

Salad: 25 Delicious Salad Recipes Cookbook

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Smashwords Edition

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Green Pea Salad with Egg

Introduction

Salads are super duper delicious. Don't you agree? Not only they are delicious but are also healthy. Now you might have heard Tony Robins stressing on the fact that one should include salads in his diet. It also detoxifies your body and keeps it fresh from within. Don't believe me? Try out the recipes given in this book and tell me later on. o

This book contains awesome recipes that don't go hard on your pocket and will also leave you with a smile. Are you ready to check out the great diversity of these salad recipes? So!! Here we go!!

Awesome Avocado Salad

What you need

- 1/4 to 1/2 teaspoon Salt to taste
- One and a half freshly sliced sweet onion
- Freshly ground black pepper to top
- Two fresh avocados
- Fresh cilantro, chopped
- Juice of 1/2 or maybe 1 lemon
- One Finely chopped bell pepper, green

What to do

1. Take all the fresh ingredients. Wash them. Now take a mixing salad bowl. After that you should add the peeled, pitted and well-diced avocado, sliced sweet onion, chopped green bell pepper, and freshly shredded cilantro.
2. Then drizzle fresh lime juice of about 1/2 to 1 lemon. For seasoning top salt to taste and add freshly ground black pepper.
3. Then flip them very well and serve them fresh and delicious.

Simple Blueberry Vinaigrette

What you need:

- Two and a half tsp lemon juice
- 2 Tbsps orange marmalade
- 1/4 cup vegetable oil
- 1/4 to half tsp salt
- One cup fresh or may be frozen blueberries, thawed, divided
- One to 2 teaspoon Dijon mustard

Method of Preparation:

1. Take a blender and in that blender, mix 1/2 of the blueberries with the other ingredients; blend until a smooth dressing forms.
2. Place the dressing within the salad and top it up with the left blueberries.

Yields: Servings 4-5

Easy Celery and Onion Salad

What you need

- Five to 6 basil leaves
- 2 to 3 onions, diced
- Ground pepper, to taste
- One stalk celery, shredded
- Drizzle of olive oil
- Two tablespoons. Lemon juice
- Pinch of salt

What to do

1. Add whole the ingredients in a bowl and flip well till all the ingredients are mixed correctly.
2. Refrigerate and serve.

Awesome Fattoush

Ingredients

Flatbread, such as pita bread

- Two & 1/2 large, ripe tomatoes, in bite-size pieces
- pepper and sea salt
- Two stalks fresh basil, roughly chopped
- Juice of 1 to 2 lemon
- 1/4 to half bunch fresh parsley, roughly chopped

For the toasted bread:

- 1/2 cucumber, diced
- Around 1/3 cup olive oil

Instructions

1. Blend the lemon juice with the tomatoes and cucumbers.
2. Combine the shredded herbs and toss to mix.
3. Dice the bread, put into a bowl, and top with olive oil.
4. Blend well so that entire the pieces are wet with oil.
5. Place the bread on a baking sheet and toast in a preheated oven (332°F) for approximately ten to twelve minutes, or maybe till crisp and golden.
6. Let the toasted bread cool slightly before mixing with the salad.
7. Sprinkle with sea salt and pepper and now you can serve.

Servings: Three to Four

Superb Mango Salsa Salad

Ingredients

- One sliced red bell paper
- 1 to Two chopped green onion
- 1 Fine sliced fresh jalapeno pepper
- One chopped mango
- Three and a half tbsp. Of lemon juice
- Three tbsp. Freshly chopped cilantro

Method of preparation

1. Now wash the mango, peel and cut it. Take a mixing bowl and then you should add the mangos, shredded green onion, red bell pepper, freshly sliced cilantro and finely sliced jalapeno pepper. Mix them well.
2. Cover the bowl and allow the mixture to soak in the juices for 30-40 minutes. Put this salsa out in a serving dish and serve it with chips or may be with fish.

Epic Red Onion and Spinach Salad

What you need

- 1/2 cup Fresh Mozzarella cheese
- Oregano, to taste
- 3 to 4 cucumbers, sliced
- 1 to 1 & a half bunch fresh baby spinachs
- Crumble some slice of bacon, if you desire(Optional)
- Two red onions, finely shredded

The method of preparation

1. Add all the ingredients, except for the cheese, in a bowl and flip well till all the ingredients are mixed thoroughly
2. After that refrigerate it and serve it by topping it with the cheese.

Yumieeee Tuna Salad

What you need

- Capers, as per taste
- Pepper to taste
- 1 can of tuna
- Lime juice, as required
- One mashed avocado
- 2 tomatoes, finely chopped
- 1 to 2 scallion, sliced
- Salt to taste

Instructions

1. First of all, mash the avocado with a fork. Combine lime juice to it till it is smooth. Now fold in the shredded tomatoes, drained tuna, capers and scallion into the mashed avocado.
2. Season with black pepper and add salt to taste.
3. Serve this delicious tuna salad with chips or may be with vegetables or maybe on a bed of greens.

FANTASTIC WARM ESCAROLE, EGG & PANCETTA SALAD

What you need

- Two heads escarole, tough outer leaves removed, torn into bite-sized pieces
- Salt and freshly ground pepper
- 1-2 clove garlic, bruised
- One to 1 & half tablespoon whole-grain mustard
- 2 to Three tbsp red wine vinegar, plus One teaspoon
- Four pieces thick-now cut pancetta or bacon, chopped
- Four large eggs
- ¼ to half cup extra-virgin olive oil

Instruction

1. If using bacon, bring a small saucepan of water to a boil. Add the bacon and simmer for 5 minutes to tame its smoky, salty flavor. Drain, shift to paper towels, and blot dry.
2. Then wipe out the saucepan, put above medium-low heated up, and now you should add the oil, garlic, and pancetta or bacon. Cook, occasionally stirring, till the garlic is golden and the pancetta are crisp about 4.5 minutes.
3. You should be careful to not let the garlic burn. Remove from the heat and discard the garlic. Stir in the mustard and the 2 tbsp vinegar. Set apart.
4. Choose a large, wide pan with a tight-fitting lid. Fill with a generous amount of water and add one teaspoon vinegar, put over high heat, and bring to a rolling boil. Reduce the heating to a very gentle simmer.
5. Now working quickly, crack the eggs one at a time into a small bowl and then slide the eggs into the simmering water. Poach the eggs till the whites are set, and the yolks are still soft for 5 minutes. Meanwhile, bring the vinegar mixture to a boil.
6. Place the escarole in a large bowl. Pour the vinegar mixture above the escarole and instantly toss to wilt the leaves slightly. Season with salt and pepper.
7. Flip again and arrange on individual plates. Withdraw every poached egg with a slotted spoon, blot the bottom dry, and slide onto the salads.
8. Season the eggs with salt and pepper and then you can serve.

Serves: Four

FANTASTIC COUSCOUS SALAD WITH DRIED CRANBERRIES & ROASTED CHICKEN

What you need

- Two tbsp sherry vinegar
- 1 to Two cup instant couscous
- Two carrots, peeled and sliced
- 2 green onions, including green parts, sliced
- One tablespoon thinly sliced fresh mint
- ⅓ cup dried cranberries
- Salt and freshly ground pepper
- Two cups sliced roasted chicken meat
- Half to One cup extra-virgin olive oil

method of preparation

1. In a small saucepan, blend one & 1/2 cups water and teaspoon salt and boil them.
2. Stir in the couscous and continue boiling.
3. Withdraw from the flame, then cover it and let it stand for eight minutes.
4. Transfer to a bowl and fluff with a fork to separate the grains.
5. Now you should add the green onions, carrots, and dried cranberries.
6. In a small bowl, whisk together the vinegar and salt and pepper to taste.
7. Now you should add the oil in a thin stream, constantly whisking till the dressing is smooth.
8. Now pour over the couscous mixture and whisk to blend well.
9. Shift the couscous to a serving dish and arrange the sliced chicken on top.
10. Top with the mint and serve.

Serves- Four

Delicious Fruit Salad Bowl with Yogurt

What you need

- Three & half cups mixed berries of choice
- 3 tbsps honey
- A dash of cinnamon
- Two cups yogurt
- Two tablespoon orange zest
- One banana, sliced
- 1/2 orange juice
- One bunch grapes, seedless

Directions

1. In a medium mixing bowl, add the honey and yogurt.
2. In a clear bowl, mix the orange juice, banana, orange zest, grapes, and berries.
3. Stir with care to blend.
4. Divide fruit salad among serving bowls, sprinkle cinnamon on sprinkle and serve chilled.
5. Ready in about twentytwo minutes

Serves six

Handsome Raw Quinoa and Veggie Salad

What you need

- Four plum tomatoes diced
- One to Two cup red quinoa
- Half cup scallions, finely shredded
- Two cloves garlic, minced
- One cucumber, peeled and thinly sliced
- Three tablespoons extra-virgin olive oil
- 4 cups water
- 1 cup fresh parsley, sliced
- 1/3 cup toasted almonds, coarsely sliced
- 8 dates, coarsely shredded
- One & 1/2 tsp salt
- Two tbsps balsamic vinegar
- Juice of 1 fresh lemon
- 1/2 teaspoon celery seeds
- 1/4 teaspoon black pepper
- 1 to Two tablespoon orange juice

Directions

1. Bring water to a boil over high-medium heat.
2. Reduce the heating and cook the quinoa for fifteen minutes. Drain and set aside.
3. In a large bowl, combine the rest of things you need(i.e. ingredients)
4. Combine the quinoa and whisk to blend ingredients.
5. Ready in about 22 min

Serves seven

Cool Spinach Salad with Garlic Dressing

Ingredients

For the Salad:

- 1/4 cup sun-dried tomatoes
- 1 cup cooked spelt
- Two hard-boiled eggs, sliced
- 4 cups baby spinach
- 1/4 to 1/2 cup olives, pitted and halved

For the Salad Dressing:

- 1/2 to 1 teaspoon seasoned salt
- 1/4 cup canola oil
- 1/2 teaspoon sweet paprika
- Two to Three cloves garlic, minced
- 1 tablespoon molasses
- Juice of One fresh lemon
- 1/4 tsp black pepper

Directions

1. In a large bowl, add the spinach, tomatoes, spelt and olives.
2. In an electric blender or a food processor, blend dressing ingredients until smooth.
3. Taste and adjust seasonings.
4. Divide the salad among serving bowls; drizzle prepared garlic dressing and top with sliced egg.
5. Ready in about 28 minutes

Serves 3

Rocking Quinoa Salad with Avocado and Dried Fruits

Ingredients

- Three tablespoons olive oil
- One & 1/4 cups quinoa
- One to Two teaspoon salt
- Three & 1/2 tbsps golden raisins
- 3 tbsps dates, coarsely shredded
- 2 & half cups water
- 3 tablespoons orange juice
- 2 tablespoon orange zest
- 3 to Four green onions, thinly sliced
- One tsp red pepper
- Black pepper to taste
- 1/4 cup pecans, coarsely chopped
- Two medium ripe avocados, peeled and diced
- One & 1/2 tsp ground cumin

Instructions

1. Take a large saucepan and bring water, the quinoa, and sea salt to a boil.
2. Reduce the heat to low, and simmer for separate twelve minutes.
3. Combine the raisins and shredded dates. Cooking Five minutes more, until the liquid is absorbed.
4. Fluff the quinoa with a fork and now allow it to cool.
5. To prepare the dressing: follow 6-9
6. In a separate bowl, stir the orange juice, red pepper, orange zest, olive oil, cumin and black pepper.
7. In a different large bowl, blend quinoa mixture, dressing, avocado, green onions, and pecans. Taste and adjust the seasonings.
8. Now serve at room temperature.
9. Ready in about thirty-eight min

Servings- 6

Advanced Avocado Tuna Salad

What you need:

- 5 to 6 ounces cooked or may be canned wild tuna
- One to 2 lemon, juiced, to taste
- Low sodium salt and pepper to taste
- 1 avocado
- One cup chopped tomatoes
- One tablespoon chopped onion, to taste

What to do:

1. Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh of about 1/4-inch thick on every half.
2. Now you should add lemon juice and onion to the avocado in the bowl and mash them together.
3. Then add tuna, low-sodium pepper, and salt, and stir to mix.
4. Taste and adjust if needed.
5. Fill avocado shells with tuna salad and serve.

Excellent Chinese Salad

What you need:

Salad :

- 1/4 to 1 cup radishes, julienned
- One cup carrot julienned (about one large carrot)
- 1/4 cup scallions, trimmed and julienned (about 3 scallions)
- 2 cups cooked chicken or may be turkey
- 1 small head savoy cabbage, finely shredded
- 1/4 to half cup fresh cilantro, shredded
- 1/4 to half cup fresh mint, shredded

Vinaigrette:

- Half to One tsp chili flakes
- Low sodium salt to taste
- Stevia to taste
- Two tablespoons coconut or maybe rice vinegar
- 1 chipotle pepper
- 2 to 3 Tbsps sesame oil
- One & 1/2 tsp fresh ginger, grated
- 1 clove garlic, crushed

What to do:

1. Salad – Add carrots, cabbage, radishes, and scallions.
2. Top with chicken, cilantro and mint and set apart.
3. Combine the vinaigrette.
4. Taste to see if it needs any adjustments.
5. If it is too spicy, you can combine more lime juice to counteract it.
6. Drizzle salad with vinaigrette & enjoy

Dashing Tuna Stuffed Tomato

What you need:

- 1/4 tsp. low sodium salt
- Lettuce leaves
- 1/4 to half tsp. ground black pepper
- 6 tbsp. olive oil and One tbsp rice vinegar
- 2 large tomatoes
- One stalk celery, chopped
- Half to 1 small onion, cut
- 2 (5 to six oz.) cans wild albacore tuna

What to do:

1. First of all, wash and dry the tomatoes and withdraw any stem. You can either slice off the top part of the tomatoes and hollow them out or cut every tomato into wedges, making sure only to cut down to approximately half an inch before you get to the bottom of the tomato.
2. Arrange the tomatoes on a plate on top of lettuce leaves.
3. Combine the remaining ingredients in a mixing bowl and combine additional low sodium salt and pepper if desired. Spoon into the tomatoes and serve.

Special Turkey Sprouts Salad

Ingredients:

- 1/2 white onion, finely diced
- 1/2 cup sliced almonds
- Half pound of brussels sprouts
- Two turkey breasts, sliced

Vinaigrette:

- Few grinds of black pepper
- One tbsp quality mustard powder
- One tablespoon avocado oil
- Two to Three tbsp Apple Cider Vinegar
- Stevia to taste
- Half to One teaspoon low sodium salt

What to do:

1. Cut the brussels sprouts in half and thinly slice. Chop the 1/2 cup of almonds. Finely dice the white onion. Scallions would work too if you prefer a more mild onion flavor though the white did not overpower.
2. Withdraw the breasts and chop into bite-sized pieces. Combine entire of these ingredients within a large bowl and then lightly flip the Brussels sprouts salad.
3. Whipping up the vinaigrette takes seconds. Add all that you need to a small bowl and stir till smooth. Now pour over the Brussels sprouts salad and flip to bring together.

Epic Rosy Chicken Supreme Salad

Ingredients:

For the chicken:

- One stem lemon grass, pale section only, finely sliced
- One to Two long red chili finely chopped with the seeds
- 2 to 3 garlic cloves, finely shredded
- Little nob of fresh ginger, peeled and finely shredded
- Half lime rind grated
- Coconut oil for frying (about 3 tablespoons)
- 460g chicken mince, free range of course
- Two & half tbsp fish sauce
- 1/2 bunch of coriander stems washed and finely chopped
- 1/2 lime, juiced
- One pinch of low sodium salt

For the salad:

- One handful of fresh mint or may be Thai basil if available
- 1 to 2 large carrot, peeled and grated
- Half Spanish onion, thinly sliced
- 1/2 cup crushed roasted cashews or some sesame seeds
- 1/4 to 1/2 red cabbage, thinly sliced
- 1/2 to 1 bunch of fresh coriander leaves
- 2 tbsp green spring onion, sliced

For the dressing:

- One small red chili, finely shredded
- 3 tbsp lime juice
- 2 to Two & half tbsp olive oil
- 1 to Two tbsp fish sauce

What to do:

1. Once you've prepared all your ingredients for the chicken, heat up 1 tbsp of coconut oil in a large frying pan.
2. Throw in lemongrass, garlic, chili, coriander stems and ginger and stir-fry for about a minute till fragrant.
3. Now you should add chicken mince and lime zest. Whisk and break apart the mince with a wooden mixing spoon until they are separated into small chunks.
4. The meat will now be changing to white color.
5. Combine fish sauce and lime juice. Stir through and cook for a few minutes. Overall cooking time for the chicken should be about 12 minutes.
6. Prepare the salad base by mixing onion grated carrot, sliced red cabbage, and fresh herbs.
7. Combine whole dressing ingredients and flip through the salad.
8. Now serve cooked chicken mince with a sprinkle of the dressed salad and top it up with roasted cashews, dried shallots, coconut flakes, and extra fresh herbs.

Great Macadamia Chicken Salad

What you need:

- Half cup diced celery
- 1 to 2 teaspoon macadamia nut oil, or oil of choice
- One tablespoon lemon juice
- 1 lb organic chicken breast
- 1/2 cup macadamia nuts, shredded
- few pinches of low sodium salt and pepper
- Two tablespoons julienned basil
- One to 2 tbsp olive oil and 2 tsp rice vinegar

What to do:

1. Preheat oven to 360 degree. Place chicken breasts on a sheet tray, drizzle with oil and a pinch of low sodium pepper and salt.
2. Bake for about 38 minutes until cooked through.
3. Withdraw from oven and let it cool.
4. In a large bowl shred chicken.
5. Add dressing, nuts, celery, basil, and a pinch of low sodium pepper and salt.
6. Lightly whisk till combined.
7. Time to party!

Awesome Turkey Salad

What you need:

For the Turkey:

- Low sodium salt and pepper, to taste
- One tablespoon olive oil
- One to Two-pound boneless turkey breasts

For the Salsa:

- Juice of 1 lime
- 1/2 to One red onion, cut into large chunks
- low sodium salt and pepper, to taste
- One to 1 large tomato, quartered
- 1 small bunch of cilantro leaves
- One garlic clove, peeled

Instructions:

1. First of all, preheat oven to 380 F.
2. Bake turkey breasts dipped in olive oil on a baking sheet for about 40 to 45 minutes, till there is no longer pink in the center.
3. While baking, you should add entire salsa to a food processor and pulse using the chopping blade till finely shredded. Shift the salsa to a large bowl and clean out the food processor. You will be using it to shred the turkey.
4. If you don't have a food processor, just dice the tomato, pepper, onion, garlic and cilantro and combine to a bowl with the lime juice, low sodium pepper, and salt.
5. Withdraw turkey from the oven and allow it to cool. Once cooled enough to handle, cut every breast into 3 or maybe 4 smaller pieces and add to the food processor. Pulse using the chopping blade till shredded.
6. Combine turkey to bowl with salsa and blend well with a fork.
7. Refrigerate for at least 2 hours till turkey salad is chilled.

Extraordinary Red Bean Salad

Ingredients

- One head chopped cabbage
- 1 to 1 & 1/2 chopped bell pepper
- Drizzle of olive oil
- Fifteen ounces of kidney beans
- 1 Minced clove of garlic
- One cup Feta cheese
- Drizzle of olive oil
- One tsp. Fresh parsley, chopped
- Drizzle of fresh lemon juice

Instructions

1. First, take the canned kidney beans and rinse well for a few minutes. In a large salad mixing bowl, you should add the kidney beans, onions, chopped cabbage, bell pepper and a minced clove of garlic. Toss them together.
2. Then combine the parsley, lemon juice and drizzle olive oil and mix till coated. Top it up with feta cheese. Refrigerate for few hours and serve chilled.

King Bacon and Cherry Tomato Salad

What you need

- Two fresh cherry tomatoes now cut them into halves
- Five slices of bacon
- Freshly ground black pepper to taste
- Two fresh cherry tomatoes, cut them into halves
- Garlic salt to taste
- Half cup crumbled fresh mozzarella or feta cheese
- Few fresh basil leaves

What to do

1. Cooking the slices of bacon until brown and then crumble them and keep them in a bowl.
2. Now in a salad mixing bowl, combine the halved cherry tomatoes and fresh basil leaves along with crumbled fresh mozzarella or may be a feta cheese above them.
3. Now spread the crumbled bacon.
4. Top it up with pepper and garlic salt.
5. Serve immediately.

Exceptional Coconut Cream Dressing

Ingredients:

- One to 2 (0.7 ounces) packages dry Italian salad dressing mix
- 1/4 cup cider vinegar
- 1 to Two (8.5 ounces) can cream of coconut

Method of Preparation:

1. In a small sized bowl, combine whole of the ingredients then mix them well.
2. Serve, or maybe chill until ready so that you can serve.
3. You can refrigerate it for up to 1 week.
4. Yields: approximately 1 cup

Easy Macaroni Salad

Ingredients

- Sugar, to taste
- 1/2 to One cup mayonnaise
- Salt to taste
- Freshly ground black pepper for seasoning
- One teaspoon. Dried mustard
- 1 stalk celery, sliced
- One cup cooked macaroni
- One red onion, chopped
- 1 to 2 teaspoon. sliced parsley
- Three tbsp. Fresh sour cream
- Drizzle of cider vinegar

Instructions

1. Take a bowl and whisk mayonnaise along with the fresh sour cream. Add the dried mustard, drizzle of cider vinegar, salt, sugar and freshly ground black pepper to taste.
2. Mix well. Flip in the cooked macaroni and freshly sliced onion, celery and parsley and mix well.
3. Now serve immediately.

Fresh Chickpea and Salad

Ingredients

- 1 tsp. chili powder
- Salt(in small quantity)
- 2 tomatoes, chopped
- One can chickpeas
- Two to 3 cucumbers, chopped
- 2 to 3 red onions, sliced

Instructions

1. Boil the chickpeas in a pot till tender. Put in a mixing bowl with the tomatoes, red onions and cucumber pieces.
2. Blend everything together very well. Season with salt and chili powder and mix well.
3. Now serve it instantly.

Green Pea Salad with Egg

Ingredients

- Six cherry tomatoes, now cut in halves
- Three eggs
- Garlic powder to taste
- 1 to 2 tsp. fresh cilantro, shredded
- 2 cans fresh green peas
- 2 fresh onions, sliced
- Four tablespoons. Fresh lemon juice
- Salt to taste

Instructions

1. Mix the onions, peas, cherry tomatoes, and fresh cilantro. Now squeeze in fresh lemon juice, combine few salt, and garlic powder.
2. Blend well. Boil the eggs to make some hard boiled eggs and now cut them into halves and mix to the salad bowl.
3. Now serve instantly.