



Nel's Vegan Salad Recipe Book

Part I: Leafy Green Classics (5 Salads)

1. Mediterranean Chickpea Salad

Ingredients:

- 1 can chickpeas, drained & rinsed
- 1 cucumber, diced
- 1 tomato, diced
- ¼ red onion, minced
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tsp dried oregano
- Salt & pepper

Instructions:

1. Combine chickpeas, cucumber, tomato, and onion.
 2. Whisk olive oil, lemon juice, oregano, salt, and pepper.
 3. Toss and serve chilled.
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2. Strawberry Spinach Salad

Ingredients:

- 2 cups baby spinach
- 1 cup strawberries, sliced

- ¼ cup walnuts, toasted
- 2 tbsp red onion, thinly sliced
- Dressing: 2 tbsp balsamic vinegar, 1 tsp maple syrup, 1 tsp Dijon mustard

Instructions:

1. Toss spinach, strawberries, walnuts, and onion.
 2. Whisk dressing, drizzle over salad, and serve.
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3. Kale & Apple Crunch Salad

Ingredients:

- 2 cups kale, chopped
- 1 apple, sliced
- ¼ cup pumpkin seeds
- 2 tbsp dried cranberries
- Dressing: 1 tbsp olive oil, 1 tbsp apple cider vinegar, 1 tsp maple syrup

Instructions:

1. Massage kale with olive oil until softened.
 2. Add apple, seeds, and cranberries.
 3. Toss with dressing.
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4. Arugula & Avocado Salad

Ingredients:

- 2 cups arugula
- 1 avocado, cubed
- ½ cucumber, sliced
- ¼ cup sunflower seeds

- Dressing: juice of 1 lemon, 2 tbsp olive oil, salt & pepper

Instructions:

1. Toss arugula, avocado, cucumber, and seeds.
 2. Whisk dressing and drizzle over top.
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5. Simple Garden Salad

Ingredients:

- Mixed greens
- 1 tomato, sliced
- 1 carrot, shredded
- ½ cucumber, diced
- Dressing: olive oil, balsamic vinegar, salt & pepper

Instructions:

1. Layer greens with veggies.
 2. Add simple vinaigrette.
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Part II: Grain & Protein Salads (5 Salads)

6. Rainbow Quinoa Salad

Ingredients:

- 2 cups cooked quinoa
- 1 carrot, shredded
- 1 bell pepper, diced
- ½ cup corn
- ½ cup black beans

- 2 tbsp cilantro, chopped
- Dressing: olive oil, lime juice, cumin

Instructions:

1. Mix all ingredients.
 2. Toss with dressing and chill.
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7. Lentil Power Salad

Ingredients:

- 2 cups cooked lentils
- 1 carrot, shredded
- ½ cup cherry tomatoes, halved
- 2 tbsp parsley, chopped
- Dressing: tahini, lemon juice, garlic

Instructions:

1. Mix lentils with veggies.
 2. Whisk tahini dressing and stir in.
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8. Wild Rice & Cranberry Salad

Ingredients:

- 2 cups cooked wild rice
- ¼ cup dried cranberries
- ¼ cup pecans, toasted
- 1 green onion, sliced
- Dressing: olive oil, balsamic vinegar, maple syrup

Instructions:

1. Combine rice, cranberries, pecans, and onion.
 2. Add dressing and toss.
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9. Couscous & Roasted Veggie Salad

Ingredients:

- 2 cups cooked couscous
- 1 zucchini, roasted
- 1 bell pepper, roasted
- ¼ cup chickpeas
- Dressing: lemon juice, olive oil, garlic

Instructions:

1. Roast veggies until tender.
 2. Combine with couscous and chickpeas.
 3. Toss with dressing.
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10. Farro & Spinach Salad

Ingredients:

- 2 cups cooked farro
- 2 cups baby spinach
- ½ cup cherry tomatoes, halved
- ¼ cup almonds, sliced
- Dressing: olive oil, red wine vinegar, mustard

Instructions:

1. Mix farro with spinach, tomatoes, and almonds.

2. Toss with dressing.
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Part III: Fruit-Forward Salads (5 Salads)

11. Tropical Mango Salad

Ingredients:

- 1 mango, cubed
- 1 avocado, cubed
- 2 cups mixed greens
- 2 tbsp shredded coconut
- Dressing: lime juice, olive oil, chili flakes

Instructions:

1. Toss greens, mango, avocado, and coconut.
 2. Drizzle dressing before serving.
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12. Watermelon & Mint Salad

Ingredients:

- 2 cups watermelon cubes
- 2 tbsp fresh mint leaves
- ¼ cup cucumber, diced
- Dressing: lime juice, maple syrup

Instructions:

1. Toss watermelon, mint, and cucumber.
 2. Add lime-maple dressing.
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13. Pear & Pecan Salad

Ingredients:

- 2 cups mixed greens
- 1 pear, sliced
- ¼ cup pecans, toasted
- 2 tbsp dried cranberries
- Dressing: balsamic vinegar, olive oil, Dijon mustard

Instructions:

1. Combine greens, pear, pecans, and cranberries.
 2. Add dressing.
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14. Citrus Sunshine Salad

Ingredients:

- 1 orange, peeled & sliced
- 1 grapefruit, peeled & sliced
- 2 cups arugula
- ¼ cup pumpkin seeds
- Dressing: olive oil, lemon juice, salt

Instructions:

1. Layer citrus slices over arugula.
 2. Add seeds and drizzle dressing.
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15. Apple Walnut Salad

Ingredients:

- 2 cups kale or spinach
- 1 apple, sliced
- ¼ cup walnuts, toasted
- 2 tbsp raisins
- Dressing: apple cider vinegar, olive oil, maple syrup

Instructions:

1. Toss greens, apple, walnuts, and raisins.
 2. Whisk dressing and drizzle.
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Part IV: Hearty Meal-Sized Salads (5 Salads)

16. Southwest Black Bean Salad

Ingredients:

- 1 can black beans, drained
- 1 cup corn
- 1 bell pepper, diced
- 2 tbsp cilantro
- Dressing: lime juice, olive oil, cumin

Instructions:

1. Mix beans, corn, pepper, and cilantro.
 2. Add dressing and toss.
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17. Thai Peanut Noodle Salad

Ingredients:

- 2 cups cooked rice noodles

- 1 carrot, shredded
- 1 bell pepper, sliced
- 2 tbsp peanuts, chopped
- Dressing: peanut butter, soy sauce, lime juice, maple syrup

Instructions:

1. Toss noodles with veggies.
 2. Mix peanut dressing and combine.
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18. BBQ Chickpea Salad

Ingredients:

- 1 can chickpeas, roasted with BBQ seasoning
- 2 cups romaine lettuce
- ½ cup corn
- ½ cup cucumber
- Dressing: vegan ranch or tahini sauce

Instructions:

1. Roast chickpeas with BBQ spices.
 2. Layer over lettuce with corn and cucumber.
 3. Drizzle with dressing.
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19. Mediterranean Couscous Bowl

Ingredients:

- 2 cups couscous
- ½ cup roasted eggplant
- ½ cup cucumber

- ¼ cup olives, sliced
- Dressing: tahini, lemon juice, garlic

Instructions:

1. Build bowl with couscous, veggies, and olives.
 2. Add tahini-lemon dressing.
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20. Superfood Power Salad

Ingredients:

- 2 cups kale
- ½ cup quinoa
- ¼ cup blueberries
- ¼ cup almonds
- Dressing: olive oil, lemon juice, maple syrup

Instructions:

1. Massage kale until tender.
2. Add quinoa, blueberries, and almonds.
3. Toss with dressing.