

Salad

RECIPE BOOK

**OVER 50
HEALTHY SALAD RECIPES**



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DELICIOUS SALAD RECIPES

RECIPE 1: BACON AVOCADO TOMATO PASTA SALAD



Ingredients

- ❖ 8 ounces small shell pasta cooked according to directions
- ❖ 1/2 large avocado, peeled and pit removed, cut into 1/2" pieces
- ❖ 1/4 - 1/2 cup small grape tomatoes
- ❖ 8 slices bacon, cooked and chopped into small pieces
- ❖ 1/2 large avocado, peeled and pit removed, mashed with a fork
- ❖ 1/3 cup Quick and Easy Homemade Ranch Dip or the ranch dip/dressing of your choice

Instructions

1. Mash the avocado in a medium-size mixing bowl and then stir in the ranch dip. Add the cooked pasta and stir well to coat.
2. Add the remaining ingredients and toss to combine.
3. Chill in the refrigerator until ready to serve. Enjoy!

RECIPE 2: STRAWBERRY SPINACH SALAD



Ingredients

- ❖ 4 cups organic baby spinach leaves
- ❖ 1/4 red onion slivered into strips as thin as possible
- ❖ 1 1/2 cups fresh strawberries cut into halves or thirds
- ❖ Handful of sliced almonds
- ❖ 1/3 cup extra virgin olive oil
- ❖ Juice from 1 lemon
- ❖ 1 tbsp fresh lemon zest zested and then chopped for even tinier pieces
- ❖ Sea salt
- ❖ pepper

Instructions

1. In a medium sized bowl, lightly toss together the spinach, onions and strawberries. Set aside.
2. Whisk together the olive oil, lemon juice, lemon zest, salt and pepper until thoroughly combined. Pour dressing over salad and lightly toss until coated. Top with almonds before serving. Enjoy!

Lemon Zest: you can zest any citrus fruit. Zesting is the removing of the outer layer of skin from a citrus fruit. It is a great way to add extra flavor to cooking.

RECIPE 3: SWEET & SPICY APPLE COLESLAW



Ingredients

- ❖ 1/2 small head of green cabbage, cored and sliced very thin (about 6 cups)
- ❖ 1 Fuji apple, sliced very thinly
- ❖ 1/3 cup mayonnaise
- ❖ 1/4 cup pineapple juice
- ❖ 1 scant teaspoon sugar
- ❖ Tabasco sauce to taste, I use several generous shakes, about 2 teaspoons
- ❖ 1/4 teaspoon kosher salt
- ❖ 1/8 teaspoon freshly ground black pepper, adjust to taste
- ❖ 2 tablespoons chopped cilantro
- ❖ 2 tablespoons crushed toasted corn bits, i.e. Corn nuts, about 1 tablespoon crushed

Instructions

1. Place the shredded cabbage and the apple slices in a mixing bowl and toss to combine. In a small glass measuring cup or bowl, whisk together the mayo, juice, sugar, Tabasco, salt and pepper until smooth. Taste and adjust the hot sauce as desired.
2. Pour the dressing over the cabbage mixture and toss to combine. Let rest for 5 minutes. Add the cilantro and toss again. Top with the crushed corn bits and serve immediately. Enjoy!

RECIPE 4: GREEK SALAD



Ingredients

- ❖ 1 head romaine lettuce-rinsed, dried and chopped
- ❖ 1 red onions, thinly sliced
- ❖ 1 (6 ounce) can pitted black olives
- ❖ 1 green bell pepper, chopped
- ❖ 1 red bell pepper, chopped

- ❖ 2 large tomatoes
- ❖ 1 cucumber, sliced
- ❖ 1 cup crumbled feta cheese
- ❖ 6 tbsp olive oil
- ❖ 1 tsp dried oregano
- ❖ 1 lemon juiced
- ❖ Ground black pepper to taste

Directions:

1. In a large bowl, combine the romaine, onion, olives, bell peppers, tomatoes, cucumber & cheese
2. Whisk together the olive oil, oregano, lemon juice and black pepper
3. Pour dressing over salad, toss and serve

RECIPE 5: SWEET POTATO SALAD



Ingredients

- ❖ 3 pounds red potatoes
- ❖ 2 ½ pounds sweet potatoes
- ❖ ¼ cup white wine vinegar
- ❖ ¼ cup olive oil

- ❖ 1 clove garlic, minced
- ❖ 1/4 cup dill pickle relish
- ❖ 1/2 cup chopped red onion
- ❖ 1/3 cup mayonnaise
- ❖ 1 pinch ground black pepper
- ❖ 1/3 cup sour cream
- ❖ 1/2 cup chopped parsley

Directions

1. Boil until tender but still firm, about 15 minutes. Drain, cool and slice.
2. Combine the vinegar, olive oil, garlic, dill pickle relish and onion in a large bowl. Add sliced potatoes and mix to coat.
3. Whisk together mayonnaise, pepper, sour cream and parsley.
4. Pour over potatoes and chill at least 8 hours before serving.

RECIPE 6: HONEY-LIME RAINBOW FRUIT SALAD



Ingredients

- ❖ 1 lb fresh strawberries, chopped
- ❖ 1 lb chopped fresh pineapple,
- ❖ 12 oz fresh blueberries
- ❖ 12 oz red grapes, sliced into halves
- ❖ 4 kiwis, peeled and chopped
- ❖ 3 mandarin oranges
- ❖ 2 bananas, sliced (optional)

Honey Lime Dressing

- ❖ 1/4 cup honey
- ❖ 2 tsp lime zest (zest of 2 medium limes)
- ❖ 1 1/2 Tbsp fresh lime juice

Instructions

1. Add all fruit to a large mixing bowl.
2. In a small mixing bowl, whisk together the honey, lime zest and lime juice.
3. Pour over fruit and toss to evenly coat, serve immediately.

RECIPE 7: SEAFOOD SALAD



This seafood salad is a blend of imitation crab and shrimp in creamy dill dressing

with fruit veggies.

Ingredients:

- ❖ 8 ounces imitation crab meat
- ❖ 8 ounces raw shrimp
- ❖ 1 lemon quartered
- ❖ ½ cup celery finely diced
- ❖ 3 tbsp red onions minced
- ❖ ½ tsp lemon juice
- ❖ Salt & pepper to taste
- ❖ ½ cup mayonnaise
- ❖ 1 ½ tbsp fresh dill chopped

Instructions:

1. Boil a pot of salted water. Add the quartered lemon
2. Add the shrimp to the pot and cook for 1-2 minutes until pink. Transfer the shrimp to a bowl of ice water to stop the cooking process.
3. Drain the shrimp then pat dry
4. Place the shrimp, imitation crab, celery, red onion, old bay seasoning, lemon juice, salt pepper, mayonnaise and dill in a bowl.
5. Toss gently to coat.
6. Garnish with additional fresh dill & serve or cover & refrigerate

N/B: Imitation crab is made of mild white fish, typically Alaskan Pollock, which is blended with other ingredients to form a product that looks and tastes similar to real crab. You can use real crabs as well.

RECIPE 8: PASTA FRUIT SALAD



Ingredients

- ❖ 1/2 pound corkscrew pasta
- ❖ 1 (8-ounce) can pineapple chunks, drained with 2 tablespoons juice reserved
- ❖ 1 cup cantaloupe or honeydew cubes
- ❖ 1 cup seedless green or red grapes, cut in half
- ❖ 1/4 cup honey
- ❖ 1 (8-ounce) carton low-fat peach yogurt 1/4 cup sour cream
- ❖ 1 cup fresh strawberries, hulled and halved

Directions

1. Cook pasta according to package directions; drain and place in a large bowl. Add pineapple, melon, and grapes.
2. Combine reserved pineapple juice, the honey, yogurt, and sour cream; toss with pasta mixture. Top with strawberries, and serve.

RECIPE 9: CREAMY CUCUMBER SALAD



Ingredients:

- ❖ 3 large cucumbers
- ❖ 1 small onion grated (1/2 cup)
- ❖ 2 cups plain yogurt
- ❖ ½ tsp garlic powder
- ❖ 1 tbsp dried mint leaves
- ❖ ¾ tsp salt
- ❖ ¼ tsp black pepper

Directions:

1. Peel cucumber and slice in half lengthwise. Scoop out the seeds and coarsely chop cucumbers. Place in a large bowl.
2. Add the remaining ingredients to cucumber. Mix well.
3. Serve immediately or cover & chill until ready to use.

RECIPE 10: NO-BAKE BAKED POTATO SALAD



Ingredients

- ❖ 8 potatoes (about 3 pounds) peeled and cut into 1 inch chunks
- ❖ 1 tbsp salt
- ❖ 1 (16 ounce) container sour cream
- ❖ ¼ cup real bacon bits
- ❖ 4 scallions (green onions), thinly sliced
- ❖ ½ tsp black pepper

Directions:

1. Place potatoes in a large pot and add enough water to cover them. Add salt and bring to a boil over high heat.
2. Cook potatoes 10 to 15 minutes, or until fork-tender; drain well and allow cooling slightly.
3. In a large bowl, combine remaining ingredients; mix well. Add potatoes and mix until well combined.
4. Serve warm, or cover and chill until ready to serve.

RECIPE 11: CHICKEN POTATO SALAD



Ingredients:

- ❖ 6 potatoes peeled and cut in 1-inch chunks
- ❖ 1 (10 ounce) cooked, sliced chicken breast
- ❖ 6 fresh asparagus spears
- ❖ 4 radishes, thinly sliced
- ❖ 1 cup mayonnaise
- ❖ 1 tsp salt
- ❖ ½ tsp black pepper

Directions:

1. In a large soup pot, cover potatoes with water and bring to a boil over high heat. Cook potatoes for 15 to 20 minutes, or until tender; drain well.
2. Place the potatoes in a large bowl and add the chicken, asparagus, radishes, dressing, salt, and pepper; toss well. Serve warm, or cover and chill until ready to serve.

RECIPE 12: BASIC MACARONI SALAD



Ingredients:

- ❖ 1 pound elbow macaroni
- ❖ 5 hard-cooked eggs, chopped
- ❖ 1 cup chopped celery
- ❖ ½ cup finely chopped red onions
- ❖ 2 cups mayonnaise
- ❖ ½ tsp garlic powder
- ❖ 1 tsp salt
- ❖ ¾ tsp black pepper

Directions

1. In a large pot of boiling water, cook macaroni over high heat 7 to 9 minutes, or just until tender. Drain, rinse, and let cool.
2. Place macaroni in a large bowl, add remaining ingredients, and mix well. Cover and refrigerate at least 1 hour before serving.

RECIPE 13: BACON & EGG MACARONI SALAD



Ingredients:

- ❖ 1 pound elbow macaroni
- ❖ 8 hard-cooked eggs, chopped
- ❖ ½ pound bacon, cooked and crumbled
- ❖ 1 cup chopped celery
- ❖ ½ cup finely chopped red onions
- ❖ 2 cups mayonnaise
- ❖ ¾ tsp black pepper

Directions:

1. In a large pot of boiling water, cook macaroni over high heat 7 to 9 minutes, or just until tender. Drain, rinse, and let cool.
2. Place macaroni in a large bowl, add remaining ingredients, and mix well. Cover and refrigerate at least 1 hour before serving.

RECIPE 14: EVERYTHING COLESLAW SALAD



Ingredients

- ❖ 6 cups (1 small head) shredded cabbage
- ❖ 1 cup (about 2) shredded carrots
- ❖ 1 cup mayonnaise
- ❖ 2 tbsp fresh lemon juice
- ❖ 3 tbsp sugar
- ❖ ½ tsp celery seed
- ❖ 1 tsp salt
- ❖ ¼ tsp white pepper

Directions

1. In a large bowl, combine mayonnaise, lemon juice, sugar, celery seed, salt, and pepper. Add shredded cabbage and carrots. Toss to coat well.
2. Cover and chill 2 to 3 hours before serving.

RECIPE 15: SUNNY SLAW SALAD



Ingredients:

- ❖ 1/3 cup white vinegar
- ❖ 6 cups shredded cabbage
- ❖ 1 cup shredded carrot
- ❖ 1/4 cup sugar
- ❖ 1/4 cup vegetable oil
- ❖ 2 tsp salt
- ❖ 2 tsp grated or minced onions

Directions:

1. In a small bowl, combine vinegar, sugar, oil, salt, and onion.
2. Place shredded cabbage in a large bowl, pour dressing over cabbage, and toss.
3. Transfer slaw to a salad bowl and arrange shredded carrots around top to form a decorative border.

RECIPE 16: CARROT WALDORF SALAD



Ingredients:

- ❖ 5 carrots peeled and grated
- ❖ 1 (8-ounce) can pineapple tidbits in heavy syrup undrained
- ❖ ½ cup raisins
- ❖ ½ cup sliced celery
- ❖ ½ chopped walnuts
- ❖ ¼ cup mayonnaise
- ❖ 1 tbsp lemon juice

Directions:

1. Toss together all ingredients in a medium bowl. Cover and chill at least 1 hour before serving.

RECIPE 17: TUNA SALAD SURPRISE



Ingredients:

- ❖ 2 (5-ounce) cans solid white albacore tuna in water, drained
- ❖ 2 tbsp reduced-fat mayonnaise
- ❖ 1 red apple, cored & diced
- ❖ ½ cup diced celery
- ❖ ¼ cup chopped pecans
- ❖ 1/8 tsp salt
- ❖ 1/8 tsp black pepper

Direction:

1. In a medium bowl, break up tuna
2. Add remaining ingredients toss until evenly coated and serve

RECIPE 18: THE BEST SUMMER SALAD



Ingredients:

- ❖ 1 can sweet corn
- ❖ 2 bell peppers
- ❖ 1 cucumber chopped
- ❖ 2 tomatoes chopped
- ❖ ¼ minced red onions
- ❖ 1 avocado peeled, pitted and cubed
- ❖ ½ cup chopped fresh basil
- ❖ 2 tbsp white balsamic vinegar
- ❖ 4 tbsp extra virgin olive oil
- ❖ Sea salt and freshly ground pepper to taste

Directions:

1. Whisk together the white balsamic vinegar and olive oil in a bowl, or shake them together in a jar with a secured lid.
2. Toss all of the salad ingredients together in a large bowl
3. Drizzle the dressing over the salad and season to taste with sea salt and freshly ground black pepper.

RECIPE 19: FRESH FRUIT SALAD



Ingredients:

- ❖ 1 small mango, peeled and diced
- ❖ ½ mango diced
- ❖ ½ cup fresh blueberries
- ❖ ½ cup fresh strawberries, sliced
- ❖ ½ cup fresh raspberries
- ❖ ½ small banana sliced
- ❖ 2 tbsp plain yogurt
- ❖ 1 tbsp maple syrup (optional)
- ❖ 1 pinch white sugar

Directions:

1. Toss orange, mango, berries and banana in a large bowl
2. Stir yogurt and syrup into the mixture to coat evenly.
3. Sprinkle sugar over the salad
4. Stir to serve

RECIPE 20: FABULOUS FRUIT SALAD



Ingredients:

- ❖ 2 cups diced apples
- ❖ 1 cup sliced banana
- ❖ 1 cup sliced fresh strawberries
- ❖ 1 cup chopped walnuts
- ❖ 1 cup vanilla yogurt
- ❖ $\frac{3}{4}$ tsp ground cinnamon

Directions:

1. In a bowl, mix the apples, banana, strawberries and walnut
2. Fold in the yogurt
3. Sprinkle with cinnamon
4. Gently stir before serving

RECIPE 21: GREEK PENNE SALAD



Ingredients:

- ❖ 1 (500g) pack penne pasta
- ❖ 4 tbsp olive oil
- ❖ 1 tsp lemon juice
- ❖ 1 tsp dried basil
- ❖ 1 tsp ground black pepper
- ❖ 2 tomatoes chopped
- ❖ 1 green capsicum chopped
- ❖ 1 red onion chopped
- ❖ 1 cucumber coarsely chopped
- ❖ Handful black olives, pitted and chopped

Directions:

1. Cook pasta in a large pot of boiling water until it's soft. Drain and rinse in cold water
2. In a small bowl, mix together oil, lemon juice, basil and black pepper

3. In a large bowl, combine pasta, tomatoes, green pepper, onion, cucumber and black olives.
4. Add dressing and toss to coat
5. Chill in the refrigerator up to 30 minutes.

RECIPE 22: PASTA RICE SALAD



Ingredients:

- ❖ Pasta rice – 250g, cooked as per package instruction
- ❖ Cherry tomatoes – 125g, halved
- ❖ Cucumber – ½ , deseeded, diced
- ❖ Mozzarella cheese – 125g, cubed
- ❖ Spring onions- few, finely chopped
- ❖ Black olives – 100g, pitted, halved
- ❖ Coriander leaves – ½ cup

For dressing:

- ❖ Olive oil- 1/3 cup
- ❖ Lemon juice – 3 tbsp

- ❖ Garlic – 1 clove, crushed
- ❖ Salt to taste
- ❖ Black pepper powder as per taste

Procedures

1. Drain the pasta rice and rinse well under cold running water
2. Combine all the dressing ingredients and mix well
3. In a bowl, combine the pasta rice with the remaining ingredients
4. Pour over the dressing
5. Toss well and serve.

RECIPE 23: DILL AND SHRIMP SALAD



Ingredients:

- ❖ 3 pounds cooked shrimp
- ❖ 2 lemons, juiced
- ❖ 1 lime, juiced
- ❖ 2 stalks celery, chopped

- ❖ 3 green onions, chopped
- ❖ 1 tbsp chopped fresh dill
- ❖ 1 cup mayonnaise
- ❖ Ground black pepper to taste

Procedure

1. In a large bowl, combine the shrimp, lemon juice, lime juice, celery, onion, dill, mayonnaise and pepper
2. Mix well and refrigerate until chilled

RECIPE 24: CHICKEN SALAD



Ingredients

- ❖ ½ cup mayonnaise
- ❖ 1 tbsp lemon juice
- ❖ ¼ tsp ground black pepper
- ❖ 2 cups chopped, cooked chicken meat
- ❖ ½ cup blanched slivered almonds
- ❖ 1 stalk celery, chopped

Procedure

1. Place almonds in a frying pan
2. Toast over medium- heat, shake frequently
3. In a medium bowl, mix together mayonnaise, lemon juice and pepper.
4. Toss with chicken, almonds and celery
5. Chicken salad is ready

RECIPE 25: SHRIMP SALAD WITH PINEAPPLE



Ingredients

- ❖ 12 ounces canned shrimp
- ❖ 1/3 cup mayonnaise
- ❖ 1 tbsp pineapple juice
- ❖ 1/2 tsp curry
- ❖ 1/8 tsp red pepper flakes
- ❖ 1/2 cup celery chopped
- ❖ 1/4 cup red bell pepper, diced

- ❖ ½ cup pineapple chunks, crushed
- ❖ Avocado, diced
- ❖ ½ tsp salt
- ❖ 1 lettuce head, shredded

Procedure:

1. In a bowl combine canned shrimp, mayonnaise, avocado, pineapple juice, curry, red pepper flakes, chopped celery, diced red ball and crushed pineapple chunks
2. Season with salt
3. Cover and chill until served
4. Pour over shredded lettuce

RECIPE 26: TANGERINE AND CHICKEN SALAD



Ingredients

- ❖ ½ pound cooked chicken cutlets
- ❖ 4 tangerines, seeded and sectioned
- ❖ 3 tbsp chopped pecans

- ❖ 2 tbsp raisins
- ❖ 3 scallions, chopped
- ❖ 1 tbsp olive oil
- ❖ 2 tbsp orange juice
- ❖ ½ tsp minced fresh rosemary

Procedure

1. Shred chicken into bite-size pieces, then place them in a medium bowl along with tangerines, pecans, raisins and scallions
2. In a small bowl, whisk together oil, juice and rosemary
3. Pour over salad and toss well until all pieces are lightly coated
4. Serve at room temperature as a main salad dish

RECIPE 27: TOMATO SALAD



Ingredients

- ❖ 1 large cucumber peeled, deseeded and chopped
- ❖ 2 large tomatoes chopped
- ❖ 3 scallions, chopped (both white & green parts)
- ❖ 1/3 tsp salt
- ❖ 1 tbsp olive oil

Procedure

1. In your serving bowl, put the cucumbers and salt. The tossed cucumber will “sweat”. Do not toss the water; this is part of your salad dressing
2. Add the tomatoes, scallions and olive oil and toss
3. Put it in the fridge until you are ready to eat
4. The longer it sits, the better it tastes

RECIPE 28: THREE BEAN SALAD



Ingredients:

- ❖ 1/3 cup vegetable oil
- ❖ 2/3 cup red wine vinegar
- ❖ ¾ cup sugar
- ❖ 1 tsp salt
- ❖ 1 tsp pepper
- ❖ 1 (14 ounce) can green beans, drained
- ❖ 1 (14 ounce) can yellow beans, drained
- ❖ 1 (14 ounce) can red kidney beans, drained
- ❖ 1 green pepper, chopped
- ❖ 1 red onions, chopped

Procedure

1. Combine the first 5 ingredients in a large bowl and stir until sugar is dissolved
2. Add the rest of the ingredients
3. Stir well and refrigerate overnight.

RECIPE 29: TURKISH SALAD



Ingredients

- ❖ 1 ½ cups diced tomatoes
- ❖ 1 cup diced green bell pepper
- ❖ 1 cup diced peeled cucumber
- ❖ ½ cup minced fresh parsley
- ❖ 1/3 cup green onion
- ❖ ¼ cup fresh lemon juice
- ❖ 2 tbsp water
- ❖ 1 tbsp olive oil
- ❖ ¼ tsp salt
- ❖ 1/8 tsp fresh ground pepper

Procedure

Combine all ingredients in a bowl and chill for at least 1 hour before serving.

RECIPE 30: EASY FRUIT SALAD



Ingredients

- ❖ 1 tin (440g) pineapple pieces in natural juice
- ❖ 1 apple, peeled, cored and diced
- ❖ 1 orange peeled, diced and the juice reserved
- ❖ 1 banana sliced
- ❖ 150g seedless grape
- ❖ 6 strawberries, diced
- ❖ 8 blueberries

Directions

1. In a large bowl, toss together the pineapple, apple, orange, banana, grapes & berries.
2. Add the juice from the pineapple and orange
3. Let it chill before serving

RECIPE 31: WATERMELON BOWL FRUIT



Ingredients

- ❖ 2 small watermelons
- ❖ 1 pineapple peeled, cored and diced
- ❖ 500g seedless grapes
- ❖ 2 apples – peeled, cored and chopped
- ❖ 2 bananas cut into bite-size pieces

Directions

1. Cut each watermelon in half crossways. Hollow out the insides using a large metal spoon. Then chop into bite-size pieces, reserving the rind for later use.
2. Rinse grape under cold running water and pat dry
3. In a bowl, toss together the watermelon pieces, pineapple, apple, banana and grapes
4. Divide fruit salad among the 4 reserved watermelon ‘bowl’ and serve.

RECIPE 32: CHICKEN, AVOCADO AND BACON SALAD



Ingredients

- ❖ 5 slices, bacon, diced
- ❖ ¾ cup (185g) mayonnaise
- ❖ 1 tbsp chopped fresh parsley
- ❖ 2 tbsp chopped spring onion
- ❖ 1 tsp fresh lemon juice
- ❖ ½ tsp Worcestershire sauce
- ❖ Salt and freshly ground black pepper, to taste
- ❖ 3 cups (500g) boneless chicken breast fillets, cooked & diced
- ❖ 1 cup (200g) tomatoes, diced
- ❖ 2 sticks celery, diced
- ❖ 12-18 leaves lettuce
- ❖ 1 avocado, peeled, stone and sliced

Directions

1. Place bacon in a large, deep frying pan and cook over medium high heat until evenly brown. Set aside to cool.
2. In a medium bowl, prepare dressing by whisking together the mayonnaise, parsley, spring onions, lemon juice, Worcestershire sauce, salt and pepper.
3. Add the chicken, tomato, celery and bacon
4. Then toss well to coat
5. Refrigerate until chilled
6. Serve over lettuce leaves and garnish with avocado slices

RECIPE 33: BALSAMIC CHICKEN SALAD



Ingredients

- ❖ 425g (15 oz) diced cold, cooked chicken
- ❖ 1 apple diced
- ❖ 1 stalk celery, diced
- ❖ 2 spring onions, chopped
- ❖ 50g (2 oz) chopped walnuts

- ❖ 3 tbsp balsamic vinegar
- ❖ 5 tbsp olive oil
- ❖ Salt and freshly ground black pepper to taste

Directions

1. In a large bowl, toss together the chicken, apple, celery, onion and walnuts
2. In a small bowl whisk together the vinegar and oil
3. Pour over salad. Season with salt and pepper to taste
4. Let it rest 10-15 minutes, mix again and chill

RECIPE 34: CHICKEN SALAD (GOI GA)



Ingredients

- ❖ 1 tbsp finely chopped green chilies

- ❖ 1 tbsp rice vinegar
- ❖ 2 tbsp Thai fish sauce
- ❖ 3 cloves garlic, finely chopped
- ❖ 1 tbsp caster sugar
- ❖ 1 tbsp toasted sesame oil
- ❖ 2 tbsp vegetable oil
- ❖ 1 tsp black pepper
- ❖ 2 cooked, skinless, boneless chicken breast fillets, shredded
- ❖ ½ head cabbage, cored and thinly sliced
- ❖ 1 carrot, cut into matchsticks
- ❖ 1/3 onion, finely chopped
- ❖ 45g finely chopped dry roasted peanuts
- ❖ 15g chopped fresh coriander

Directions

1. Stir together the chopped green chilies, rice vinegar, lime juice, fish sauce, garlic, sugar, sesame oil, vegetable oil & black pepper until the mixture is thoroughly mixed and the sugar is dissolved.
2. Place the chicken, cabbage, carrot, onion, peanuts and coriander in a salad bowl and toss thoroughly with tongs.
3. Pour the dressing over the salad and toss again
4. Serve immediately.

RECIPE 35: CABBAGE PEANUT SALAD



Ingredients

- ❖ 2 tbsp groundnut or sesame oil
- ❖ 2 tbsp wine or apple vinegar
- ❖ 80g roasted peanuts (fried groundnut), sliced
- ❖ ½ head of cabbage, shredded
- ❖ 1 bunch fresh mint leaves, chopped
- ❖ 1 cucumber halved lengthwise, seeds removed and sliced into strips.
- ❖ Salt & pepper to taste

Directions

1. Combine oil, vinegar and chopped roasted nuts
2. Combine the cabbage, mint & cucumber
3. Drizzle the dressing on top
4. Toss well and season to taste with salt & pepper.

RECIPE 36: TOMATO CUCUMBER COLESLAW SALAD



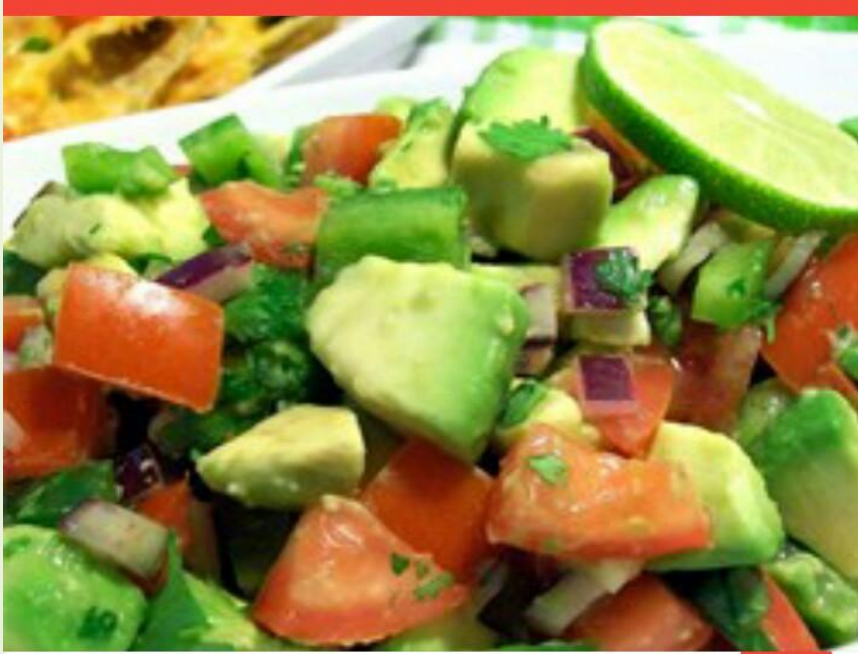
Ingredients:

- ❖ 400g cabbage, thinly sliced or chopped
- ❖ 1 tomato
- ❖ ½ cucumber, chopped
- ❖ ½ red onion, chopped
- ❖ 1 tbsp sugar
- ❖ 1 tsp salt
- ❖ ½ tsp freshly ground black pepper
- ❖ 1tbsp mayonnaise

Directions

1. In a large bowl, stir together all ingredients.
2. Add additional mayonnaise to suit your taste.

RECIPE 37: AVOCADO, TOMATO & CAPSICUM SALAD



Ingredients:

- ❖ 2 avocados- stone removed, peeled and diced
- ❖ 1 red onion, chopped
- ❖ 1 green capsicum, chopped (green bell pepper)
- ❖ Half bunch chopped fresh coriander
- ❖ ½ lime, juiced
- ❖ Salt and freshly ground black pepper to taste.

Directions

1. In a medium bowl, combine avocados, onion capsicum, tomato, coriander and lime juice.
2. Gently toss until evenly coated.
3. Season with salt and pepper.

RECIPE 38: TUNA APPLE SALAD



Ingredients

- ❖ 2 (5 ounce) cans tuna in water, drained
- ❖ 2 tbsp red onions, minced
- ❖ 1 apple cored and chopped
- ❖ ½ cup celery, chopped
- ❖ ¼ cup raisins
- ❖ ¼ cup light Italian dressing
- ❖ Lettuce chopped

Directions

1. In a large bowl, combine first 5 ingredients
2. Add light Italian dressing and mix until even coated
3. Serve on top of chopped lettuce

RECIPE 39: RADISH COLESLAW SALAD



Ingredients

- ❖ 5 cups cabbage, shredded
- ❖ 1 cup radish, sliced
- ❖ ½ cup celery, diced
- ❖ 1/3 cup onion, minced
- ❖ 1 cup mayonnaise

Direction

1. In a bowl, place cabbage, radishes, celery and onion
2. Add mayonnaise and mix

RECIPE 40: ROAST POTATOES WITH PEAS



Ingredients

- ❖ 300g baby potatoes
- ❖ 3 tbsp olive oil
- ❖ 300g cherry tomatoes
- ❖ 225g green beans, sliced into bite-size pieces
- ❖ 4 cloves garlic, minced
- ❖ 2 tsp dried basil
- ❖ 1 tsp sea salt
- ❖ 1 (400g) tin chickpeas, drained and rinsed
- ❖ 2 tsp olive oil, or to taste
- ❖ Salt and ground black pepper to taste

Directions

1. Preheat the oven to 200°C. Line a baking tray with foil.

2. Toss potatoes with 1 tbsp olive oil in a medium bowl.
3. Pour toss potatoes into the baking tray
4. Roast in the preheated oven until tender, about 30 minutes
5. Toss tomatoes, green beans, garlic, basil and sea salt with 2 tbsp olive oil
6. Remove potatoes from the oven; push them to one side of the tray.
7. Add the tomato and green bean mixture.
8. Roast until tomatoes start to wilt, about 15-20 minutes more
9. Remove from the oven and pour into a serving dish
10. Stir in chickpeas and olive oil
11. Season to taste with salt and pepper.

RECIPE 41: TOMATO SALAD WITH LEMON VINAIGRETTE



Ingredients

For Salad:

- ❖ 4-5 ripe tomatoes sliced
- ❖ 1 cup lettuce, shredded
- ❖ ¼ red onion thinly sliced

Dressing:

- ❖ ¼ cup extra virgin olive oil
- ❖ 3 tbsp freshly squeezed lemon juice
- ❖ ¼ cup finely grated fresh cheese
- ❖ 1 tbsp white vinegar
- ❖ 3 cloves garlic minced
- ❖ ½ tsp salt
- ❖ ¼ tsp black pepper (grounded)

Instructions:

1. Combine salad ingredients in a bowl
2. Whisk dressing ingredients together to combine. Drizzle over salad

RECIPE 42: CHICKEN CUCUMBER AVOCADO SALAD



Ingredients:

- ❖ 1 chicken deboned and shredded (skinless)
- ❖ 1 large cucumber, halved lengthways and sliced into ¼-inch thick slices
- ❖ 4-5 large tomatoes sliced or chopped
- ❖ ¼ red onion thinly sliced
- ❖ 2 avocados peeled, pitted and diced
- ❖ ½ cup flat leaf parsley chopped*
- ❖ 3 tbsp olive oil
- ❖ 2-3 tbsp lemon juice or juice of 2 limes
- ❖ Salt & pepper to taste

Instructions:

1. Mix together shredded chicken, cucumbers, tomatoes, onion, avocados and chopped parsley in a large salad bowl.
2. Drizzle with the olive oil and lemon juice (or lime juice), and season with salt and pepper.

3. Toss gently to mix all of the flavors through.

* You can substitute parsley with fresh basil or cilantro

RECIPE 43: HONEY MUSTARD CHICKEN SALAD WITH BACON



Ingredients:

For Dressing/marinade

- ❖ 1/3 cup honey
- ❖ 3 tbsp whole grain mustard
- ❖ 2 tbsp smooth and mild Dijon mustard
- ❖ 2 tbsp olive oil
- ❖ 1-2 tbsp apple cider vinegar or white vinegar (optional to cut through the sweetness)
- ❖ 1 tsp minced garlic

- ❖ Salt to taste
- ❖ 4 skinless and boneless chicken thighs or chicken breast

For salad:

- ❖ ¼ cup diced bacon, trimmed of rind and fat
- ❖ 4 cups romaine lettuce leaves, washed
- ❖ 1 cup sliced cherry tomatoes
- ❖ 1 large avocado, pitted and sliced
- ❖ ¼ cup corn kernels
- ❖ ¼ red onion, sliced

Instructions:

1. Whisk marinade/dressing ingredients together to combine. Pour half the marinade into a shallow dish o marinade the chicken fillet for two hours if time allows. Refrigerate the reserved untouched marinade to use as dressing.
2. Heat a non-stick pan (or grill pan or skillet) over medium heat with about a teaspoon of oil and sear/grill chicken fillets on each side until golden, crispy and cooked through. (Grill in batches to prevent excess water being released). Once chicken is cooked, set aside and allow cooling.
3. Slice chicken into strips and prepare salad with lettuce leaves, tomatoes, avocado slices, corn, onions and chicken.
4. Whisk 3 tablespoon of water into the remaining untouched marinade/dressing and drizzle over salad. Sprinkle the bacon over the top and season with a little extra salt and grounded pepper.

RECIPE 44: AVOCADO TOMATO CORN SALAD



Ingredients

For Salad:

- ❖ 1 cup romaine lettuce, shredded
- ❖ 2 ears of cooked corn, (shucked and cut off the cob) – or 14 ounce can corn kernels drained.
- ❖ 2 large ripe avocados, halved, peeled, stones removed and diced.
- ❖ 9 ounces (250g) tomatoes halved
- ❖ 1/8 red onion, thinly sliced

For Dressing:

- ❖ 2 tbsp fresh lime juice
- ❖ 2 tbsp olive oil
- ❖ 1-2 tbsp chopped fresh cilantro (or parsley)
- ❖ ½ tsp salt to taste

- ❖ 1/3 tsp red chili flakes
- ❖ Pinch of cumin
- ❖ 1 clove garlic, minced (optional)

Instructions:

1. Combine all of the salad ingredients together
2. In a small jug, mix together the dressing ingredient to combine well, and pour over the avocado salad.
3. Season with extra salt, if desired
4. Serve with any protein.

RECIPE 45: GARLICKY HERB RED POTATO SALAD



Ingredients:

- ❖ 3 pounds baby red potatoes scrubbed, washed and quartered
- ❖ 1/3 cup olive oil
- ❖ 1 tbsp white vinegar
- ❖ 4 cloves garlic, minced
- ❖ 1 tsp salt
- ❖ ½ tsp freshly ground black pepper
- ❖ 1/3 cup fresh leaves parsley, finely chopped
- ❖ 1 ½ tsp fresh thyme finely chopped
- ❖ 1 tsp fresh rosemary leaves finely chopped

Instructions:

1. Bring potatoes to boil in salted water over high heat. Reduce heat to medium and allow simmering until fork tender (about 10-12 minutes).
2. Drain and rinse under cold running water. Spread out into a baking sheet to completely cool potatoes (about 10 minutes).
3. While potatoes are cooling, mix together olive oil, vinegar, garlic, salt pepper, parsley, thyme and rosemary.
4. When potatoes have cooled, transfer to a serving bowl
5. Pour dressing over top and gently toss through to evenly coat.

RECIPE 46: BACON AND AVOCADO MACARONI SALAD



Ingredients

For Salad:

- ❖ 12 ounces elbow pasta
- ❖ 5 slices bacon, diced
- ❖ 2 avocados, halved, seeded, peeled and diced
- ❖ Kosher salt and freshly ground black pepper, to taste
- ❖ 2 tsp fresh thyme leaves for garnish

For Lemon Thyme Dressing:

- ❖ $\frac{3}{4}$ cup mayonnaise
- ❖ $\frac{1}{4}$ cup freshly squeezed lemon juice
- ❖ 1 $\frac{1}{2}$ tbsp lemon zest
- ❖ 1 tbsp sugar
- ❖ 1 tsp fresh thyme leaves
- ❖ Kosher salt and freshly ground black pepper to taste

❖ 1/3 cup olive oil

Directions:

1. To make the dressing, combine mayonnaise, lemon juice, lemon zest, sugar and thyme in the bowl of food processor, season with salt and pepper to taste. With the motor running, add the olive oil in a slow stream until emulsified; set aside
2. In a large pot of boiling salted water, cook pasta according to package instruction; drain well.
3. Heat in a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate.
4. In a large bowl, combine pasta, bacon, avocado, lemon-thyme dressing, salt and pepper to taste.
5. Serve immediately, garnished with thyme.

SALAD DRESSING

RECIPE 47: APPLE VANAIGRETTE



Ingredients

- ❖ 1/4 cup apple juice concentrates
- ❖ 1 tablespoon apple cider vinegar
- ❖ 1 tablespoon white balsamic vinegar
- ❖ 1/2 teaspoon dijon mustard
- ❖ 1/8 teaspoon white pepper
- ❖ 1/8 garlic powder
- ❖ pinch of salt
- ❖ 1/3 cup light flavored olive oil
- ❖ 1-3 tablespoons honey adjust to taste (the original version is a very sweet dressing, but I actually preferred it a bit more tart)

Instructions

1. Whisk together all ingredients except the honey. Taste the dressing and add honey as desired.
2. Pour the dressing into a jar and refrigerate until ready to serve. Enjoy!

RECIPE 48: BASIC ITALIAN SALAD DRESSING



Ingredients

- ❖ 6 tablespoons olive oil
- ❖ 2 tablespoons white wine vinegar
- ❖ 2 tablespoons chopped fresh parsley
- ❖ 1 tablespoon fresh lemon juice
- ❖ 2 garlic cloves, chopped
- ❖ 1 teaspoon dried basil, crumbled
- ❖ ¼ teaspoon dried crushed red pepper
- ❖ Pinch of dried oregano

Preparation

1. Combine all ingredients in a small bowl and whisk to blend.
2. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate)

RECIPE 49: CITRUS POPPY SEED SALAD DRESSING



Ingredients

- ❖ 1/2 cup freshly squeezed lemon juice
- ❖ 1/2 cup extra-virgin olive oil
- ❖ 1/4 cup honey (or maple syrup for vegans)
- ❖ 2 teaspoons spicy brown mustard
- ❖ 1/2 teaspoon fine sea salt
- ❖ 1/4 cup diced red onion (about 2 slices)
- ❖ 1 tablespoon poppy seeds

Instructions

1. In a blender, combine the lemon juice, olive oil, honey, mustard, salt, and red onion, and blend until smooth. Taste the dressing and adjust any seasoning, if needed.
2. Add the poppy seeds and pulse the blender briefly, just enough to disperse them.
3. Pour the dressing into an airtight container and store it in the fridge until ready to serve.
4. Leftover dressing should last in an airtight container in the fridge for up to 5 days.

RECIPE 50: RANCH SALAD DRESSING



Ingredients

- ❖ 1/2 cup mayonnaise
- ❖ 1/2 cup sour cream
- ❖ 1/2 cup buttermilk or regular milk
- ❖ 3/4 - 1 teaspoon dried dill weed
- ❖ 1/2 teaspoon dried parsley
- ❖ 1/2 teaspoon dried chives
- ❖ 1/4 teaspoon onion powder
- ❖ 1/2 teaspoon garlic powder
- ❖ 1/4 teaspoon fine sea salt
- ❖ 1/8 teaspoon finely cracked pepper
- ❖ Freshly squeezed lemon juice to taste approximately 1-3 teaspoons, adjust to taste

Instructions

1. Whisk together the mayo, sour cream and milk until smooth.
2. Add the spices and whisk until combined.
3. Add the lemon and whisk again.
4. Pour into a jar and chill in the refrigerator until ready to serve.
5. This dressing can last in the refrigerator for up to a week. Enjoy