and have fun putting your own spin on it - add avocado, bell pepper, kale, hemp hearts, etc!

Source

<https://www.thegardengrazer.com/>



Pink Salad

4 Servings / Prep time: 10 minutes / Cook time: N/A
Vegetarian, Gluten-free

Ingredients

- 1 pink grapefruit, peeled, segmented and seeded
- 1/2 tsp honey
- 6 cups baby kale (I substituted a blend of spinach, baby kale and chard)
- 1 lb. strawberries, hulled and sliced
- 2 cups (1-inch-cubed) seedless watermelon
- 1/2 cup pomegranate arils
- 1/4 cup walnuts, coarsely chopped
- 1/4 cup sunflower seeds

Dressing

- 1/4 cup coconut milk
- 1/4 cup pomegranate juice
- 2 Tbsp. apple cider vinegar
- 1/2 tsp lemon zest
- 1 tsp stevia (I substituted 2 Tbsp. honey)
- 1/8 tsp salt

Directions

For the salad:

Sprinkle grapefruit with stevia and set aside.

Divide kale among four salad bowls. Top each serving with strawberries, watermelon, grapefruit, pomegranate arils, and nuts/seeds. Drizzle each salad with dressing.

For the dressing:

In a small mixing bowl stir together coconut milk, pomegranate juice, vinegar, lemon zest, stevia or honey, and salt until well combined. Cover and chill until ready to serve.

Source

<https://www.cookingclassy.com/pink-detox-salad/>



Quinoa Apple Salad

4 Servings / Prep time: 10 minutes / Cook time: 20 minutes
Vegan

Ingredients

- 1/2 cup quinoa
- 1 cup chicken broth, vegetable broth, or water
- 1/3 cup sliced almonds
- 2 tablespoons sunflower seeds
- 3 cups fresh spinach
- 1/3 cup dried cranberries
- 1 Granny Smith (or favorite variety) apple
- 1 teaspoon lemon juice

Dressing

- Store-bought Raspberry Walnut Vinaigrette OR Recipe below:
- 1/4 cup olive oil
- 1/4 cup raspberry wine vinegar
- 1-2 tablespoons white sugar
- 2 tablespoons seedless raspberry jam
- 2 teaspoons Dijon mustard
- 1/4 teaspoon onion powder
- 1 teaspoon poppy seeds
- Salt and pepper, optional

Directions

Rinse your quinoa in a fine mesh sieve to remove the bitter saponin coating. In a small pot combine the quinoa and chicken broth, vegetable broth, or water. Follow package directions to cook the quinoa. Chop up the apple (peel if desired, I like to leave it on) and toss it with the lemon juice.

Remove the quinoa and allow to completely cool (put it in the fridge). Mix together the spinach, dried cranberries, chopped apple, and completely cooled quinoa. Toss with the dressing and top with the almonds and sunflower seeds.

To make the dressing:

Combine all of the ingredients in an immersion blender or small food processor. I start with 1 tablespoon of sugar and add more if needed. Taste and adjust to personal preference

Cook your quinoa ahead of time or use leftover quinoa from the night before.

Source

<https://www.chelseasmessyapron.com/easy-almond-apple-quinoa-salad/>



Quinoa Avocado Berry Kale Salad

6 Servings / Prep time: 10 minutes / Cook time: N/A
Vegetarian, Low Sugar

Ingredients

- 2 cups cooked quinoa (about 2/3 cup dry)
- 1 cup sliced almonds, toasted
- 9 oz. baby kale or baby spinach
- 1 1/2 cups fresh blueberries
- 1 1/2 cups fresh raspberries
- 2 medium avocados, peeled, cored and diced
- 5 oz. feta cheese, crumbled

Dressing

- 1/4 cup olive oil
- 1/4 cup canola oil
- 1 tsp lime zest
- 3 1/2 Tbsp. fresh lime juice
- 2 1/2 Tbsp. honey
- 1 tsp Dijon mustard
- 1/4 tsp salt
- 2 tsp poppy seeds

Directions

In a blender or Mason jar combine all dressing ingredients except poppy seeds. Blend until well combined (or cover and shake if using a mason jar).

Pour into a container and stir in poppy seeds. Store in refrigerator. For the salad toss all ingredients together in a large salad bowl. Pour dressing over top and toss.

Serve immediately after adding dressing.

Source

<https://www.cookingclassy.com/berry-avocado-quinoa-kale-salad-honey-lime-poppy-seed-dressing/>



Quinoa Butternut Squash Salad

4 Servings / Prep time: 10 minutes / Cook time: 35 minutes
Vegan

Ingredients

- 3 cups butternut squash, chopped
- 1 Tbsp. olive oil
- 1 cup uncooked quinoa (I used rainbow quinoa but any type will do)
- 1½ cups water
- ⅓ cup dried cranberries
- ⅓ cup red onion, finely chopped
- 3 Tbsp. pumpkin seeds, almonds, sunflower seeds or pine nuts
- salt and black pepper

Balsamic Vinaigrette

- ½ cup olive oil
- ¼ cup balsamic vinegar
- 1 tsp. honey
- 1 tsp. Dijon mustard
- 1 garlic clove, minced
- salt and black pepper

Directions

First whisk together your dressing by combining dressing ingredients listed above to a lidded mason jar (or equivalent) and shaking to mix. Wash and trim the ends of your green beans. Fill a medium-large bowl with ice water, set aside.

Bring a shallow pot of water to a boil and blanch your green beans until tender yet crisp, approx. 2 minutes. Drain green beans and immediately toss in ice water to shock the beans. This halts the cooking process and keeps them perfectly tender and vibrant. Once cooled, remove green beans from water and move to a cutting board.

Chop into bite-sized pieces, then chop your bell pepper and cucumber and add to a medium-large bowl. For the shredded carrots, give them a rough chop if desired (I like to) and add to the bowl. Before dressing the salad, I like to strain out the basil (with a mesh strainer) and toss the basil with the veggies. You can 100% leave it in.

Give your dressing another big shake before serving and pour over the salad. Allow it to sit for a few minutes (or a little longer if you prefer a marinated veggie salad) season with salt and pepper to taste and dig in!

Source

<https://www.littlebroken.com/butternut-squash-cranberry-quinoa-salad/>



Quinoa Carrot Salad

1 Serving / Prep time: 10 minutes / Cook time: 20 minutes
Vegan, Gluten-free

Ingredients

- 1/2 cup cooked quinoa (cooked water or veggie broth)
- 2 medium carrots, shredded
- 1/3 cup edamame bean
- 1/4 cup diced red pepper
- 2 tbsp. sesame seed
- 2 tbsp. cilantro, minced

Dressing

- 2.5 tbsp. sesame oil
- 1.5 tbsp. tamari
- 1 tsp. rice wine vinegar
- 1 tsp. lemon
- 1 tsp. maple syrup
- 1 tsp. sriracha sauce
- salt and pepper

Directions

Combine cooked & cooled quinoa with diced pepper, edamame, and carrot. Simply shake, whisk or pour all dressing ingredients into salad.

Top with minced cilantro, sesame seeds and extra sriracha if you wish.
Best at room temperature. Keep it for 1-4 days in an airtight container in your fridge.



Quinoa Cucumber Salad

6 Servings / Prep time: 10 minutes / Cook time: N/A
Vegetarian

Ingredients

- 3 cups cooked quinoa
- 1½ cups cucumber slices (halves or quarters)
- 10 ounces cherry or grape tomatoes, cut in half
- ⅓ cup parsley, chopped

Dressing

- ¼ cup lemon juice
- 2 cloves garlic, minced
- 2 tablespoons honey
- 1 tablespoon pomegranate molasses
- ¼ cup olive oil
- salt and pepper to taste

Option: Top with Black Olives.

Directions

Salad:

In a large bowl, toss together the quinoa, cucumber slices, tomatoes, parsley.
Add the dressing when ready to serve and toss to combine.

Dressing:

Combine the lemon juice, garlic, honey, pomegranate molasses, and a pinch of salt and pepper in a small bowl. Whisk in the olive oil until the dressing is combined. Check for seasonings and adjust as desired.

Optional: Top with Black Olives

Source

<http://littlespicejar.com/summer-tomato-and-cucumber-quinoa-salad/>



Quinoa Cucumber Tomato Salad

4 Servings / Prep time: 10 minutes / Cook time: 35 minutes
Vegan

Ingredients

- 3 cups butternut squash, chopped
- 1 Tbsp. olive oil
- 1 cup uncooked quinoa (I used rainbow quinoa but any type will do)
- 1½ cups water
- ⅓ cup dried cranberries
- ⅓ cup red onion, finely chopped
- 3 Tbsp. pumpkin seeds, almonds, sunflower seeds or pine nuts
- salt and black pepper

Balsamic Vinaigrette

- ½ cup olive oil
- ¼ cup balsamic vinegar
- 1 tsp. honey
- 1 tsp. Dijon mustard
- 1 garlic clove, minced
- salt and black pepper

Directions

First whisk together your dressing by combining dressing ingredients listed above to a lidded mason jar (or equivalent) and shaking to mix. Wash and trim the ends of your green beans. Fill a medium-large bowl with ice water, set aside.

Bring a shallow pot of water to a boil and blanch your green beans until tender yet crisp, approx. 2 minutes. Drain green beans and immediately toss in ice water to shock the beans. This halts the cooking process and keeps them perfectly tender and vibrant. Once cooled, remove green beans from water and move to a cutting board.

Chop into bite-sized pieces, then chop your bell pepper and cucumber and add to a medium-large bowl. For the shredded carrots, give them a rough chop if desired (I like to) and add to the bowl. Before dressing the salad, I like to strain out the basil (with a mesh strainer) and toss the basil with the veggies. You can 100% leave it in.

Give your dressing another big shake before serving and pour over the salad. Allow it to sit for a few minutes (or a little longer if you prefer a marinated veggie salad) season with salt and pepper to taste and dig in!

Source

<https://www.littlebroken.com/butternut-squash-cranberry-quinoa-salad/>



Quinoa Kale & Broccoli Salad

2-4 Servings / Prep time: 10 minutes / Cook time: 15 minutes
Vegan

Ingredients

- 1/2 cup quinoa
- 1 small head broccoli, cut into little florets
- 1 bunch curly green kale, about 5 stalks
- 1/4 cup raw almonds, roughly chopped
- 2 tablespoons each sunflower and pumpkin seeds
- 1 tablespoon grainy Dijon mustard
- 3 tablespoons organic apple Warm Kale, Quinoa + Broccoli Salad Bowl with Cider Mustard Dressing e cider vinegar
- 1/4 cup extra virgin olive oil
- Fresh cracked black pepper + sea salt

Directions

Start with the quinoa. Rinse the quinoa under cold water in a metal sieve for about 30 secs. Add rinsed quinoa and 1 cup water to a pot and season with salt. Bring to a boil, then cover and simmer for 15 minutes, until quinoa has increased in size and absorbed most of the water.

Remove from heat and let sit with the lid on for another 5 minutes before fluffing with a fork. While the quinoa is cooking, steam the broccoli in a double boiler or blanch it in a pot of boiling water for a minute or two.

Once the broccoli is vibrant green and the tops of the florets are tender, drain and rinse under cold water, set aside.

Remove the kale leaves from the stems and give the leaves a rough chop. Add a drizzle of heat resistant oil to a hot pan, then toss in the kale leaves with a good pinch of salt.

Sauté the leaves until just some are starting to get crispy around the edges. Remove from heat. Toss cooked quinoa, steamed broccoli and crispy kale leaves together in a large bowl. Whisk together grainy mustard, vinegar, olive and black pepper and then pour over the salad.

Top with raw almonds and seeds. Serve warm or refrigerate for later.

Source

<https://www.happyheartedkitchen.com/mains/warm-kale-quinoa-broccoli-salad-bowl-with-cider-mustard-dressing>



Quinoa Kale Salad

4 Servings / Prep time: 15 minutes / Cook time: 15 minutes
Vegan, Gluten-free

Ingredients

- 2 cups water
- 1 cup quinoa
- 1 cup kale, stems removed
- 1/2 cup cherry tomatoes, quartered
- 1/2 cup cucumber, diced
- 1/4 cup red onion, minced
- 2 tablespoons black olives
- 1 tablespoon fresh parsley, chopped
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions

Add water and quinoa to a medium saucepan.

Bring to a boil and reduce the heat to a simmer. Cook until all of the liquid is absorbed, about 15 minutes. Meanwhile add the rest of the ingredients to a medium bowl. Toss in cooked quinoa.

Serve immediately or refrigerate until ready to serve.

Source

<https://skinnynms.com/mixed-bean-and-vegetable-salad-recipe/>



Quinoa Power Salad

2 Servings / Prep time: 10 minutes / Cook time: N/A
Vegan, Gluten-free, Low Sugar

Ingredients

- 1/2 cup cooked quinoa
- 1 cup chopped kale
- 1/4 cup canned garbanzo beans
- 10 cherry tomatoes
- 1/4 cup sliced cucumbers
- 1/4 cup chopped red onion
- 1 avocado, chopped
- 2 tablespoons cup chopped walnuts
- 2 tablespoons organic Balsamic Vinegar Dressing

Directions

Mix all of the ingredients into a bowl and serve.

Make ahead instructions This salad can be made completely 2-3 days ahead of time.

Additionally, all the ingredients can be prepped ahead of time and stored separately.

Prepare the salad when you are ready to eat.

Source

<https://www.organizeyourselfskinny.com/7-minute-quinoa-power-salad/>



Quinoa Slaw

6 Servings / Prep time: 10 minutes / Cook time: N/A
Vegetarian, Gluten-free, Low Sugar

Ingredients

- 1 (16-ounce) bag shredded red cabbage (or about 4 cups shredded cabbage)
- 2 cups cooked quinoa (red quinoa)
- 2 cups shredded carrots
- 2/3 cup thinly-sliced green onions
- 1/2 cup slivered or sliced almonds
- 2 tablespoons sesame seeds
- Honey vinaigrette (see below)

Honey Vinaigrette

- 1/3 cup vegetable oil (or any cooking oil)
- 3 Tablespoons rice wine vinegar
- 1 tablespoon honey (or agave, to make this vegan)
- 1 teaspoon Tamari Wheat Free Sauce
- 1/8 teaspoon sesame oil
- pinch of salt and black pepper

Directions

To Make the Slaw:

Toss all ingredients together until combined.
Serve immediately, or refrigerate in a sealed container for up to 1 day.

To Make the Honey Vinaigrette:

Whisk all ingredients together until combined.

Source

<https://www.gimmesomeoven.com/easy-asian-quinoa-slaw-recipe/>



Quinoa Spinach Blueberry Strawberry Salad

4 Servings / Prep time: 20 minutes / Cook time: N/A
Vegan

Ingredients

- one package (10 oz) fresh spinach (about 10 cups of torn leaves)
- 2 cups sliced fresh strawberries (cleaned and hulled)
- 1 cup blueberries
- 1 cup mandarin orange slices
- 1 cup sliced peach
- 1/4 cup sliced green onions
- 1 cup cooked quinoa

Dressing

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 3 to 4 tablespoons brown sugar
- 1 1/2 teaspoons garlic powder
- 1 teaspoon mustard powder
- 1 teaspoon onion powder
- garlic salt or garlic powder
- salt and pepper

Directions

In a medium bowl, combine the dressing ingredients, and whisk together well. Add salt and pepper to taste.

You can serve the dressing immediately or you can cover it and chill for an hour.
In a large bowl, combine all of the salad ingredients.

Right before serving, add the dressing to the salad and toss.

Source

<https://juliasalbum.com/quinoa-salad-with-spinach-strawberries-and-blueberries/>



Quinoa Tabbouleh Salad

2 Servings / Prep time: 25 minutes / Cook time: N/A
Vegan, Gluten-free

Ingredients

- 1½ cups of quinoa
- 3 cups of water
- 1 cup of diced cherry tomatoes
- 1 cup of diced English cucumber
- 1 cup of diced orange bell pepper
- 1 cup of diced red bell pepper
- ½ cup of fresh flat leaf parsley, finely diced
- ¼ cup of fresh mint, finely diced
- 2 garlic cloves, minced
- 4-5 tablespoons of lemon juice
- 3 tablespoons of olive oil
- salt & pepper to taste

Directions

Add quinoa and water to a medium saucepan, cover, and bring to a boil and reduce to simmer for 15 minutes until water is gone. Let sit for 5 minutes, use a fork to fluff.

Add quinoa to a large bowl along with tomato, cucumber, red pepper, orange pepper, parsley, mint, garlic, lemon juice, olive oil, salt, and pepper. Toss to mix everything together and serve.

Source

<https://www.joyfulhealthyeats.com/quinoa-tabbouleh-salad/>



Roasted Pear Salad

2 Servings / Prep time: 40 minutes / Cook time: N/A
Vegan

Ingredients

- 4 firm, not-quite ripe pears (I used bartlett, but use what you like)
- 1 TBSP butter, melted (or coconut oil)
- 1 TBSP dark brown sugar
- 3/4-1 cup walnuts, or pecans
- 8 cups or so of mixed salad greens (I used arugula, spinach, red leaf lettuce, and baby kale, but frisee, radicchio, chard, and escarole are all in season in the fall, too)
- 1/4-1/2 cup dried cranberries, or cherries
- 1/4 cup raw sunflower seeds

Dressing

- 3 TBSP good-quality balsamic vinegar
- 1 TBSP maple syrup
- 1 tsp. dijon mustard
- 1/2-3/4 cup extra virgin olive oil
- pinch of salt, to taste

Directions

For the dressing:

Whisk together all the ingredients except the olive oil and salt. While whisking, pour in the olive oil. Start with a half cup, and adjust to taste. Add a pinch of salt, to taste. Cover and place in the fridge until ready to use. Whisk well before using. (Dressing can be made up to a week in advance.)

For the salad:

Preheat the oven to 400 degrees F., and line a rimmed baking sheet with aluminum foil or parchment. Cut the pears into wedges (I cut mine into 1/8ths), and remove the stems and cores. Toss with the melted butter and brown sugar, and spread onto prepared baking sheet. Roast for 10-12 minutes, or until just tender (not mushy).

Meanwhile, place the walnuts (or pecans) into a dry skillet over medium heat. Toast for 6-8 minutes, or until warm and flavorful. Give the pan a shake, or stir the nuts, every couple of minutes to keep them from burning — keep your eye on them!

Combine your mixed greens, dried cranberries (or cherries), and Raw sunflower seeds. When you are ready to serve, add the toasted nuts and roasted pears, while still warm. (You can keep your pears in wedges or cut them into bite-sized pieces for easier eating.) Toss with dressing, to taste, and serve immediately.

Source

<http://www.willcookforfriends.com/2013/11/roasted-pear-and-gorgonzola-salad-with-balsamic-vinaigrette.html>



Tuscan Tuna & Bean Salad

2 Servings / Prep time: 10 minutes / Cook time: N/A

Ingredients

- 4 cups arugula spinach, or other favorite lettuce
- 1-15 ounce can cannellini or Great Northern beans rinsed and drained
- 1-5 ounce can white albacore tuna packed in water drained
- 1/2 cup cherry tomatoes halved
- 1/4 cup sliced olives green, Kalamata, or your favorite variety
- Thinly sliced red onion
- 2 tablespoons fruity extra virgin olive oil
- 1/2 lemon
- 1/4 cup crumbled feta cheese
- Kosher salt and freshly ground black pepper

Directions

In a large bowl or two smaller bowls, combine the arugula, white beans, tuna, tomatoes, olives and red onion. Drizzle with the olive oil and the juice from the lemon. Toss to combine. Top with crumbled feta cheese and season to taste with kosher salt and black pepper.



Simple Bean Celery Red Pepper Salad

6 Servings / Prep time: 10 minutes / Cook time: N/A
Vegan, Gluten-free

Ingredients

- 1 (15-ounce) can dark red kidney beans, rinsed and drained
- 2 (15-ounce) can garbanzo beans, rinsed and drained
- 5 stalks celery, sliced, tough stalks and leaves discarded
- 1 red onion, diced small
- 1 red, orange, or yellow bell pepper, stemmed, seeded and chopped
- 1/2 cup chopped fresh parsley

Dressing

- 2 tablespoons extra-virgin olive oil
- Juice of one lemon
- 1/2 teaspoon kosher or sea salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon paprika (smoked or regular)

Directions

Whisk dressing. Toss beans, onions, peppers, and parsley with dressing in a large salad bowl until evenly coated and mixed.

Chill one hour before serving. Salad will keep for up to 3 days in the fridge.

Source

<https://skinnymys.com/mixed-bean-and-vegetable-salad-recipe/>



Spinach Berry Salad

2 Servings / Prep time: 15 minutes / Cook time: N/A
Vegan

Ingredients

- 2 cups organic baby spinach leaves
- 2 organic celery sticks, sliced
- 1 large organic Fuji or Gala apple, cored and chopped
- 1 cup walnuts (preferably soaked)
- 3/4 cup organic fresh Pomegranate seeds (frozen if you can't find fresh)
- 3/4 cup organic fresh blueberries

Honey Lime Vinaigrette

- 2 teaspoons Dijon mustard
- 1-1/2 tablespoons honey
- 4 tablespoons freshly squeezed lime juice
- 1/2 teaspoon kosher salt
- 1/4 cup extra virgin olive oil

Directions

Place the spinach, fruit and walnuts in a bowl.

Drizzle the vinaigrette around the inside of the bowl and fold into the ingredients to evenly coat.

For the Honey Lime Vinaigrette: Add all of the ingredients to a small mason jar. Seal the lid tightly and give it a few good shakes to blend well.

Source

<https://www.theharvestkitchen.com/spinach-berry-antioxidant-salad/print/>



Spinach Cranberry Nut Salad

8 Servings / Prep time: 15 minutes / Cook time: N/A
Vegetarian, Gluten-free

Ingredients

- 16 oz. baby spinach
- 1 cup almonds, sliced or Sunflower seeds or Green Pumpkin Seeds
- 1 cup dried cranberries

Sesame Seed Dressing

- 1/2 cup olive oil
- 4 Tbsp. honey
- 1 Tbsp. finely minced shallot
- 1/4 cup white wine vinegar
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. sesame seeds, toasted
- 1 Tbsp. poppy seeds (optional)

Directions

For the dressing

In a bowl or jar whisk honey, shallot, white wine vinegar, apple cider vinegar, sesame seeds and optional poppy seeds until mixture is well blended.

For the salad

Add spinach, nuts and cranberries to a salad bowl. Drizzle dressing over salad and toss. Serve immediately after adding dressing.

Source

<https://www.cookingclassy.com/cranberry-almond-spinach-salad/>



Vegan Maple Glazed Pecans

4 Servings
Vegetarian, Gluten-free

Ingredients

- 2 teaspoons coconut oil
- 2 tablespoons maple syrup
- 3/4 cup pecans

Directions

Preheat oven to 350°F.

In an ovenproof saucepan over medium-high heat, melt coconut oil. Once melted add maple syrup and whisk to combine.

Bring mixture to a bubble. Once bubbles appear on the surface, remove from heat. Add pecans and toss thoroughly to coat well.

Either spread pecans into a single layer in the saucepan or transfer to a parchment lined baking sheet. Bake for ~10 minutes until fragrant. Stir halfway through and keep an eye on the pecans to prevent them from burning. Once toasted, remove from oven and allow to cool fully (~30 minutes – 1 hour).

Store in an airtight container at room temperature.

Source

<https://evergreenkitchen.ca/recipe/curry-apple-salad-with-spiced-chickpeas>



Watermelon Blackberry Mint Salad

4 Servings / Prep time: 15 minutes / Cook time: N/A
Vegetarian, Gluten-free

Ingredients

- 3 cups cubed watermelon
- 1 1/2 cups blackberries
- 2 tablespoons finely chopped mint leaves
- Juice of one lime

Option: Add cantaloupe and honeydew melons to this mixture for extra nutrition for a fruit dish in the morning, as a dessert.

Directions

In a large bowl, combine watermelon, blackberries, and mint. Squeeze fresh lime juice over the fruit. Gently toss and serve.

Option: Add some nuts for extra nutrition and protein (Almonds, sunflower seeds, walnuts, pine nuts, cashews, etc.

Source

<https://www.twopeasandtheirpod.com/watermelon-blackberry-and-mint-salad/>



Winter Fruit Salad

6 Servings / Prep time: 20 minutes / Cook time: 10 minutes
Vegan, Gluten-free

Ingredients

- 2 red apples, cored and diced
- 2 pears, cored and diced
- 4 clementine oranges, peeled and separated into segments
- 3 kiwi fruit, peeled and sliced into thin rounds and then slice rounds into quarters
- 1/2 cup dried cranberries
- 1 cup pomegranate seeds

Dressing

- 2 tablespoons maple syrup
- 1 tablespoon fresh lime juice

Directions

Combine all salad ingredients (except the dressing ingredients) in a large bowl.

In a separate small bowl, whisk together the dressing ingredients (maple syrup and lime juice).
Pour the dressing over the salad and gently toss to coat.

Serve immediately.

Source

<https://juliasalbum.com/winter-fruit-salad-with-maple-lime-dressing/>