

# **Salad Book: Salad Diet Recipes Cookbook**

**Karl K Josh**

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## **Excellent Delicious Slaw**

### **Ingredients:**

- Three to two tablespoons walnut oil
- 3 to four carrots
- 1 onion
- Stevia and low sodium salt to taste
- 1/2 head of cabbage
- One egg beaten
- Pepper to taste
- 1 & half tablespoon. fresh lemon juice

### **Instructions:**

1. Grate cabbage, onion and carrots and then mix.
2. Make the dressing by mixing walnut oil, beaten egg, lemon juice, and seasonings.
3. Chill and serve.

# Superb Turkey Divine

## What you need:

- 3 tbsps minced lemongrass
- 1/3 cup fish sauce
- 1 head of any lettuce
- 3/4 cup chicken stock low sodium
- One & half pounds ground turkey
- 2/3 cup fresh lime juice
- 1 cup thinly sliced green onions
- 3/4 cup thinly sliced shallots
- Stevia to taste
- 1/2 to one cup shredded cilantro leaves
- 1/3 cup chopped mint leaves
- Low sodium salt
- One & 1/4 tsp thinly sliced serrano chile

## Instructions:

1. Stir together lime juice, fish sauce, honey and chile-garlic sauce. Set it aside.
2. Warm chicken stock in a medium heavy-bottomed pot over medium flame until it starts simmering. Now you should combine ground turkey and simmer till cooked through. As the turkey is cooking, occasionally whisk to break up the meat. This should take approx eight to nine minutes.
3. Add green onion, shallot, chiles and lemongrass. Continue stirring to blend. Continue cooking till shallots turn translucent and stirr occasionally (approximately seven minutes). Remove from the heat and drain off any liquid in the pot.
4. Whisk in lime juice fish sauce mixture, mint, and cilantro. Season to taste with low sodium salt.
5. Shift mixture to a large bowl and serve beside a pile of lettuce leaves. Using a spoon, scoop onto the lettuce leaves.
6. Enjoy!!

# **Delicious Chicken Salad**

## **Ingredients:**

- Lots of pepper and low sodium salt
- Any lettuce leaves of choice
- Cooked and shredded chicken breast
- Mashed avocado
- Shredded almonds

## **Instructions:**

1. Blend together mashed avocado, shredded almonds, cooked and shredded chicken breast in a bowl, season with low pepper and sodium salt, and then spoon onto lettuce leaves.
2. Roll up and enjoy!

# **Basil Avocado Yummy Salad**

## **What you need:**

- 1/2 tsp. Low sodium salt
- One teaspoon. Ground black pepper
- 2 to three small or 1 large ripe avocado, pits and skin removed
- Two boneless, skinless chicken or may be turkey breasts
- 2 tablespoon. extra virgin olive oil
- Half to one cup fresh basil leaves, stems removed

## **What to do:**

1. Place the shredded cooked chicken in a medium sized mixing bowl.
2. Put the basil, olive oil, avocado, low sodium salt and ground black pepper in a food processor and blend until smooth.
3. Now pour the avocado and basil mixture into the mixing bowl with the shredded chicken and toss well to coat.
4. Now Taste it. Then you should add additional low sodium salt and ground black pepper if desired. Keep in the fridge until ready to serve.

# Amazing Turkey Eastern Salad

## What you need:

### For the salad:

- One tbsp sesame seeds
- 1/4 to half cup cilantro, shredded
- 6 to 7 baby bok choy, grilled & chopped
- 2 cups grilled turkey, chopped
- Two green onions, shredded
- For the dressing:
- 2 tbsp fresh lime juice
- Two tbsp coconut cream
- 1 tsp stevia powder or to taste
- One tbsp fresh ginger, chopped
- 1 to 2 tablespoon sesame oil
- One to 2 tbsp fish sauce

## What to do:

1. Mix all items till they are mixed well.
2. Add all ingredients for the dressing into a blender or may be a food processor, and then blend until they are smooth – there may be some small chunk of ginger left but that's ok.
3. Pour the dressing over the salad and flip it lightly till it is coated.
4. Garnish with more sesame seeds if desired.
5. If possible, let it sit for an hour in the fridge before serving so the flavors can meld together.



## **Classy Mediterranean Medley Salad**

### **Ingredients:**

- One to two roasted chicken or may be ostrich steak or may be turkey

### **Dressing:**

- One red onion diced
- 1/4 to 1/2 cup fresh cilantro, shredded
- One to one & half head of romaine or butter lettuce
- Low sodium salt and pepper as desired
- 1/2 cup of olive oil, 1/4 cup apple cider vinegar and garlic powder and chili powder to taste
- One lemon, juiced

### **What to do:**

1. Shred the chicken/turkey etc. or chop up and put it in a big bowl.
2. Combine the dressing.
3. Blend well and serve on a lettuce boat.

# **Baby Bok Choy Salad and Awesome Chicken or may be Turkey**

## **What you need:**

### For the salad:

- Two cups grilled chicken or may be turkey, chopped
- 6 baby bok choy, grilled & shredded
- 2 green onions, chopped
- One to two tablespoon sesame seeds
- 1/4 to 1/2 cup cilantro, sliced

### For the dressing:

- 2 & half Tbl fresh lime juice
- One to 2 teaspoon stevia powder
- 1 tbsp fresh ginger, chopped
- One tbsp sesame oil
- Two tbsp coconut cream

## **Instructions:**

1. Blend all of the salad ingredients until they are well mixed.
2. Add all items for the dressing within a blender or may be a food processor, and blend until it gets smooth.
3. Now pour the dressing over the salad and toss lightly until coated.
4. Garnish with more sesame seeds if desired.

# Chilled Mexican Medley Salad

## Ingredients:

### For the chicken or turkey:

- Low sodium pepper and salt, to taste
- 1 to 2 lb boneless chicken/turkey breasts
- One to 2 tablespoon olive oil

### For the Salsa:

- 1 small bunch of cilantro leaves
- Low sodium salt and pepper, to taste
- 1 jalapeno pepper, stem, and seeds removed and halved
- 1 large tomato, quartered
- One to two garlic clove, peeled
- 1/2 to one red onion, now cut into large chunks
- Juice of 1 lime

## What to do:

1. First of all, preheat the oven to 380 F.
2. Brush chicken breasts on both sides with olive oil and top with low sodium pepper and salt. Bake on a baking sheet for 38 to 40 minutes, till no longer pink in the center.
3. While chicken is baking, combine all salsa items to a food processor and pulse using the chopping blade until finely shredded.
4. Transfer the salsa to a large bowl and clean out the food processor. You will be using it to shred the chicken.
5. Withdraw chicken from the oven and allow it to cool. Once cooled enough to handle, cut every breast within three or maybe 4 smaller pieces and add to the food processor. Pulse using the chopping blade till shredded.
6. Add chicken to bowl with salsa and mix well with a fork.
7. Refrigerate for at least 2 hours until chicken salad is chilled.

# **Vegan Salad with Fruits and Spinach**

## **What you need**

- Two tbsps peanut butter
- 1 apple, sliced
- 2 & half Tbsps slivered almonds, roughly chopped
- 1 to two banana, sliced
- 2 to 3 cups fresh baby spinach, chopped
- Two tangerines, peeled and separated
- Eight to 10 raspberries,
- 3 to 4 Tbsps lemon juice

## **How to prepare**

1. Bring two serving bowls.
2. Arrange baby spinach on the bottom of the serving bowls.
3. Put fruits on it.
4. Put peanut butter on sprinkle and drizzle with lemon juice.
5. Scatter the almonds and now serve immediately.
6. Ready in about 20 min
7. Servings- 4 to 5

# Spinach and Berries Salad

## Ingredients

### For the Salad:

- 2 ounces baked tempeh
- 1/3 cup spring onion, finely sliced
- One tbsp tamari
- Four cups baby spinach
- One to 2 apple, thinly sliced
- One avocado, sliced
- One cup blueberries

### For the Dressing:

- Two cup mixed berries
- One cup orange juice
- Two tsp apple cider vinegar
- 2 to 3 tablespoons date, pitted and roughly shredded
- 1/4 tsp sea salt
- Three tsp olive oil

## Instructions

1. Combine all salad ingredients together.
2. Toss to mix and merge.
3. Process all ingredients for dressing in an electric blender or a food processor till it gets smooth.
4. Blend salad ingredients and dressing ingredients.
5. Serve chilled.
6. Ready in about forty-five min

Serves- 4 to 5

# Malaga Grapes Salad

## Ingredients

- Lettuce for garnish
- Salad Dressing of choice
- One & half cups Malaga grapes
- One to 2 grapefruit
- 2 oranges

## Instruction

1. First of all wash the grapes thoroughly and then cut them into halves.
2. Discard the seeds and put the grapes in a large bowl.
3. Now cut off both ends of the grapefruit and oranges.
4. Withdraw the peel and white pith.
5. Now cut every section into 3 or maybe four pieces.
6. Combine the fruits in the large bowl.
7. With care, stir to combine with grapes.
8. Divide salad among serving bowls, garnish with lettuce and serve with your favorite salad dressing.
9. Ready in about 28 to 30 min

Serves four

# Vegan Smoked Tofu Salad

## Ingredients

- 1/2 to 1 tsp salt
- One cup grapes
- Baby spinach for garnish
- 1 cup scallions
- Two carrots, thinly sliced
- Sixteen ounces smoked tofu
- 1 recipe Orange Poppy Seed Dressing
- One cup slivered almonds
- 1/4 to half tsp black pepper
- Half tsp celery seeds

## Directions

1. Now cut the tofu into bite-sized cubes.
2. In a large salad bowl, blend tofu cubes with the almonds, grapes, scallions, dressing, and salt, pepper carrots and celery seeds.
3. Serve on a bed of baby spinach.

Ready in about 22 to 25 minutes

Serve six

# Cool Fruit Salad

## Ingredients

- Half cup dried raspberries
- One nectarine, pitted and sliced
- 1 peach, pitted and sliced
- Nine ounces lemon yogurt
- 2 & 1/4 stalks celery, chopped
- Two apples, cored and cut
- 1/2 cup almond, roughly sliced

## Directions

1. In a large bowl, mix celery, apples, peach, nectarine, dried raspberries, and almonds.
1. Whisk in lemon yogurt. Now serve chilled.
2. Ready in about twenty-eight to thirty minutes

Servings-6



# Quinoa Fruit Salad

## Ingredients

### For the Salad Dressing:

- 1 teaspoon kosher salt
- 1 to 2 cup quinoa
- 2 & half tablespoons fresh mint, finely shredded
- Two 1/4 Tbsps lemon juice
- Three tbsps honey

### For the Fruit Salad:

- 1 cups sliced strawberries
- 1/2 cup kiwi
- One & 1/2 cups peach, sliced
- One cup blueberries
- 1/2 cup pineapple

## Instructions

1. Add quinoa, two cups of water, and salt to a large saucepan.
2. Bring to a boil and cook for 8 minutes over medium-high heat.
3. Reduce the heat to low, cover and simmer for additional ten minutes.
4. Fluff quinoa with a fork.
5. To make the Salad Dressing follow below steps:
6. Whisk the lemon juice together with honey and minute till well blended.
7. In a large bowl, blend quinoa with fruits and stir to add well.
8. Pour prepared to dress over the fruit salad.
9. Serve chilled.
10. Ready in about 38 to 40 min

Servings-six

# Apple Salad with Butter Dressing

## Ingredients

### For the Salad:

- 3/4 tsp celery seeds
- 6 medium apples, peeled, cored and sliced
- 2 cups grapes, seedless
- One (twenty-ounces) can pineapple chunks
- 1/2 cup fresh parsley, shredded
- 1 cup carrots, shredded
- One & half cups toasted almonds

### **For the Salad Dressing:**

- 1 cup fat-free mayonnaise
- 1/4 cup sugar
- 1 to 2 tbsp lemon juice
- 1/2 stick butter
- 2 & 1/4 tablespoons cornstarch

## Instructions

1. First of all, drain pineapple chunks, reserving the juice. Arrange the pineapple chunks with the rest of salad items in a large serving bowl.
2. To make the salad dressing: Take a wide saucepan, blend the butter, pineapple juice, sugar, and lemon juice. Bring to a boil.
3. In a separate small bowl, add the cornstarch with some water to make a smooth mixture. Combine this mixture to the saucepan. Reduce the heated up flame to low and cook until mixture is thickened.
4. Now allow prepared dressing to cool. Then, whisk in the mayonnaise.
5. Pour the dressing over salad ingredients in the serving bowl. Toss to combine and serve chilled.

Ready in about one hr and 5 minutes

Servings- 10

# Grain Salad with Berries & Yoghurt

## What you need

- 1 teaspoon salt
- One cup quinoa
- Half cup millet
- 4 & 1/2 Tbsps extra-virgin olive oil
- Four & half cups water
- 1 to 2 cup plain yogurt
- One cup steel-cut oats
- 1 & half teaspoon grated ginger
- 2 cups mixed berries
- 1/2 cup maple syrup
- Zest and juice of two large lemons
- 2 cups walnuts, roughly chopped

## Instructions

1. Blend the oats, quinoa, and millet in a mesh strainer and rinse under running water. Reserve.
2. Heat 2 tablespoons of olive oil in a cast-iron skillet over medium heat. Add the rinsed grains, bring to a boil and cooking for 2 to 3. combine grated ginger, water, and salt.
3. Reduce the heat to low and let it simmer for twenty-two minutes. Now allow cooked mixture to cool.
4. Transfer the cooled grain mixture to a large bowl. Stir in lemon zest.
5. In a medium bowl, stir the leftover 2 tbsps olive oil with the lemon juice. Stir in the maple syrup and yogurt.
6. Pour this mixture within the grain mixture. Stir in the walnuts and mixed berries.

Ready in about twenty-eight to thirty minute

Servings- ten

# **Carrot Salad with Lemon and Ginger**

## **Ingredients**

- Salt, to taste
- Drizzle of oil
- 1 to 1 & 1/2 tsp. cinnamon powder
- Two carrots
- 1/2 inch piece of ginger, grated finely
- 2 cloves of garlic, minced
- Black pepper, to taste

## **The method of preparation**

1. Wash, peel and slice the carrots and place on a plate.
2. In a bowl, add the grated ginger, garlic, drizzle of oil, cinnamon powder and pepper and salt.
3. Mix them well.
4. Now spread this mixture with the carrots.
5. Serve instantly.

# **Fresh cucumber yogurt salad**

## **What you need**

- One to two finely shredded shallot
- Three English cucumbers
- One clove of garlic minced
- One to 1 & 1/2 cup Plain yogurt
- Salt and Pepper
- One teaspoon. Dried dill weed

## **The method of preparation**

1. Wash the English cucumbers, peel and chop them.
2. Chop the shallot finely.
3. Now take a mixing bowl and combine the shredded cucumbers, shallot, garlic and yogurt and mix them thoroughly.
4. Sprinkle pepper, salt, and dried dill weed.
5. Flip the salad well.
6. Refrigerate overnight and then serve chilled.

# **Iceberg Lettuce with Poppy Seed Dressing**

## **What you need**

- Two tablespoons poppy seeds
- 1/2 cup sugar
- 1 Head of Iceberg Lettuce
- 1/3 to 1 cup vinegar
- One to two teaspoon sea salt
- One cup grape seed oil
- 1 tsp mustard powder

## **How to prepare**

1. In a medium bowl, combine vinegar, mustard, salt and sugar.
2. Mix with an electric mixer.
3. Gradually, now pour in grape seed oil in a slow thin stream, and blend till dressing is smooth.
4. Combine poppy seeds.
5. Cut iceberg into wedges and arrange on a salad plate.
6. Add dressing to taste and serve chilled.
7. Ready in approximately thirty to thirty-two minutes.

Serves- 6

# Simple Pretzel Salad

## Ingredients

- Garlic and herb salad dressing, you can use salad dressing of your choice.
- Salt to top
- One to 2 Pack of pretzels
- 2/3 cup Peanut oil

## What to do

1. Take a large mixing bag. Now you should add the peanut oil, pretzels, the garlic and herb salad dressing mixture or may be any other salad dressing.
2. Top salt to season. Now stir the bag well so that the pretzels are uniformly coated. Now you can serve it instantly.

# Simple Yellow Salad

## What you need

- Pinch of salt to taste
- Freshly ground black pepper to sprinkle
- 1 Fresh yellow squash
- 1 to two cob of Yellow corn
- Three Fresh yellow grape tomatoes
- Three to four Fresh basil leaves
- Drizzle of extra virgin olive oil

## Instructions

1. Firstly cut the kernels off the corn. Now cut the fresh yellow squash and fresh yellow grape tomatoes within slices.
2. Now take a skillet and drizzle some olive oil and sauté the corn and squash until tender.
3. In a bowl you should add all the ingredients and season to taste. Toss and now serve.



# NOODLE SALAD WITH PORK & ASIAN LIME VINAIGRETTE

## Instructions

- Juice of one lime
- One tbsp peanut oil
- 1 to one & 1/2 tsp peeled and minced fresh ginger

## FOR THE ASIAN LIME VINAIGRETTE

- 2 pork tenderloins, about ¾ pound every, trimmed
- Two tablespoon peanut oil
- 1 to 2 tbsp soy sauce
- Salt and freshly ground pepper
- Two tsp sherry vinegar
- ¼ cup (⅓ oz/10 g) every sliced fresh flat-leaf parsley and cilantro leaves
- 1/8 tsp sugar
- 1 pound (500 g) fresh Chinese egg noodles
- 1 red bell pepper, seeded and thinly sliced
- 1 small red serrano chile, seeded and thinly sliced crosswise (optional)
- 2 drops Sriracha or other hot sauce

## The method of preparation

1. First of all, prepare a charcoal or may be the gas grill for direct-heat cooking over high heat, or may preheat the broiler. Brush the pork tenderloins with the one tbsp oil and season with salt and pepper.
2. Now, put on the grill rack or may be on a broiler pan four inches (10 cm) from the heated up source and cook, turning occasionally, until an instant-read thermometer inserted into the thickest part registers 155°F (65°C) or may be the pork is pale pink when cut in the thickest portion, about fifteen minutes. Shift to a cutting board and let it rest for 4 minutes before carving.
3. Cut crosswise into slices ¼ inch (six mm) thick.
4. Meanwhile, to make the vinaigrette, in a blender, add the two tbsp oil, soy sauce, lime juice, vinegar, sugar, ginger and Sriracha to taste. Purée till smooth. Bring a pot 3-fourths full of salted water to a boil.
5. Combine the noodles, whisk, and cook until just tender, according to package instruction. Drain well and shift to a large bowl.

6. Add the chile, bell pepper, vinaigrette to taste, and 1/2 each of the cilantro and parsley, and toss to mix well.
7. Shift the noodles to bowls and set the pork and remaining herbs above the top. Now serve warm or at room temperature.

Serves six

# **Dill and Butter Squash Salad**

## **What you need**

- Salt to taste
- 2 to 3 fresh yellow squash
- Two teaspoons. Butter
- One fresh sliced zucchini
- One & 1/2 tbsp. Lemon juice
- 2 teaspoon. of dried dill weed
- Pepper

## **What to do**

1. Wash and chop the zucchini and squash. Heatenup butter in a pan and sauté the vegetables on low-medium heated up for 20 to 22 min.
2. Season the vegetables with a pinch of salt and pepper and dried dill weed. Then sauté for few more time and combine the lemon juice.
3. Refrigerate overnight and serve chilled.