

7 HEALTHY SALADS

YOU MUST TRY THESE SALADS!!



By Healing Tomato

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A vibrant and healthy Navy Beans Salad is presented in a white bowl. The salad is a colorful medley of ingredients: creamy white navy beans, bright red cherry tomatoes, dark purple olives, fresh green parsley, sliced cucumbers, and finely chopped red onions. The ingredients are well-mixed and glistening, suggesting a light dressing. The overall appearance is fresh and appetizing.

NAVY BEANS SALAD

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2 Cups of cooked navy beans

1/2 of a cucumber

1/4 of a red onion

2 Campari tomatoes

3 cloves of garlic

3 large sprigs of curly parsley

1/4 tsp of salt or adjust to your taste

1 Tbsp of extra virgin olive oil

1 tsp of black pepper

2 tsp of freshly squeezed lime juice

1/2 cup of pomegranate-infused dried cranberries

INGREDIENTS

INSTRUCTIONS

- Take 1 can of navy beans and place it in a strainer. Thoroughly wash them in cold water. Make sure you strain out all the water. Place them on a few paper towels and dry them. Set aside. If you are using dry navy beans, follow these steps to cook them. You should have about 2 cups of cooked navy beans
- Chop 1/2 of a cucumber really fine
- Chop 1/4 of a red onion really fine
- Take 2 Campari tomatoes and cut them in small pieces
- Take 3 cloves of garlic and chop them really fine
- Take 3 large sprigs of curly parsley and tear them off into small pieces
- Add the navy beans, cucumber, red onion, garlic and parsley into a large bowl
- Add 1/4 tsp of salt or adjust to your taste
- Add 1 Tbsp of extra virgin olive oil
- Add 1 tsp of black pepper
- Add 2 tsp of freshly squeezed lime juice
- Add 1/2 cup of pomegranate-infused dried cranberries
- Mix the navy beans salad well and serve immediately. You can also chill it for half hour, if you have time



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Vegan Caesar Salad

INGREDIENTS

To Make The Tofu

1/2 a block of tofu and cut it into small cubes. No need to squeeze the liquid out of the tofu

1 Tbsp of extra virgin olive oil

1 tsp of dried rosemary

1 tsp dried oregano

1/4 tsp of salt

To Make the Parmesan

1/4 cup of cashews (dry and unsalted)

2 tsp of chopped pecans

2 tsp of sliced almonds

To Make The Vegan Caesar Salad Dressing

1/4 cup of cashews (unsalted, soaked overnight)

2 cloves of garlic

1/2 tsp of shredded coconut (optional)

1/4 tsp of salt

1/2 tsp of agave

1/4 cup of extra virgin olive oil

1/2 tsp of apple cider vinegar

3/4 cup of water

Assemble the salad

2 bunches of romaine lettuce

INSTRUCTIONS

- ***To Make The Tofu***

- Take half a block of tofu and cut it into small cubes. No need to squeeze the liquid out of the tofu
- In a wok, add 1 Tbsp of extra virgin olive oil and heat it at medium heat
- Add 1/4 tsp of salt, 1 tsp of dried rosemary and dried oregano. Add the tofu gently to the wok and stir fry for 7-10 minutes.
- Stir it frequently so that it doesn't stick to the bottom. When the tofu is browned on all sides, turn off the heat and let it cool

- ***To Make the Parmesan***

- In a food processor, add 1/4 cup of cashews, 2 tsp of chopped pecans and 2 tsp of sliced almonds. Blend on low speed until the ingredients are finely chopped.

- ***To Make The Vegan Caesar Salad Dressing***

- In a food processor, add the soaked cashews and blend them on low speed until it is mushy. Add 2 cloves of garlic, 1/2 tsp of shredded coconut, 1/4 tsp of salt and 1/2 tsp of agave. Blend on low speed until well blended
- Add 1/4 cup of extra virgin olive oil to the processor and blend for 10 seconds. Add 1/2 tsp of apple cider vinegar and 3/4 cup of water. Mix well until the dressing has a smooth consistency

- ***Assemble the salad***

- Roughly tear romaine lettuce and add it to a salad bowl. Add the Parmesan and tofu to the salad and use tongs to mix the salad. Add only half of the salad dressing and toss using wooden spoons.

Whole Foods' Sweet Kale Salad



For the salad dressing

3 Tbsp of extra virgin olive oil

2 tsp of vinegar (I used pomegranate vinegar)

2 tsp of honey or agave

1 tsp of orange juice

1/2 tsp of sea salt

1/2 tsp of freshly ground black pepper

INGREDIENTS

To Assemble the salad

5 Oz container of baby kale

1/2 cup of dried apple chips

1/4 cup of red onions (julienne style))

1/4 cup of carrots (julienne style)

2 Tbsp of dried cranberries

3 Tbsp of sunflower seeds

3 Tbsp of sliced almonds

1/4 cup of chopped walnuts

3 Tbsp of crumbled feta

1 tsp of orange zest (optional)

INSTRUCTIONS

- ***Make the salad dressing***

- In a mixing bowl, add 3 Tbsp of extra virgin olive oil
- Add 2 tsp of vinegar. I used pomegranate vinegar
- Add 2 tsp of honey. For vegan version, use agave
- Add 1 tsp of orange juice
- Add 1/2 tsp of sea salt and freshly ground black pepper
- Mix well. For best results, let it sit aside for 30 min. It is not required, but, it does make the salad taste better

- ***Assemble the salad***

- Take 5 Oz of baby kale. It is usually one entire container of baby kale
- Add 1/2 cup of Apple Chips. You can make your own using my recipe, or, purchase it from the store
- Add 1/4 cup of red onions and 1/4 cup of carrots (both cut julienne style)
- Add about 2 Tbsp of dried cranberries
- Add 3 Tbsp of sunflower seeds and sliced almonds
- Add 1/4 cup of chopped walnuts
- Add 3 Tbsp of crumbled feta. If you want to keep this vegan, try my vegan feta recipe.
- Add the dressing and toss well.
- Garnish with orange zest (optional) and serve immediately.

Kale Salad



INGREDIENTS

- 5 Kale leaves, washed
- 1 tsp of extra virgin oil, to brush the kale with
- 1/2 of a Peach, thinly sliced
- 2 tsp of melted vegan butter for brushing the peach and the chestnuts
- 4 pieces of water chestnuts
- 1/2 of an avocado
- 2 slices of Italian bread (thinly sliced and cubed)
- 2 Tbsp of olive oil (for the dressing)
- 1 fresh lime, juiced (for the dressing)
- 2 tsp of agave or brown sugar (for the dressing)
- 1/2 tsp of oregano (for the dressing)
- 1/8 tsp of salt (for the dressing)
- 1 tsp of pepper (for the dressing)

INSTRUCTIONS

To Make the dressing

Pre-heating the oven to 450 degrees.

In a small bowl, add juice of one lime.

Add 2 tsp of brown sugar or 2 tsp of Agave

Add 1/4 tsp of oregano and 1/8 tsp of salt.

Add one tsp of black pepper and mix well. Set aside

To make the Salad

Brush kale leaves lightly with extra virgin olive oil. Put them on a baking sheet

Place them in the oven for no more than 25 seconds
ONLY

Remove the thick stems and roughly chop the kale. Put in a bowl and add 1 tsp of the salad dressing. Mix well

Take half a peach and make thin slices. Butter it lightly

Place it on a baking sheet and bake for about 10 minutes

Take 4 water chestnuts and brush them lightly butter.

Place them in a baking sheet and bake for about 7 minutes.

While those two are in the oven, brush 2 slices of stale Italian bread with olive oil. Place them in oven for about 3 minutes. Cut them into small pieces and use them as croutons for the salad.

Thinly slice half of an avocado and add them to the kale
add peaches

Add about 1 tsp of shredded coconut. Slice chestnuts into long strips and add to salad. Add dressing and toss gently.

Add one more tsp of coconut and the croutons. Serve immediately



Spinach Salad On Mini Bagels

INGREDIENTS

For The Salad:

8 mini bagels

3 cups of baby spinach

1/4 of a red onion

8 Campari tomatoes

1/4 cup of California sliced olives with Red Jalapeno

1/2 cup of feta cheese

3 Tbsp of extra virgin olive oil

1/2 tsp of salt

1/2 tsp of black pepper (Optional)

1/4 cup of Hummus (Optional)

For The Dressing:

3 Tbsp of Extra Virgin Olive Oil

1 Tbsp of red wine vinegar

4 Tbsp of balsamic vinegar

2 tsp of orange juice

1/4 tsp of dried rosemary

1/4 tsp of freshly ground black pepper

1/4 tsp of dried oregano

INSTRUCTIONS

- Toast 8 mini bagels in the toaster and set aside.
- Take 3 cups of baby spinach and wash it thoroughly. Dry it on a paper towel and then place it in a large bowl
- Take about $\frac{1}{4}$ of a red onion and slice it julienne style. Add them to the spinach
- Take 8 campari tomatoes and wash them. Cut each into 4 pieces. Add to bowl
- Add $\frac{1}{4}$ cup of chopped black olives to the spinach bowl.
- Add $\frac{1}{2}$ cup of feta cheese to the spinach salad.
- Add $\frac{1}{2}$ tsp of salt and $\frac{1}{2}$ tsp of black pepper to the salad. The black pepper is optional
- In a separate bowl, add 3 Tbsp of extra virgin olive oil
- Add 1 Tbsp of red wine vinegar to the oil
- Add 4 Tbsp of balsamic vinegar to the oil
- Add 2 tsp of orange juice.
- Add $\frac{1}{4}$ tsp of freshly ground black pepper to the dressing
- Add $\frac{1}{4}$ tsp of dried rosemary
- Add $\frac{1}{4}$ tsp of dried oregano to the oil and mix well with a spoon
- Drizzle the balsamic dressing on spinach salad
- Use two wooden spoons to gently toss the salad and mix all the ingredients together
- If you have hummus laying around, spread a very thin layer of it on the bagels
- Use salad clamps to top the spinach salad on the bagels.



For The Blueberry Vinaigrette:

- 1 cup of fresh blueberries
- 2 tsp of sugar
- 1 tbsp of olive oil
- 2 tbsp of almond oil
- 1 tbsp of honey Dijon mustard
- 3 drops of honey
- 3 tsp of fresh lime juice

INGREDIENTS

For The Salad:

- 1 Beefsteak Tomato, Orange Tomato, Green Tomato
- 1/2 Cup of Feta Cheese
- 1/2 Cup of black or Kalamata Olives
- 1/2 Cup of Chopped Walnuts (Optional)
- 2 Leaves of Mint (Optional)

INSTRUCTIONS

To Make The Blueberry Vinaigrette

In a food processor, add the blueberries and blend until the mixture becomes a pulp

You can squeeze the blueberry pulp with your hands to squeeze out the blueberry juice or use a fork to press the pulp through a sieve

In a glass bottle assemble the ingredients and close the lid

Shake vigorously until all the ingredients have blended well together

Refrigerate the blueberry vinaigrette. It will stay good for about 1 week.

Serve the blueberry vinaigrette on any Mediterranean Salad or over a fruit salad.

Assemble The Salad

Chop the tomatoes into wedges

Add the remaining ingredients

Chop the mint finely and spread it on the salad

Add the Blueberry Vinaigrette and toss lightly

Optionally, you can add lightly roasted pine nuts on the salad

Serve the Mediterranean Tomato Salad immediately



Simple Melon Salad With Arugula

INGREDIENTS

For The Salad

- 1/4 of a cantaloupe
- 1/4 of a honeydew
- 1/4 of a watermelon
- 2 cups of arugula salad

For the pitas

- 2 whole wheat pitas
- 5 tsp of sugar
- 2.5 tsp of cinnamon powder
- 2 Tbsp of vegan butter

For the yogurt dressing

- 2/3 cup of vegan yogurt
- 1/2 tsp of lime zest
- 1 Tbsp of freshly squeezed lime juice
- 2 tsp of agave.
- Pinch of salt

INSTRUCTIONS

- *Take 1/4 of a cantaloupe, honeydew and watermelon. Remove the seeds from them and then use a melon baller to scoop out ball shapes. Refrigerate them while you prepare the other ingredients*
- *To make the pita pouches, cut pita into halves. Lightly spray with cooking oil.*
- *Oil the inside of the pita too. Mix sugar and cinnamon. Sprinkle on pita and place pita in 300 degree preheated oven. Bake for 7 minutes or until it is browned*
- *While the pita is toasting, make the yogurt dressing. Add vegan yogurt to a bowl & lime zest. Add 1 Tbsp of freshly squeezed lime juice and 2 tsp of agave. Add a pinch of salt, mix well and refrigerate for a few minutes*
- *Place the pita on a salad plate and top with 1/2 cup of arugula salad*
Add the melon balls on the arugula and drizzle with about 1 tbsp of the yogurt dressing. Serve immediately

A scenic background of a sunset over the ocean. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon. The ocean is a deep blue with gentle ripples. In the bottom left corner, a large, light-colored rock is visible.

Have

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