

Salad: 25 Delicious Salad Recipes

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Introduction

What's a salad without dressing? Every one enjoys a salad with a delicious dressing that can match its flavors. Now and then, we use the same dressing above and over again, until it becomes dull. Why ruin a decent salad with an overused salad dressing?

This book includes an excellent set of scrumptious salad dressing recipes that are budget friendly and easy to make. Why buy salad dressings when you can make your own quickly and easily? If you love salads, then you will love these recipes. Whatever you're preparing, be it a dressing put in a garden-fresh salad, on a sandwich, or even as a sauce or maybe marinade for chicken, steak or fish, these recipes will add fresh and unique flavors to all of these.

There are countless salad recipes, which are not only mouthwatering but delightful and also help you stay healthy and have a controlled balanced diet. To maintain good health, every human being needs vitamins, proteins, and nutrients. These dishes can be made from vegetables, which are effortlessly available in any market. The preparation is also very unproblematic and unique so that you can not only prepare the salad accurately but also make the salad taste good. Every recipe is tested and can be made at home without any superior expert methods. The recipes are written in a trouble-free way so that you can understand the exact way to make the delicious dishes. The Ingredients are also given with exact measurements to give you the perfect amount of dish to make. The book also includes tips and other impressive features like step-by-step recipes, which make the users prepare the dishes flawlessly.

American French Dressing

Ingredients:

- Pinch of white pepper
- 3 tablespoon. red wine vinegar
- 1 to 2 tablespoon. sugar
- Salt, to taste
- Three tbsp. Ketchup
- Half teaspoon. paprika
- 1 teaspoon. dry mustard
- One egg yolk
- 3/4 to 1 cup extra-virgin olive oil

Method of Preparation:

1. First of all, put ketchup, dry mustard, sugar, vinegar, paprika, white pepper and egg yolk into a bowl; then stir well.
2. Now, slowly drizzle the olive oil while whisking the mixture constantly till it is smooth.
3. Season it with salt to taste.
4. Bingo! Cover and refrigerate until needed. It can last up to 1 week.

Yields: servings 2

Basil and Citrus Salad

Ingredients

- Drizzle of white wine vinegar
- Two Oranges, juiced
- Two-three Fresh basil leaves, chopped
- Extra virgin olive oil
- 1 Lemon zest
- One tablespoon. Of hOney
- One Fresh lemon juice
- Pinch of salt

Instructions

1. Take a large salad mixing bowl and now you should add the extra virgin olive oil, fresh orange, and lemon juice and blend well.
2. Then you should add lemon zest, white wine vinegar, hOney, fresh basil leaves and sprinkle salt on them according to your taste.
3. Toss and flip it well to blend.
4. Then put in the refrigerator to chill and then you can serve.

Carrot Ginger Dressing

What you need:

- 1/8 teaspoon salt
- 1/4 cup chopped shallots
- 1/2 cup vegetable oil
- 1/4 to Half cup seasoned rice vinegar
- 1/2 lb carrots (3 medium), coarsely sliced
- One tablespoon Asian sesame oil
- One tablespoon soy sauce
- 1/4 to 1/2 cup sliced peeled fresh ginger
- 1/4 to 1/2 cup water

Method of Preparation:

1. Blend carrots in a food processor till pureed.
2. Add chopped ginger, soy sauce, sliced shallots, salt, rice vinegar and sesame oil and mix till shallots and ginger are minced.
3. Now you should add vegetables while the motor is running.
4. Shift the mixture to a blender.
5. Now you should add the water and blend for 4 minutes till smooth.

Yields: approximately 2 cups

Cucumber, Tomato & Radish Salad

Ingredients

- Drizzle of White vinegar
- 1 to Two cucumbers
- Pepper to taste
- Two red and orange bell peppers
- 2 large tomatoes
- 1 to 2 bunch green onions, finely sliced
- Drizzle of canola oil
- 2 radishes, thinly sliced
- Salt to top

Instructions

1. Wash entire the vegetables, cut them finely and put in a bowl. Drizzle canola oil and white vinegar.
2. Flip them well so that all the vegetables get evenly coated. Now top some salt and freshly ground black pepper and flip again.
3. Now serve this fresh salad immediately with bread or may be chipped or with any meal.

FENNEL SALAD WITH ARUGULA & BLOOD ORANGES

What you need

- 4 blood or navel oranges, peeled with a knife and sliced crosswise into thin pieces
- Two tablespoons red wine vinegar
- Salt and freshly ground pepper
- Four cups loosely packed arugula leaves
- Two to 3 fennel bulbs, trimmed
- 6 to 7 tbsp extra-virgin olive oil

Instructions

1. Halve the fennel bulbs lengthwise and, using a mandoline or maybe a very sharp knife and then cut the halves crosswise into thin pieces.
2. In a large bowl, whisk together the vinegar, $\frac{1}{4}$ to Half tsp salt, and $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon pepper.
3. Now add the oil in a thin stream, constantly whisking until the dressing is smooth.
4. Combine the arugula and fennel and flip to coat evenly with the vinaigrette.
5. Now mound the mixture on a platter, distribute the orange pieces above and around the salad, and serve.

Serves six to eight

Fresh Radish and Dill Salad

What you need

- Pinch of salt
- Black pepper, ground
- Three to four tsp. White vinegar
- One to Two Fresh Radish
- Canola oil to drizzle
- One & 1/2 tsp. of finely sliced dill

What to do

1. Peel and slice the radish, finely. Take the pieces in a bowl and combine a pinch of salt. Toss well. Let it settle for about eighteen minutes.
2. Then pour white vinegar, add the sliced dill, drizzle canola oil, and sprinkle pepper.
3. Mix well and serve the dish immediately.

Greek Salad with Rice

What you need

- 1/2 cup Feta cheese
- Two to three cup cooked rice
- One Fresh cucumber
- 2 tablespoon. lemon juice
- One to 1 & 1/2 bunch fresh parsley
- Half cup extra virgin olive oil
- One bunch mint
- Lemon zest, to taste
- Two fresh tomatoes
- Half cup shredded scallions
- Hot sauce, to taste
- Salt, to taste
- 1 to 2 tsp. dried dill

Introduction

1. Take a bowl, and stir extra virgin olive oil, fresh lemon juice, and salt to taste.
2. Chop fresh cucumbers and tomatoes.
3. Add them to the olive oil and lemon juice mix and flip to coat.
4. Now combine sliced parsley, dried dill, scallions, fresh mint and lemon zest of 1/2 to 1 lemon and blend well.
5. Now add in the cooked rice and mix gently to make sure the rice doesn't break up.
6. Finally, top it up with hot sauce and feta cheese.
7. Now serve instantly.

Lemony Tangy Cucumber Salad

Ingredients

- Salt to taste
- One shredded onion
- Three tsp. Celery seeds
- Two to 2 & 1/2 fresh cucumbers, finely sliced
- Four tbsp. Fresh lemon juice
- Fresh black pepper, to taste
- 2 tsp. white wine vinegar

What to do

1. Place the cucumbers in salad mixing bowl.
2. Now combine the onion, white vinegar, lemon juice, celery seeds and sprinkle few salt and few black pepper.
3. Blend everything thoroughly and then put in the freezer. Now you can serve chilled.

Pea & Bacon Salad

What you need

- One drizzle of Ranch dressing
- Half cup of cheddar cheese, shredded
- 2-4 Fresh onions, finely sliced
- 4 to five pieces of bacon
- One pack of frozen green peas
- 1/4 to 1/2 cup water

Instructions

1. First of all, brown the bacon in a pan and crumble when cooked. Now keep apart. Boil the pack of green peas in a pot and drain. Cool them.
2. Now take a mixing bowl and combine the crumbled bacon, onion, green peas, ranch dressing and shredded cheddar.
3. Toss them entire well and then put in refrigerator for an hour. Now serve chilled.

Simple Jicama Salad

What you need

- Top of Chili powder
- Salt to taste
- One to 2 jicama
- Drizzle of fresh lime juice

Instructions

1. Peel a jicama and then cut into small pieces. Set the jicama on a large serving plate.
2. Top fresh lime juice, chili powder and salt on the pieces of jicama.
3. Serve instantly.

Spanish Salad

What you need

- Drizzle of Balsamic vinegar
- Two Pimientos
- Pinch of salt to taste
- 6 to 8 Olives
- Two chopped scallions
- 1 to Two and a half tsp. Paprika
- 2 Cloves of garlic
- 1 Fresh romaine
- 4 Blanched almonds
- Two Bread slices

Instruction

1. Firstly, preheat the oven. Then grease the grill a bit. Chop the scallions very finely. Now put them in the preheated oven.
2. When they are ready, take them in a mixing bowl and then you should add the fresh romaine, olives, pimientos and almonds to the bowl.
3. Flip well. After that, you should add the Balsamic vinegar and top paprika and salt to taste.
4. Rub the grilled bread slices with garlic and then crumble them into the bowl. Flip well.

Tasty Pasta Salad

What you need

- Sugar to taste
- three tablespoons. Fresh sour cream
- Freshly ground black pepper, to taste
- 1 celery stalk, sliced
- Cooked Pasta ½ cup of mayonnaise
- One red onion, sliced
- One and a half teaspoon parsley, sliced
- 1 to One & 1/2 teaspoon. Dried mustard
- Two tbsp. White or may be cider vinegar
- Salt, to taste

method of preparation

1. Take a bowl and whisk mayonnaise along with about fresh sour cream.
2. Add the dried mustard, drizzle of cider or may be white vinegar, sprinkle salt and sugar and fresh ground black pepper to taste and blend well.
3. Combine the cooked pasta and sliced onion, parsley, and celery. Flip them well and serve.

Waldorf salad

Ingredients

- 1 to Two tsp. Lemon zest
- ¼ cup Fresh sour cream
- Freshly ground black pepper to top
- Half cup of mayonnaise
- One bunch, Fresh parsley, shredded
- ¼ to 1/2 cup Chives
- Fresh juice of 1/2 a lime
- 1 to Two and a half tsp. Celery
- 8 to 10 Walnuts
- Sugar to taste

Instruction

1. Assemble all the things at one place.
2. Take a bowl and pour the mayonnaise and stir it with fresh sour cream. Now combine the chives, freshly shredded parsley, and lemon zest.
3. Mix them well. Drizzle the fresh lime juice and top sugar according to your desire and pepper for seasoning.
4. Flip with shredded walnuts and celery.
5. Enjoy

Watermelon and Cucumber Salad

What you need

- 1 to Two and a half tsp. Sugar
- One fresh watermelon, cubed
- Pinch of salt to taste
- 2 to 4 fresh cucumbers, sliced
- Drizzle of Balsamic vinegar

Instructions

1. Assemble all things at one place.
2. Blend all the What you need in a bowl and flip well till entire the Ingredients are mixed correctly.
3. Refrigerate and serve.
4. Enjoy

Watermelon Topped with Mozzarella

Ingredients

- Oregano for seasoning
- Five to seven fresh Basil leaves
- One to 2 and half tablespoon. Balsamic vinegar
- 1 to One & Half Fresh watermelon
- One cup Mozzarella cheese

What to do

1. Assemble all things at one place.
2. Add entire the Ingredients in a bowl and flip well till whole the Ingredients are mixed correctly.
3. Taste and season accordingly. Refrigerate and serve.

Baby Corn and Mushroom Salad with couscous

What you need

- Black or may be white pepper
- One and a half peeled tomato
- One cup Couscous
- 7 to 8 Baby corn
- 5 to 6 or maybe 7 Mushrooms
- Salt to taste

Instructions

1. Take a pot with water and now you should add the couscous and bring to boil.
2. When the couscous is cooked, drain it well.
3. Meanwhile cut the mushrooms and take in a bowl.
4. Add tomatoes, and baby corn to the mushrooms and microwave for four to six minute.
5. Now mix these with the cooked couscous.
6. Mix them well and top salt and black or white pepper.
7. Now serve immediately.

Caesar salad

Ingredients

- 2/3 to 1 cup fresh lemon juice
- 3/4 to One cup extra virgin olive oil
- 1/2 cup Parmesan, grated
- 2 medium-size heads romaine lettuce
- three large cloves of crushed garlic
- salt and freshly ground black pepper
- One and a half teaspoon. Worcestershire sauce
- three thick slices of stale white bread crust removed
- 2 tablespoon. commercial mayonnaise
- six anchovies drained and finely sliced

Instructions

1. Bruise the garlic with a heavy knife or may be rolling pin, and cover with olive oil. Marinate for One hour. Now cut the bread into 3/4-inch cubes.
2. Remove the garlic from the oil and set apart. Toss the bread cubes with four tbsps of oil, and bake for Twenty Two min at 305°F, turning to toast evenly.
3. Remove the outer leaves of the lettuce. Tear the leftover leaves into Two-inch pieces and place in a salad bowl.
4. Season with salt and pepper and flip with the remaining garlic-flavored oil. Mix the Worcestershire sauce, lemon juice, and mayonnaise.
5. Now pour above the lettuce and flip. Now you should add the croûtons and anchovies and flip again. Top with grated Parmesan and now you can serve.

Serves 6 to maybe 8

Cucumber and Carrot Salad

Ingredients

- 1 & Half tsp. vegetable oil
- 2 to three cucumbers, sliced
- Half cup crumbled Feta cheese or mozzarella cheese
- Salt
- 2 carrots, sliced and roasted
- 1 tablespoon. poppy seeds
- Sugar, to taste
- 2 teaspoon. dried mustard powder

Instructions

1. Blend whole ingredients in a bowl and toss well till whole ingredients are mixed correctly.
2. Now serve immediately.

Fresh Beet Salad

Ingredients

- Sugar, to taste
- One and a half teaspoon. Dried mustard powder
- Salt
- 1/2 cup crumbled Feta cheese
- 2 to 3 onions, sliced
- One tbsp. Poppy seeds
- One to 2 fresh beets, roasted
- 1 & Half teaspoon. Vegetable oil

method of preparation

1. combine entire the Ingredients in a bowl and toss well till all the What you need are mixed correctly.
2. Serve instantly.

Excellent GRAPEFRUIT, CHICKEN & PISTACHIO SALAD

What you need

- 2 grapefruits, peeled and segmented with a knife
- 2 and a half tbsp white wine vinegar
- Salt and freshly ground pepper
- Two tablespoons minced fresh cilantro
- Two cups dry white wine
- Two skinless, boneless chicken breast halves
- Half cup pistachios
- Juice of One Lime
- ¼ cup mayonnaise
- One to One & 1/2 tsp Dijon mustard
- One to Two teaspoon whole peppercorns

Instructions

1. Add the wine, 2 cups water, the vinegar, 1 teaspoon salt, and the peppercorns in a shallow pan. Bring to a boil over medium-high heat.
2. Reduce the flame to low and simmer for 5 minutes. Combine the chicken, cover, and poach until just opaque, 6–8 minutes, occasionally skimming off any foam on the surface.
3. Withdraw the chicken from the liquid and let cool for seven minutes, then cut into cubes.
4. Meanwhile, in a dry frying pan, toast the pistachios over medium-low heat, stirring, till fragrant and starting to brown, approximately 6 minutes.
5. Pour onto a plate to cool.
6. Cut the grapefruit segments in Half crosswise and put them in a bowl with the chicken and 1/2 of the pistachios.
7. Now you should add the mayonnaise, mustard, cilantro, lime juice, Half teaspoon salt, and ¼ to Half tsp pepper and blend well. Garnish the salad with the left pistachios and now serve.

Servings 4

Fruit & Ginger Tropical Salad Bowl

What you need

For the Salad Dressing:

- 1 & Half teaspoon ground ginger
- Two & 1/4 tablespoons hOney
- Juice of 1 fresh lemon
- For the Fruit Salad:
- One cup bananas, peeled and sliced
- One & 1/4 cup blueberries
- One cup tangerine
- 2 or 3 cup strawberries, halved
- 1 cup pineapple
- 1 cup blackberry

how to prepare

1. To make the Salad dressing: Blend lemon juice with hOney and ginger.
2. To make the fruit salad: In a large bowl, add together fresh fruit and gently toss to mix. Pour the dressing over the fruit, toss and serve immediately.
3. Ready in about twentyTwo min

servings 6

Raspberry and Cheese Layered Salad

What you need

- 8 ounces crushed pineapple
- twentyTwo ounces cherry pie filling
- 3 ounces lemon gelatin
- 3 ounces raspberry gelatin blend
- 3 ounces cream cheese
- 1 cup mayonnaise
- 2 to 3 1/2 tablespoons slivered almonds
- Half cup whipping cream

instruction

1. Dissolve raspberry gelatin blends in 1 cup of boiling water.
2. Stir in the cherry pie filling.
3. Now pour this mixture into a serving plate.
4. Reserve and now allow cooling.
5. Dissolve lemon gelatin in 1 cup of boiling water.
6. Beat the cream cheese and mayonnaise.
7. Stir in the warmish lemon mixture.
8. Whisk in the pineapple.
9. Beat whipping cream and whisk in lemon mixture.
10. Spread lemon mixture or sprinkle on the chilled cherry pie mixture.
11. Sprinkle the almonds over top and serve chilled.

Ready in about One & Half hr

servings 9

Vegan Avocado Salad

Ingredients

- 2 & 1/2 tsp dulse flakes
- 2 & Half teaspoon vegan Worcestershire sauce
- One cup water
- 2 avocados
- Juice of One fresh lemon
- One and a half clove garlic, minced
- 1/4 cup nutritional yeast
- Two to three teaspoon olive oil

how to prepare

1. Slice avocados into bite-sized chunks and set away.
2. Process the rest of What you need in a blender.
3. Blend until the mixture is smooth and frothy.
4. Arrange the pieces of avocado on serving plates.
5. Ladle the dressing over avocado and now serve.

Ready in about 32 min

serve 6

Avocado Salad with Cilantro and Lime

Ingredients:

- Juice of Two limes
- 2 avocados, diced
- 2/3 green cabbage, sliced
- Turkey Breast shredded
- five to six green onions (scallions), minced
- 2 large English Cucumber
- 2 handfuls of fresh cilantro, chopped
- low sodium salt to taste

What to do:

1. Blend whole ingredients except cucumber -slice it thinly and use it as a base for the salad.
2. Slice 1 to 2-inch sections, scoop out the middle with a grapefruit spoon and fill the cucumber "cups" with the salad.
3. Epic Dressing:
4. Mix, four tablespoons.
5. Chili powder, 2 teaspoons every garlic powder, oregano and onion powder, two tsp each paprika and cumin, four tsp low sodium salt, and 1/9 to 1/6 teaspoon red pepper flakes.
6. Combine One cup olive oil and Half cup rice vinegar.

Chicken salad

Ingredients:

Salad:

- 1/4 to Half cup fresh mint, sliced
- 1 cup carrot, julienned
- 2 to 3 cups cooked organic chicken
- 3/4 to Half cup radishes, julienned
- One to 2 small head savoy cabbage, finely shredded –
- 1/4 cup fresh cilantro, chopped
- 1/2 cup scallions, trimmed and julienned

Vinaigrette:

- One clove garlic, crushed
- Two to 3 Tbsps sesame oil
- 1 to 2 teaspoon fresh ginger, grated
- Two to 3 Tbsps coconut or rice vinegar
- 1 chipotle pepper - optional
- juice of Half a Lime

What to do:

1. Salad – Blend carrots, cabbage, radishes, and scallions.
2. Top with chicken, mint and cilantro and set apart.
3. Vinaigrette –combine the vinaigrette What you need.
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.