

Salad Cookbook: Delicious Salad Recipes Book

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Smashwords Edition

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TABLE OF CONTENTS

[CHAPTER 1 - WHAT DO YOU THINK ABOUT SALAD?](#)

[Awesome Avocado Salad with Dijon Mustard and Fresh Tomato](#)

[Tasty Low-Carb Bacon Salad](#)

[Potato salad with yogurt - mayonnaise dressing](#)

[Super simple Olive, Green Beans and Celery Salad](#)

[Super awesome Jicama and Water Melon Salad](#)

[Jicama and Mango Salad](#)

[Hardboiled Egg Salad](#)

[Green Bean and Cabbage Salad](#)

[Country Buttermilk Dressing](#)

[Butternut Squash Salad](#)

[Cool Cobb salad](#)

[Chilled Fruit Salad](#)

[Greek Salad with Omelet](#)

[Collard Green Salad with Fruits](#)

[Summer Cucumber Egg Salad](#)

[Yummy Italian Tuna Salad](#)

[Excellent Macadamia Nut Chicken Salad](#)

[Esy peasy Avocado Tuna Salad](#)

[Classic Tuna Salad](#)

[Turkey Delish Salad](#)

[Spicy Eastern Salad](#)

[Super Delicious Salad Bonanza](#)

[Chicken Basil Avo Salad](#)

[Artichoke Tuna Delight](#)

[Turkey Taco Salad](#)

CHAPTER 1 - WHAT DO YOU THINK ABOUT SALAD?

One question that you may be thinking is, what's a salad without dressing? Everybody loves a salad with a delightful dressing that can match its flavors. Sometimes, we use the same dressing over and over again, till it's uninteresting. Who wants to ruin a fantastic salad with a same and dull salad dressing?

This particular book includes a broad type of scrumptious salad dressing recipes that are budget friendly and super 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. It is suitable for all occasions. Whether you're making a dressing place in a garden-fresh salad, on a sandwich, or maybe even as a sauce or marinade for chicken, steak or fish, these recipes will add incredible and unique flavors to all of these.

Awesome Avocado Salad with Dijon Mustard and Fresh Tomato

What you need

- Freshly ground black pepper
- Little drizzle of extra virgin olive oil
- Two to Three and a half fresh tomatoes
- One and a half teaspoon Of Dijon Mustard
- Balsamic vinegar, to taste
- 1 to 2 Avocado

What to do

1. Now cut the tomatoes into wedges and peel the avocado, pit and slice it. Take a bowl and blend the Dijon mustard, a drizzle olive oil, balsamic vinegar to taste and some black pepper.
2. After that, take a big serving plate and arrange the slices of tomatoes and avocados in it. Now drizzle the dressing that you have prepared for them.
3. Serve this salad instantly.

Tasty Low-Carb Bacon Salad

Ingredients

- Four to five tablespoons. lime juice
- Five to seven pieces of bacon
- 1/2 cup lettuce
- Salt
- 1/2 to One cup of mayonnaise
- Fresh-ground black pepper, to taste
- One and a half crushed clove of garlic
- One and a half tablespoon. anchovy paste

Instructions

1. First, take a frying pan and fry the slices of bacon until they become crispy. Cool them and crumble them.
2. Now in a bowl, add mayonnaise, garlic pepper and salt and anchovy paste to it. mix well to form a dressing
3. Combine the fresh lettuce and flip well to coat. Season to taste.
4. Now you can serve it by topping it up with the crumbled bacon.

Potato salad with yogurt - mayonnaise dressing

What you need

- 2 or maybe 3 scallions
- 2 & 1/4 lbs. firm-cooking white potatoes

For the dressing:

- Salt and freshly ground pepper
- Shredded fresh chives, to garnish
- 1/3-half cup plain yogurt
- Four tablespoons. White wine vinegar
- 3/4 cup mayonnaise

The method of preparation

1. Wash the potatoes and start cooking in boiling, salted water for approx. thirtyTwo minutes. Drain and leave to steam dry, then peel and slice while still hot.
2. Now wash and trim the scallions and cut into thin rings.
3. Blend the vinegar, yogurt, salt, mayonnaise and pepper to make a dressing. Now allow the potatoes to cool down slightly. After that mix them with the dressing while they are still warm.
4. Let the salad cool down wholly, stirring from time to time. Either combine the scallions in carefully or scatter over the sprinkle with the fresh chives before serving.

Serves 5 to 7

Super simple Olive, Green Beans and Celery Salad

Ingredients

- Lemon juice, as required
- 1 to 2 stalk celery, diced
- Pepper, to taste
- Drizzle of olive oil
- 1 to Two packet Fresh green beans
- Pinch of salt, to taste
- Two basil leaves
- 5 to 7 Olives

Method

1. Blend all the items in a bowl and toss well till all the Ingredients are mixed correctly. Refrigerate and now you can serve.

Super awesome Jicama and Water Melon Salad

What you need

- 2 to three and a half tsp. Honey
- One Watermelon
- Pepper and Salt to taste
- One Jicama
- Lemon zest
- Three and a half tablespoons. Fresh lime juice
- 1 to 2 tablespoon. fresh mint leaves, shredded

Instruction

2. Now cut the jicama into pieces and the watermelon within cubes. Put the jicama and watermelon in a bowl. Add the lemon zest, lemon juice, mint, and honey.
3. Toss them together so that jicama and watermelons get coated uniformly.
4. Taste and season accordingly.
5. Now refrigerate the salad for about 2 hours and then you can serve to all.

Jicama and Mango Salad

Ingredients

- 6 to seven fresh mint leaves
- One to One & 1/2 fresh Jicama, cubed
- Two fresh mangoes, cubed
- Drizzle of Balsamic vinegar
- Pinch of salt to taste

The method of preparation

1. Mix entire ingredients in a bowl and flip well till all the Ingredients are mixed properly.
2. Refrigerate and now you can serve.

Hardboiled Egg Salad

Ingredients

- Pinch of garlic salt to taste
- Freshly ground black pepper to top
- Dijon mustard, to taste
- 4 to 5 hardboiled eggs, sliced
- One to 2 Avocado

The method of preparation

1. Take a bowl and add the Dijon mustard, pieces of eggs, avocado and mash them well together.
2. Top some garlic salt and pepper to season.
3. Blend them well and now serve instantly.

Green Bean and Cabbage Salad

Ingredients

- Drizzle of olive oil
- 1 cup Feta cheese, You can also use Mozzarella
- Drizzle of olive oil
- Drizzle of fresh lemon juice
- Thirteen ounces of fresh green beans
- One fresh Cabbage
- 1 to two and a half tsp. Fresh parsley, chopped
- One clove of garlic minced

The method of preparation

1. Wash and drain the green beans. Then in a large salad mixing bowl, combine the green beans, shredded cabbage, garlic, lemon juice, onions, parsley and drizzle olive oil.
2. Toss it well. Top it up with feta cheese. Refrigerate to cool and then you can serve.

Country Buttermilk Dressing

Ingredients:

- 1 tablespoon minced fresh parsley
- One to 2 tablespoon minced onion
- 1 cup mayonnaise
- 1/4 to 1/2 tsp garlic powder
- One cup buttermilk

Method of Preparation:

1. Mix everything, and mix it well till incorporated. Let it cool at least for two hours before serving

Yields: Three cups

Butternut Squash Salad

What you need

- Freshly ground black pepper for seasoning
- Drizzle of extra virgin olive oil
- 2 to three boxes of Butternut Squash
- Pinch of salt to taste

Instructions

1. Take about two boxes of butternut squash, wash and cube them well.
2. Now, preheat the oven to approximately 405 degrees F.
3. Take the butternut squash in a bowl, drizzle some extra virgin olive oil and sprinkle a pinch of salt and freshly grounded black pepper on them.
4. Toss them well so that entire cubes get uniformly coated.
5. Roast butternut till they soften and sprinkle caramelizes.

Cool Cobb salad

Ingredients

- 1/2–3/4 cup canned corn kernels, drained
- 2 hard-boiled eggs, sliced
- One red onion now cut into rings
- 2 to 3 tbsp. freshly shredded watercress, to garnish
- 1 avocado
- Two tbsp Lemon juice
- 6 pieces bacon
- 1 to 2 small head lettuce (bibb or may be iceberg), torn
- One small head of radicchio, torn
- Two boneless, skinless chicken breasts
- 2 medium-size ripe tomatoes, sliced
- Salt and freshly ground pepper

For the dressing:

- One teaspoon. honey
- Salt and freshly ground pepper
- One tsp Strong mustard
- 4 tbsp. Oil
- Two tablespoons. chicken stock
- Two tablespoons. white wine vinegar

What to do

1. First of all, fry the bacon in a dry skillet until crisp and brown. Remove and drain on paper towel. Season the chicken breasts with salt and pepper.
2. Fry on entire sides in the bacon fat for 12 minutes, or maybe until cooked through. Remove, drain and let cool.
3. Peel and halve the avocado, withdraw the pit, and now cut into wedges. Top with lemon juice.

4. Arrange the lettuce, radicchio, corn, tomatoes, eggs, avocado, and onion rings attractively on four plates.
5. Mix the dressing items, check the seasoning, and pour over the salad. Slice the chicken and then add to the dish.
6. Scatter with roughly crumbled bacon.
7. Finally serve with watercress.

Chilled Fruit Salad

What you need

- 1 nectarine
- Fresh yogurt, according to taste
- Three to three and a half stalks of celery
- Two to three Fresh red apple
- Half to three- fourth cup shredded walnuts
- One cup Cranberries

Introduction

1. Take the fresh red apples and cut them well.
2. Chop the walnuts and celery as well.
3. Now take a large mixing salad bowl.
4. Now combine the pieces of red apple, nectarine, Cranberries, Dried or fresh, shredded walnuts and shredded fresh celery.
5. Flip them well.
6. Now pour the fresh yogurt into the bowl and blend well.
7. Refrigerate the salad for approximately 3 hours.
8. Now you can serve chilled.

Greek Salad with Omelet

Ingredients

- One to 2 tsp. Chopped parsley
- Five Black olives
- Half red onion
- Two tomatoes, cut into chunks
- Pepper and Salt
- 5 eggs
- One to One & half tbsp. Olive oil
- Half to three- fourth cup crumbled feta cheese

What to do

1. Take a large bowl and stir the eggs into it with pepper, salt, and shredded parsley. Heat the olive oil in a non-stick pan and fry the red onions for few minutes, till they become tender.
2. Now you should add tomatoes and olives to the pan and cook for a few minutes. Now, pour the stirred egg into it and cook till done.
3. Scatter the feta cheese on the top and put the pan on the preheated grill for 6-6.5 minutes. Now, now cut the puffed and golden omelet within wedges and then you can serve it.

Collard Green Salad with Fruits

Ingredients

- For the Salad Dressing:
- One to two tsp white miso
- Half cup water
- 2 & 1/2 tablespoons balsamic vinegar
- 1 tablespoon maple syrup
- 1/4 cup tahini

For the Salad:

- One cup fresh strawberries halved
- One cup cooked quinoa
- 1/4 to 1/2 cup almonds, shredded
- One bunch collard greens
- 1 cup fresh raspberries, halved
- 1 & 1/4 ripe avocado, diced

How to prepare

1. To make the salad dressing: blend salad dressing items together and stir them till the mixture becomes smooth. After this is done, keep it aside.
2. Now wash the collard greens. Then cut the sturdy stems. Chop the collard green leaves into thin strips.
3. In a salad bowl, put the collard green leaves and drizzle the salad dressing.
4. Now you should add quinoa, avocado, raspberries and strawberries. Flip to mix. Scatter almonds on top and serve.
5. Ready in about twenty-eight to thirty minutes

Serves 6

Summer Cucumber Egg Salad

Ingredients

- Two hard-boiled eggs quartered
- 1 cup fresh cilantro, sliced
- Half tsp fresh dill
- One cucumber, thinly sliced
- 1 to Two teaspoon sea salt
- Three and a half tbsps rice vinegar

how to prepare

1. In a medium bowl, mix cucumber, vinegar, cilantro and salt together.
2. Then stir to blend.
3. Garnish with eggs and top fresh dill on top.
4. Taste, adjust the seasonings and serve at room temperature or chilled.
5. Ready in about twenty min

Servings 3 to 4

Yummy Italian Tuna Salad

Ingredients:

- Three and a half tablespoons finely chopped parsley
- 2 (5 oz) can of tuna
- Low sodium salt and pepper to taste
- Ten sun-dried tomatoes
- 2 tablespoons of extra virgin olive oil
- One and a half cloves garlic, minced
- One to 2 ribs of celery, diced finely
- Half to 1 tablespoon lemon juice

Instructions:

1. Prepare the sun-dried tomatoes by softening them in warm water for 32 min till soft. Then, pat the tomatoes dry and cut finely.
2. Flake the tuna.
3. Mix the tuna together with the sliced tomatoes, garlic, parsley, celery, extra virgin olive oil and lemon juice. Now you should add low sodium pepper and salt to taste.
4. If not serving immediately, mix with extra olive oil just before serving.

Excellent Macadamia Nut Chicken Salad

What you need:

- Half cup macadamia nuts, chopped
- One teaspoon macadamia nut oil, or oil of choice
- One to one and a half tablespoon lemon juice
- Few pinches of low sodium salt and pepper
- 1 to Two-pound chicken/turkey breast
- 1/2 to One cup diced celery
- Three tbsp divine dressing
- 2 tbsp julienned basil

What to do:

1. Preheat oven to 360 degrees. Place chicken breasts on a sheet tray, drizzle with oil and a pinch of low sodium salt and pepper.
2. Bake for about 38 to 40 minutes until cooked through. Remove from oven and let it cool.
3. In a large bowl, shred chicken. Now you should add nuts, celery, basil, mayo, lemon juice, and a pinch of low sodium salt and pepper. With care whisk till mixed. Happy eating!

Dressing:

1. Blend, 4 tbsp. Chili powder, one teaspoon garlic powder, onion powder, and oregano, 2 teaspoons every paprika and cumin, 4 tsp low sodium salt, and 1/9-1/4 teaspoon red pepper flakes.
2. Now you should add 1 cup olive oil and half cup rice vinegar.

Esy peasy Avocado Tuna Salad

What you need:

- Juice of half a lime
- 1 avocado
- 2 tins high-quality albacore tuna
- 1/4 to 1/2 of an onion, sliced
- Some low sodium salt and pepper, to taste
- 2 to 3 tbsp cilantro

What to do:

1. Shred the tuna.
2. Now you should add all of the other ingredients and mix.

Classic Tuna Salad

Ingredients:

- Half to 1 teaspoon low sodium salt
- 2 tbsps olive oil
- One and a half tablespoon lemon juice
- 2 stalks celery, chopped
- Two large grilled tuna steaks
- 1/2 cup pecans, chopped
- Half cup onion, shredded
- 1/2 to 1 teaspoon Lemon Garlic pepper

Instructions:

1. Grill the tuna steaks on a medium flame with black pepper and garlic powder according to your taste
2. Then do a bit of chopping. Chop Pecans, Onions, and Celery.
3. Add all of these Ingredients in the bowl with your cubed tuna and then start adding the dressing of oil and lemon juice.
4. You want enough to cover entire ingredients and make them moist, but not overly runny or dry.
5. It tastes great if served right away, but it tastes even better after it sits in the fridge for a day.

Turkey Delish Salad

What you need:

- 1 lemon, juiced
- Pepper and low sodium salt as desired
- 1/4 to half cup fresh cilantro, sliced
- One head of romaine or butter lettuce
- One roasted turkey
- 1 to 1 & 1/2 red onion, diced
- 1 cup of olive oil

Instructions:

1. First of all, shred the turkey with your hands or cut up and put it in a big bowl.
2. Add the oil, cilantro, red onion, lemon, pepper and low sodium salt.
3. Blend well and now serve on a lettuce boat.

Spicy Eastern Salad

What you need:

- Three Tbsps minced lemongrass
- 1/3 cup fish sauce
- One head of butter lettuce or other green leaves
- 1/3 to One cup shredded mint leaves
- 1 & half pounds ground chicken or may be turkey
- 2/3 cup fresh lime juice
- 1 cup thinly sliced green onions
- 3/4 cup thinly sliced shallots
- 3/4 cup low sodium chicken stock
- 1 & 1/4 tbsp thinly sliced serrano or may be another chile optional
- Half cup sliced cilantro leaves
- Stevia to taste
- Low sodium salt

What to do:

1. Whisk together lime juice, fish sauce stevia and put it aside.
2. Warm chicken stock in a medium heavy-bottomed pot over medium heated up till it starts simmering.
3. Add ground chicken and simmer until cooked through. As the chicken is cooking, occasionally stir to break up the meat. This should take approx. nine min.
4. Stir and combine green onion, lemongrass, shallot, and chiles. With occasional stirring continue cooking till shallots turn translucent, (about 6-6.5 minutes).
5. Withdraw from the heat and drain off any liquid in the pot. I do this by clamping the lid on, then cracking it just a bit. I turn all pot over the sink and let the liquid flow out.
6. Stir in lime juice fish sauce mixture, cilantro and mint. Season to taste with low sodium salt.
7. Shift mixture to a large bowl and serve beside a pile of lettuce leaves. Using a slotted spoon, scoop onto the lettuce leaves and enjoy!

Super Delicious Salad Bonanza

What you need:

- 1/4 to 1/2 cup water
- Shredded lettuce
- Half lbs (ish) leftover chicken, turkey or may be boiled egg cooked and shredded
- 1 & 1/2 tsp. coconut or olive oil
- Optional Toppings - sliced olives, red onion, tomatoes, avocado, bell peppers
- Non-optional Toppings - crushed sweet potato chips

Divine Dressing:

- Mix, 4 tbsp. Onion powder, and oregano, Three teaspoons every paprika and cumin.
- Chili powder, One to Two tsp every garlic powder, four teaspoons low sodium salt, and 1/9-1/4 tsp red pepper flakes. Combine 1 cup olive oil and 1/2 cup rice vinegar

What to do:

1. Then, in a skillet, heat up the oil and then you should add in chicken, etc. add in water and let it simmer until liquid has vaporized.
2. Meanwhile, chop, shred and dice your toppings.
3. Assemble, lettuce, chicken, optional toppings, dressing, and crushed chips.
4. Combine Divine Dressing.

Chicken Basil Avo Salad

Ingredients:

- Two tbsp. Extra virgin olive oil
- 1/2 to One cup fresh basil leaves, stems removed
- 1/5 to One teaspoon. ground black pepper
- Two boneless, skinless chicken breasts
- 2 to 3 small or One large ripe avocado, pits and skin removed
- One cup sliced cherry tomatoes
- Half teaspoon. low sodium salt

What to do:

1. Firstly, put the cooked shredded 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. You may need to scrape the sides a couple of times.
3. Pour the avocado and basil mixture into the mixing bowl with the shredded chicken and tomatoes and then flip it well.
4. Now Taste and combine additional low sodium salt and ground black pepper if desired. Keep in the fridge until ready to serve.

Artichoke Tuna Delight

What you need:

- One & half cups diced grilled tuna
- Half to three-fourth cup finely diced red onion
- 1 to 2 small carrot julienned and cut into small pieces
- Low sodium salt and pepper to taste.
- 4 to Five artichoke hearts diced
- 6 Radicchio leaves
- Two to Three tablespoons capers

What to do:

1. Place all that you need, except the radicchio, leaves in a large bowl and mix and merge.
2. Place a scoop of salad into each Radicchio Cup and then serve.
3. Store mixture in an airtight container in the fridge.

Turkey Taco Salad

Ingredients:

- 1/4 to 1/2 cup water
- Shredded lettuce
- One tbsp. Coconut or olive oil and One tbsp rice vinegar
- 1/2 to 1 lbs (ish) leftover turkey, cooked and shredded
- 1 & half tbsp taco seasoning

Taco Seasoning:

- Blend, 4 tablespoons. Chili powder, 1/8 to 1/4 tsp red pepper flakes, One to Two tsp every garlic powder, onion powder, and oregano, Two teaspoons every paprika and cumin, Four teaspoons low sodium salt.

Instructions:

1. Take a skillet and in that skillet, heat up 1 teaspoon oil, and then you should add in chicken . I personally, like to fry it for a minute or so to give some extra flavor. Combine in taco seasoning and water, let it simmer till liquid has vaporized.
2. Meanwhile, shred, chop and dice entire your toppings.
3. Assemble lettuce, chicken, optional toppings, leftover oil and vinegar dressing, and crushed chips.
4. Your salad is ready!!