

# Crazy Healthy Salads

## Argentine Lentil Salad

3 cups water boiling  
1 1/2 C lentils  
2 1/4 tsp. salt  
simmer for 20 minutes, and strain water

1-2 tomatoes diced  
4 green onions diced  
1 cup finely diced parsley  
1 tbsp olive oil  
Juice of 1/2 lemon

## Black Bean, Corn and Red Pepper Salad

1 1/4 c black beans (or 2 cans), rinsed and drained  
2 ears of fresh corn  
1 red bell pepper

3 scallions, sliced  
1/4 c. minced red onion  
1/4 c. chopped fresh cilantro

## Chili-Lime Dressing (with above salad)

1/2 t cumin  
1/2 t chili powder  
pinch of cayenne

6 T fresh lime juice  
5 T oil  
1/2 t salt

## Chinese salad

1/2 head green cabbage chopped  
1/2 head or two hearts romaine lettuce chopped  
3 shredded carrots  
3 stalks celery diced  
1 cucumber diced  
1 colored pepper diced  
1 bunch green onions diced

2 cans kidney beans or 4 cups cooked beans  
3 cans mandarin oranges  
1-2 avocados diced  
2 cups cooked basmati brown rice (or any brown rice)  
1/2 -1 cup slivered almonds or pine nuts  
1 cup cilantro diced

Sauce (depending on how much sauce you like, you may want to double this)

1/3 cup olive oil  
1/3 cup bragg's liquid aminos or nama shoyu or soy sauce  
1 Tbsp raw apple cider vinegar

1/2 tsp sea salt  
1/8 tsp pepper

## Coleslaw Salad

(this is from Original Fast Foods page 158, but I've (Bri Litster) added a few things to make it a more filling meal for families)

2 cups any kind of cabbage shredded  
1 large cucumber diced  
2 large carrots shredded  
1/4 cup any onion shredded  
1 colored bell pepper  
8 cups finely diced greens (spinach, romaine, and kale are my favorite combination, but slice them up very thin)

2 cups garbanzo beans (or 1 can)  
2 cups kidney beans (or 1 can)  
2 cups cooked brown rice  
1 C tomato diced  
1 1/2 Tbsp. cumin seeds

Dressing:

3 tsp cumin  
1/3 cup + 2 Tbsp fresh lemon juice  
1/3 cup + 1 Tbsp Bragg's liquid aminos

2/3 cup olive oil  
1-2 Tbsp minced garlic

Pre-mix dressing then mix with salad and serve

## Italian Salad

2 C chopped broccoli lightly steamed  
1 red bell pepper chopped  
½ cucumber diced  
1 bunch green onions, or 1 cup red onion sliced in ½ rings  
1 14 oz can artichoke hearts (in water, not oil)  
½-1 C pinenuts  
1 head romaine lettuce  
½ lb spinach  
1 large tomatoe diced (add just before serving)  
1 avocado (add just before serving)

### Dressing

½ c olive oil  
2/3 c water  
1/4 c red wine vinegar  
¼ c balsalmic vinegar

2 cups kidney beans  
2 cups cooked basmati brown rice, or 4 cups cooked whole wheat pasta  
½ C diced sun dried tomatoes  
1 C olives of choice (kalamata are great)  
1 C fresh parsley diced  
½-1 Cup finely chopped fresh basil \*this is the magic ingredient

½ tsp. powdered oregano (1 tsp. dried, 2 tsp. fresh)  
1 tsp. sea salt  
2 cloves garlic pressed  
2 Tbsp honey

## Marinated Vegetable Salad

### Dressing:

1 tbsp sugar, pepper dill, salt, and garlic salt

1/4 c olive oil  
1 c apple cider vinegar

### Veggies:

2 broccoli spears broken into flowers  
1 head of cauliflower broken into flowers  
carrots  
cucumbers  
celery

2 zucchini chopped  
1 pkg mushrooms  
1 can medium olives  
1 pkg cherry tomatoes

Toss veggies with dressing. Marinate for about 2 hours then serve cold.

## Mediterranean Greek Salad

### Dressing:

1/2 c. Olive oil  
1/3 c. Red wine vinegar

2 tsp. chopped fresh oregano or 3/4 tsp. dried oregano  
1 tsp. seasoned salt  
1 tsp. garlic powder with parsley

Combine and mix well

### Salad:

3 medium Cucumbers  
3 to 4 tomatoes diced

1 medium onion sliced into rings  
1 can (6 oz) Greek or ripe olives, drained, pitted  
1 cup (4 oz) crumbled feta cheese

Toss salad in dressing, sprinkle feta on top. Excellent meal with Lemon rice pilaf and Garlic wedged potatoes (red or yukon).  
Enjoy!!!!

## Potato Lover's Salad

½ lb. fresh spinach  
½ lb. spring mix  
1 head or 2 hearts romaine lettuce  
1 large jelly roll pan of diced baked potatoes (coat with olive oil and sea salt, bake 400 about 1 hour until done, stirring with spatula occasionally)  
Optional: to make this a more filling meal, you may add 2-3 cups steamed basmati brown rice, and 3-4 cups kidney beans.

### Dressing:

3 TBSP agave  
2 med. cloves garlic or one large  
1/3 C fresh lemon juice or lime  
1 tsp. sea salt  
¼ c olive oil

6-8 cups barely steamed broccoli  
½ red onion diced  
2 cups diced purple or green cabbage

3/4 c water  
1 tsp dried oregano (1/2 tsp powdered)  
½ tsp dried thyme (1/4 tsp powdered)  
4 Tbsp cashews  
1/8 tsp ground black pepper

## Salsa-Sprout Salad

Handful of Sunflower sprouts                      1 avocado, cubed                      Fresh salsa

1. Break up sunflower sprouts; make a "bed" of sprouts on your plate.
2. Next arrange cubed avocados on top of the sprouts and top it off with fresh salsa. Serves 1

## Spicy Thai Salad

In a large salad bowl, combine:  
½ lb spring mix  
½ head romaine lettuce (or 1 romaine heart)  
1 shredded carrot

3 cups cooked garbanzo beans  
½ lb whole wheat penne pasta, or 2 cups cooked brown rice  
½ c cashews or slivered almonds

In large frying pan, sauté with 1 tbsp olive oil just until barely tender, but still crisp:

5 cloves toasted garlic  
1 purple onion, cut into wedges  
2 colored bell peppers, sliced

½ lb fresh mushrooms (not canned)  
3 cups broccoli, chopped

-Toss these immediately into salad with the following dressing:

### Dressing

¼ c raw apple cider vinegar  
1/3 c extra virgin olive oil  
4 Tbsp Bragg's liquid aminos  
½ tsp Worcestershire  
1/8 tsp hot pepper sauce  
½ finely diced fresh ginger

1 clove garlic pressed  
1 Tbsp sesame seeds  
½ c water  
½ tsp sea salt  
3 Tbsp raw honey or agave

## Yummy Winter Salad

6 cups mixed greens  
1 lg bulb of fennel shaved  
2 lg apples cubed

½ c pecans toasted  
½ c raisins

### Dressing:

2 tsp Dijon mustard  
1 small shallot  
½ tsp honey

¼ c apple cider vinegar  
¾ c olive oil  
salt and pepper to taste

In large bowl combine all salad ingredients set aside. Put all dressing ingredients in a canning jar with lid. Shake vigorously.

## Taco Salad

Combine desired amounts of the following:

Romaine lettuce diced

Purple or green cabbage diced

Pinto or kidney beans

Fresh cob corn or canned

Diced cilantro

Diced tomatoes

Diced green onions

Diced avocados

Basmati brown rice

1 shredded carrot

## Taco Salad Dressing

Make dressing separately, and add desired amount just before serving

1c water

1c raw apple cider vinegar

¾ c olive oil

1/3 c agave or honey

1 tsp. sea salt

2 cloves fresh garlic pressed

1 tsp. chili powder

1 tsp. cumin

¼ tsp. oregano (dry powdered)

## Apple Pear Fruit Salad

2 apples

1 pear

juice of 1 orange

unsweetened shredded coconut

raw almonds (cut in half)

Cut apples and pears into small pieces. Put apples and pears into a bowl and pour orange juice over top. Then add desired amount of coconut and chopped almonds. Stir it up and enjoy! This is a really quick fruit salad and I was surprised how flavorful it is. It is even better if you soak the almonds and then dehydrate them until crunchy. I am sure soaked almonds would be great too.