

MOUTH WATERING vegan™



Raw Rainbow Salad

I love fruit, and am passionate about strawberries. I love colours with a vengeance, I am an artist – I love design and working on a clean canvas is how I begin with every recipe. First my appetite initiates me. Then, in my mind's eye, I see it and somehow taste it. Then I lose myself in preparing and creating my dishes. So here I worked with contrasting colours – red and green – and then

continued with other additions, to make not only a visionary celebration, but a celebration of the whole senses. Textures, aromas and taste – these really are the top priority !

Serves 3-4

INGREDIENTS

- around 8 strawberries, cut into quarter slithers
- 1 juicy pear, cut into squares
- a handful of mixed lettuce of your choice, roughly chopped
- 1 garlic clove, finely chopped
- 1 carrot, cut lengthways into about 8 slithers
- ½ cup of fresh basil, roughly cut
- 1 tbsp grated fresh ginger
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds

METHOD

Prepare by washing all the fruit and veg thoroughly. Chop ingredients as suggested above, then place and arrange them in an open salad bowl, and add the grated ginger on top (it looks fabulous that way, and smells heavenly too). Then sprinkle on the seeds and serve. Pour over dressing of your choice – balsamic vinegar with a little maple syrup and oil works well with this. Enjoy your health !

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These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave a constructive comment !



Youth in a Glass

Parsley & Basil Pecan
Pesto



23 COMMENTS



Michelle

March 4, 2011 at 3:10 pm

That's just beautiful! I'm going to make that for lunch today! Thank you!



Miriam

March 4, 2011 at 3:51 pm

Hi Michelle – thanks so much for the comment. Enjoy !



DC

March 5, 2011 at 5:04 pm

Miriam,

My two little vegan children and myself will be having your salad for lunch today!

Thanks for all the beautiful recipes 😊



Miriam

March 6, 2011 at 2:01 pm

Thanks so much for that, and I really do hope that your wonderful little children enjoy it, as well as my other recipes from my blog (my 4 year old loves most of them) !



Dilip Barman

March 7, 2011 at 1:31 am

I'm glad I found your blog – healthy and beautiful! Thanks for sharing!



Jill

March 7, 2011 at 7:06 pm

This looks fabulous! Unlike you, I do not love cooking or my kitchen but I'm looking forward to making this!



Miriam

March 8, 2011 at 1:05 pm

Hi Dilip,

Thanks for that Dilip – Welcome to my blog and hope you enjoy the recipes. I look forward to your future comments.



Miriam

March 8, 2011 at 1:07 pm

Hi Jill, thanks for that. I think it's a good and healthy starting point – this raw salad has the benefit of tasting great too. I don't like bland salads, so I try to make them as colourful and tasty as possible – that makes them easier and more pleasurable to eat.



Michelle

March 8, 2011 at 4:12 pm

I've had this salad for lunch three days in a row now. It's so good!



Miriam

March 8, 2011 at 9:45 pm

Hi Michelle,

One could also classify this salad as an addictive one, because we've had it for two days running too – so glad it fits the bill. Take good care.



Gordon

March 10, 2011 at 8:02 pm

I just fixed the Raw Rainbow Salad yesterday, and have it sitting in the refrigerator now, I going to go and get some now 😊 Delicious !!!



Miriam

March 10, 2011 at 8:10 pm

Hi Gordon, that sounds great. ENJOY IT !!



Tammy Carty

March 11, 2011 at 3:19 pm

I am so excited to make this! I will let you know the results! 😊



Miriam

March 11, 2011 at 5:05 pm

Hi Tammy, thanks so much for your comment. I know you will enjoy it ! Miriam



CHI Health

April 4, 2011 at 5:28 pm

Miriam,

We love, love, love your recipes. We are going to feature this one on our Facebook page.

Thanks for the great ideas. Hope the link helps!

<http://www.facebook.com/chienterprise>



Miriam

April 5, 2011 at 10:44 am

Hi there CHI Health and thanks for loving my recipes – by all means enjoy sharing and featuring, thanks for letting me know though. Thanks & Cheers !!!



Georgine

April 30, 2011 at 8:49 pm

MY MOUTH IS WATERING YUMMY NESS! THIS LOOKS GREAT. I AM GOING TO MAKE THIS. I LOVE YOUR SIGHT AND PASSION AND CREATIVITY.



Miriam

May 1, 2011 at 1:27 pm

Hi there Giorgine, that is very generous of you to say such wonderful words – thanks enormously !!!!!



Barbara

June 23, 2011 at 2:20 pm

Made this tonight and all I can say is "heavenly just heavenly" what a glorious combination – also added some walnuts. Made a really big bowl full, 5 of us at the table and this salad was devoured. Just incidentally also made the cauliflower with garlic lemon and basil again which was also raved about, and the raspberry muffins went down a treat too (mine stuck

to the paper a bit but everyone said 'oh the paper won't hurt you" – next time I'll spray the little paper thingys). Anyway thank you Miriam. I just LOVE your recipes. Cheers Barbara

**Miriam**

June 23, 2011 at 7:11 pm

Barbara Hi there and happy to receive your comments. It is a wonderful combination isn't it ! I eat lots of walnuts and pecans, and always toss a handful on most of my salads, you must have enjoyed that, and glad all 2 of the salads where devoured, that is a result ! Yeah, the muffin paper that is sold is not all the same, some being more greaseproof than others – the spray may indeed sort you out there. Cheers to you Barbara !

**Elaine**

November 9, 2012 at 2:31 pm

Oh my god! This salad is bursting with flavour – I am so amazed. This is the first recipe I've tried of yours and I can't wait to try your others. Thanks for making vegan food so exciting! I'm not vegan but a vegan friend posted your website up on facebook and the pictures of your dishes looked so enticing I had to give it a go!

**Miriam**

November 9, 2012 at 4:31 pm

Hi there Elaine and welcome here. Many thanks for dropping by here with your comment – I am delighted that you have made and enjoyed this salad. May I suggest looking at this salad, perhaps you may consider making this next time – it is the most popular salad on my blog and is enormously tasty <http://www.mouthwateringvegan.com/2012/07/23/mouthwatering-middle-eastern-style-salad/> – enjoy my blog and feel free to browse

my categories. My recipes are designed for everybody, vegan and non-vegan. Best wishes your way and if you have any queries I am here. Best wishes your way in the meantime !

**Miriam**

October 28, 2013 at 7:33 pm

Elaine Hi there, sorry for the late response but this comment together with another dozen went into my 'others folder'. I am delighted that you have tried this recipe and hope you revisit and enjoy my recipes on your meat free days. I look forward to your future comments on my blog. Also feel free to browse my book on Amazon also entitles Mouthwatering Vegan published this June by Random House (see customer reviews), full of pics. Enjoy !

