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Strawberry, Avocado & Coriander Nut Salad with a Sweet Balsamic Dressing

This salad is so tasty and moreish. You can have it as an accompaniment with any main course, or just as it is with a dip and rice cakes – or hot pitta bread, or whatever takes your fancy !

INGREDIENTS

1 cup fresh strawberries, roughly chopped

1 avocado, sliced lengthways

3 cups lettuce of your choice, chopped up

¼ cup fresh coriander/cilantro, finely chopped

1 medium red pepper, sliced

¼ cup roasted salted peanuts

radish, sliced (optional)

a handful of fresh basil leaves (optional)

METHOD

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1. Assemble the ingredients of your salad once all is washed, chopped, etc, in a large salad plate, or an open plate with a large surface, as per pic.
 2. Then sprinkle on your nuts, and drizzle on your dressing – or else serve the dressing from a small pouring jug once you have made it.

INGREDIENTS FOR SWEET BALSAMIC DRESSING

cup balsamic vinegar

½ cup olive oil

½ tsp sea salt

1½ tsp molasses sugar

1 tsp mustard

Put the above ingredients in a clean jam jar, close lid tightly, and shake until thick. Then open, and adjust the taste to your preference, if you wish.



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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 us a constructive comment!

suitable for vegans, vegetarians and meat-eaters alike



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Golden Vegan Pancakes
with Cappuccino and
Coconut Topping

Fruit & Nut Chocolate
Truffle Slice 

>

18 COMMENTS



Vibeke

February 15, 2013 at 3:27 pm

This serves 1-2?

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Miriam

February 15, 2013 at 4:11 pm

Certainly 2 Vibeke – it really depends on whether one wants to have it as a main course, or an accompaniment ! Hope you enjoy it. 😊



Jina

February 15, 2013 at 4:45 pm

Am new to the meatless, wheatless vegan world so this sounds delicious!



Miriam

February 15, 2013 at 5:35 pm

Hi there Jina and thanks for dropping by here. Hope you enjoy my meat free recipes ! I look forward to your future comments on my blog !



janelle schisel

February 15, 2013 at 7:14 pm

What is molasses sugar???



Miriam

February 15, 2013 at 7:46 pm

Hi Janelle, hope this helps http://en.wikipedia.org/wiki/Molasses_Sugar

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Marylee Fithian

February 17, 2013 at 8:24 pm

I served this last night at a pot luck dinner and it was an absolute hit. I did however make a different dressing because some of the guests had to eat fat-free.

It was still a sweet balsamic dressing.



Miriam

February 18, 2013 at 11:20 am

Hi there Marylee, I am delighted that you have tried and shared this recipe at a potluck – and that it was a huge hit ! I very much look forward to your future comments on my blog. Best wishes your way in the meantime.



Sarah-Jane

April 10, 2013 at 11:20 pm

This salad was so yummy, I will be making it quite often I think. I didn't have peanuts, so used cashews instead.



Miriam

April 11, 2013 at 1:55 pm

That sounds great Sarah, glad you enjoyed it ! 😊

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Lynn

April 27, 2013 at 1:05 pm

This salad was sooo good. I made it last night for my family and everyone loved it. Could not find molasses sugar so I used date sugar instead. I will be making this often.



Miriam

April 27, 2013 at 4:42 pm

So glad to hear this Lynn. I very much look forward to your future comments on my blog !



Annamaria

April 30, 2013 at 5:58 pm

What can i replace the molasses sugar with? i feel like a salad for dinner, this sounds delicious and I happen to have everything except molasses in my frige



Miriam

April 30, 2013 at 6:29 pm

Any other sweetener will do Annamaria, stevia, maple syrup or other sugar. Enjoy !



Annamaria

April 30, 2013 at 7:11 pm

great 😊 maple always in my fridge it looks and smells phenomenal!

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Miriam

April 30, 2013 at 8:40 pm

Then there's only one word left to say Annamaria, and that's Bon Appetite ! 😊

ingback: Ruthie Gage's Health and Fitness Blog!



Miriam

May 3, 2013 at 6:37 am

