

Summer Salad Recipes

Mexican Black Bean Salad w/Avocado

1 ½ Cups Cooked Black Beans

1 Cup Corn

1 Cup Cherry Tomatoes(quartered) ½ tsp Oregano, Chili Powder, & Cumin ½ Small Yellow Onion

1 Yellow Bell Pepper (diced)

Poblano Pepper (chopped)

Lime Juice (to taste)

1 Avocado

1. Mix all ingredients, except avocado. Once stirred, add avocado and mash.

Colorful Beet Salad w/Carrot, Spinach and Quinoa

Salad: ½ cup uncooked quinoa, rinsed

- 1 cup frozen organic edamame
- ⅓ cup slivered almonds or pepitas (green pumpkin seeds)
- 1 medium raw beet, peeled
- 1 medium-to-large carrot (or 1 additional medium beet), peeled
- 2 cups packed baby spinach or arugula, roughly chopped
- 1 avocado, cubed

Vinaigrette: 3 tablespoons apple cider vinegar

- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh mint or cilantro
- 2 tablespoons honey or maple syrup or agave nectar
- ½ to 1 teaspoon Dijon mustard, to taste
- ¼ teaspoon salt
- Freshly ground black pepper, to taste

1) Cook quinoa and warm edamame. Roast almonds or pepitas if desired. Cut beet on cone 2, carrot on cone 1, add spinach and avocado. Mix all ingredients for vinaigrette until emulsified.

Bacon Ranch Cauliflower Salad

One Head Cauliflower

2 Celery Stalks

¼ Red Onion

3-4 Strips Cooked and Chopped Bacon

Shredded Parmesan Cheese to Taste

Peppercorn Ranch Dressing

1. Cut cauliflower on cone 3. Celery on Cone 4, and ¼ red onion on cone 2. Add all remaining ingredients and stir.

Brussels Sprouts Salad

1/2 cup sliced raw almonds

1 lb. Brussels sprouts

1 cup finely grated cheese (your favorite)

1/4 cup lemon juice (2 lemons)

3 Tbsp. oil (coconut, avocado, olive)

1/2 tsp. salt (Himalayan pink, kosher)

1) Preheat skillet on medium. Spread the almonds on the skillet and bake until golden brown, about 5 minutes. Remove and cool.

2) Trim off the bottom of the Brussels sprouts and wash well. Use cone #4 to thinly shave/slice the Brussels sprouts. Steam sliced Brussels sprouts for 1 minute to make them slightly softer.

3) Put the Brussels sprouts, almonds, cheese, lemon juice, oil and salt into a large bowl. Mix and serve.

Tomato, Onion and Cucumber

1 English Cucumber

1 Small Onion

4-5 Tomatoes

Rice Wine Vinegar

Cut tomato into chunks, onion and cucumber on cone 3. Add rice vinegar and enjoy. The longer this soaks in the vinegar, the better!

Almost Egg Salad

6 oz. extra-firm silken tofu

1 ½ cups potatoes, cooked
½ cup celery cone 4
¼ cup onion cone 2
¼ cup radishes cone 2 or 4
2 Tbsp. raw unsalted cashews
1 Tbsp. Nutritional Yeast
2 tsp. yellow mustard
1/3-1/2 unsweetened plant milk
black pepper, paprika to taste

1. Press tofu for 30 min then cut into ½ inch cubes. Toss in a bowl with potatoes, celery, onion and radishes.
2. In a small food processor, combine cashews, nutritional yeast, and mustard. Process until smooth adding plant milk until thick dressing consistency. Add to vegetables and toss. Top with pepper and paprika.

Melon-White Bean Salad

2 cans white beans
1/3 cup shallots, cone 1 or 2
2 Tbsp. Fresh Mint
2 Tbsp. white balsamic vinegar
1 Cantaloupe, cone 3 or left in wedges
Cracked Black Pepper to Taste

1. Combine all ingredients!

Power Berry Quinoa Salad

1 cup tricolor quinoa
2 Tbsp. Lime Juice
2 Tbsp. Brown Rice Vinegar
2 tsp. pure maple syrup
¼ tsp. sea salt and black pepper
1 Tbsp. Chia Seeds
3 Cups Kale
1 cup (each of whichever you prefer) fresh blueberries, strawberries, blackberries and raspberries
2 Tbsp. Roasted Pumpkin Seeds

1. Cook quinoa. Once cooked and slightly cooled, add remaining ingredients and stir.