



Simple Salads

It's hot outside and salads are a quick and easy way to include lots of veggies and protein in your diet. Some can be made ahead of time and eaten throughout the week. Use the ingredients and proportions below to make a quick meal without the fuss!

One Serving Salad Proportions:

5 cups lettuce, be generous
1 cup vegetables or ½ cup veggie/1/2 cup fruit
2/3 Tbsp. nuts or seeds
2 tsp. olive oil or ¼ avocado
2-3 Tbsp. lemon juice or vinegar
Salt and pepper to taste

Pick a protein: 2-3 oz. chicken, fish, or tofu, ½ cup garbanzo, white, or black beans
Toss and enjoy!

Quick Tips:

- Use a mandolin to quickly slice carrots, fennel, cucumber, onion and zucchini. Store in airtight container to use over a few days.
- Buy cut up veggies at Whole Foods salad bar. Toss a handful into your salad!
- Roasting veggies for dinner? Save some for your salad tomorrow...potatoes, carrots and broccoli work well.
- Make extra chicken or fish to have protein at the ready.
- Add nuts, seeds or dukkah, an herb and sesame seed blend to boost flavor.

Recipes to get you started:

- Butter lettuce, chicken, fennel, pear slices, pepitas, white balsamic and olive oil.
350 cal, 28 g pro, 29 g carb=(includes: 6 g fiber, 15 g sugars)
- Shredded kale, cucumber, grape tomato, green onion, sunflower seeds, garbanzos, cracked red pepper, lemon juice, olive oil.
450 cal, 21 g pro, 65 g carb(includes: 15 g fiber, 8 g sugars)
- Romaine, chopped tomato and red onion, ¼ c. shredded cheese, 3 corn chips crushed, ¼ diced avocado, red wine vinegar.
334 cal, 31 g pro, 26 g carb (includes: 9 g fiber, 10 g sugars)



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Spiced Chickpeas and Fresh Vegetable Salad From Jerusalem by Yotam Ottolenghi And Sami Tamimi

2 cups chickpeas, cooked
1 Tbsp. grape seed oil
1 tsp. ground cardamom (may sub ½ t. cinnamon+ 1 t. nutmeg)
½ tsp. ground allspice
1 tsp. cumin
¼ tsp. salt
2 small cucumbers
2 large tomatoes
1 small red onion
1/3 oz.parsley

Drain chickpeas well. Mix spices and salt thoroughly and spread on a plate. Toss the cooked chickpeas in the spice mixture in a few batches to coat well. Heat the oil in a frying pan over medium heat and lightly fry the chickpeas for 2-5 minutes, gently shaking the pan so they cook evenly and don't stick.

Serve with diced cucumber, tomato, red onion and parsley. Drizzle with dressing. Season to taste with salt and black pepper.

Dressing:

6 T. olive oil
Grated zest of 1 lemon
2 T. lemon juice
1 ½ T. sherry vinegar
1 clove garlic, crushed
1 tsp cane sugar (I use agave)