

Salads

Asian Fusion Salad

Serves 8

A meal in itself!

- 1 head red leaf lettuce
- 1 heaping cup snow peas
- 1 large cucumber
- 1 sweet red pepper
- 1 1/2 cup bean sprouts
- 2 carrots
- 8 ounces flavored baked tofu (possible flavors: teriyaki, sesame, ginger, peanut, spicy Thai) or 1 15-ounce can white beans
- 1 tablespoon balsamic vinegar
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 1/4 teaspoon Thai chili paste or other chili sauce
- low-fat salad dressing of your choice (possible flavors: sesame shiitake, tahini lemon, cilantro lime, etc.)

Wash and tear lettuce into bite-size pieces. Drain thoroughly and place in a large salad bowl. Trim tips from snow peas and cut on a diagonal into 1-inch slices. Peel cucumber, if desired, and julienne (cut into thin, narrow slices, 1 or 2 inches long). Cut red pepper in half and remove seeds and pith. Then, cut pepper into thin slices and cut slices diagonally into thirds. Rinse and drain bean sprouts. Julienne carrots and blanch them, if desired, by submerging them in boiling water for 3–4 minutes. Rinse with cold water and drain. Add snow peas, cucumber, red pepper, bean sprouts, and carrots to the salad, toss, and make an indentation in the center of the salad.

If using tofu, cut it into bite-sized pieces. If using beans, drain and rinse them. In a separate bowl, stir together vinegar, soy sauce, sesame oil, and chili paste. Pour over tofu or beans and toss. Add tofu or bean mixture to the center of the salad just before serving.

Serve with the salad dressing of your choice tossed in or on the side.

Recipe from PCRM Nutrition and Cooking Classes for Cancer Survivors; contributed by PCRM nutrition director Amy Lanou, Ph.D.

Aztec Salad

Makes about 8 cups

This delicious salad is also a visual feast. It may be made in advance and keeps well for several days. The cilantro may be omitted if you prefer.

2 15-ounce cans black beans, drained and rinsed
1/2 cup finely chopped red onion
1 green bell pepper, seeded and diced
1 red or yellow bell pepper, seeded and diced
1 15-ounce can corn kernels, drained, or 1 10-ounce bag frozen corn, thawed, or
2 cups fresh corn
2 tomatoes, diced
3/4 cup chopped fresh cilantro (*optional*)
2 tablespoons seasoned rice vinegar
2 tablespoons apple cider or distilled vinegar
juice of 1 lemon or lime
2 garlic cloves, pressed or finely minced
2 teaspoons ground cumin
1 teaspoon coriander
1/2 teaspoon red pepper flakes or a pinch of cayenne

In a large bowl, combine beans, onion, bell peppers, corn, tomatoes, and cilantro (if using).

In a small bowl, whisk together vinegars, lemon or lime juice, garlic, cumin, coriander, and red pepper flakes. Pour over salad and toss gently to mix.

Recipe from Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, R.D.

California Waldorf Salad

Makes about 6 cups

2 crisp, tangy apples (Fuji, winesap, Granny Smith, or similar)
1 large carrot, julienned or grated
1/2 cup raisins
1/4 cup chopped walnuts
1/3 cup vegan mayonnaise
3 tablespoons seasoned rice vinegar

Scrub and dice the apples, then place into a salad bowl. Add the carrots, raisins, walnuts, vegan mayonnaise, and vinegar. Stir to mix. Chill before serving, if possible.

Recipe from Healthy Eating for Life for Children by Amy Lanou, Ph.D.

Cucumber, Mango, and Spinach Salad

Serves 10 to 12

1 bag or bunch of spinach
1 mango, peeled and cut into bite size pieces
1 large English cucumber, peeled and sliced
6 scallions, thinly sliced
1/2 cup chopped fresh basil leaves
juice of 1 lime
1/2 cup seasoned rice vinegar
fresh cracked black pepper to taste

Wash and drain spinach, tear into bite-sized pieces if necessary, and put into a large serving bowl. Toss mango, cucumber, scallions, and basil in a medium bowl. Dress with lime juice and vinegar. Arrange mango mixture on spinach and sprinkle with fresh cracked black pepper.

*Recipe from a PCRM Nutrition and Cooking Classes
for Cancer Survivors cooking demonstration.*

Easy Bean Salad

Serves 10

1/2 cup low-fat Italian salad dressing
1 15-ounce can kidney beans, drained and rinsed

- 1 15-ounce can pinto beans, drained and rinsed
- 1 15-ounce can black-eyed peas, drained and rinsed
- 1 10-ounce frozen package fordhook lima beans, thawed completely
- 1 cup frozen corn, thawed completely
- 1 large red bell pepper, diced
- 1/2 medium onion, diced
- 1 teaspoon salt
- 1 teaspoon pepper

Toss all ingredients together. Serve cold or at room temperature. May be covered and stored in the refrigerator for several days.

Recipe by PCRM dietitian Jennifer K. Reilly, R.D.

Fiesta Salad

Serves 10

This salad is a celebration of color and taste. It may be made in advance and keeps well for several days. If you are a cilantro lover, you may want to double the amount.

- 1 1/2 cups dry black beans, or 3 15-ounce cans black beans
- 3 1/2 cups water
- 2 cups frozen corn, thawed
- 2 large tomatoes, diced
- 1 large green bell pepper, diced
- 1 large red or yellow bell pepper, diced
- 1/2 cup chopped red onion
- 3/4 cup chopped cilantro (*optional*)
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons apple cider or distilled vinegar
- 1 lime or lemon, juiced
- 2 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon crushed red pepper, or a pinch of cayenne
- 1/2–1 teaspoon salt

If using dried beans, sort through beans to remove any debris, then wash them and place them in a large pan or bowl with about 6 cups water. Soak overnight. Pour off soaking water and place in a kettle with the 3 1/2 cups of fresh water. Bring to a simmer, and cook until the beans are just tender, about 45 minutes to 1 hour. (Although the beans should be thoroughly cooked, in this case they should not be overcooked.) Drain and cool the cooked beans. If using canned black beans, simply drain them and proceed.

When the beans are cool, combine them with the corn, tomatoes, bell peppers, red onion, and cilantro, if using. In a separate bowl, whisk together remaining ingredients and pour over the salad. Toss gently to mix.

*Recipe from Food for Life by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.*

Fresh Spinach Salad

Serves 2

2 cups spinach
1/2 cup sliced mushrooms
1/4 cup chopped green onions
sea salt, to taste (optional)
tamari (optional)
sesame seeds for garnish

Thoroughly wash the spinach, tearing the larger leaves. Drain well. Add the mushrooms and green onions, and toss well. Sprinkle with tamari, if desired, then sprinkle each serving with sesame seeds.

*Recipe from Vegetarian Cooking for People with Allergies
by Raphael Rettner, D.C.*

Hoppin' John Salad

Makes about 5 cups

For the salad:

2 cups cooked black-eyed peas (1 cup dry) or 1 15-ounce can, drained
1 1/2 cups cooked brown rice (1/2 cup uncooked)

1/2 cup finely sliced green onions
1 celery stalk, thinly sliced (about 1/2 cup)
1 tomato, diced
2 tablespoon finely chopped parsley

For the vinaigrette:

1/4 cup lemon juice
1 tablespoon olive oil
1/4 teaspoon salt
1–2 garlic cloves, crushed

Combine the salad ingredients in a mixing bowl.

Mix together the vinaigrette ingredients and pour over salad. Toss gently. Chill 1 to 2 hours before serving if time permits.

*Recipe from Turn Off the Fat Genes by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.*

Rootin' Tootin' Salad

Serves 6

Three root vegetables—beets, jicama, and carrots—combine to make this crunchy, nutritious salad.

1 15-ounce can diced beets, drained
1 small jicama, peeled and cut into thin strips or diced
2 medium carrots, peeled and cut into thin strips or diced
3 tablespoons of lemon juice
2 tablespoons seasoned rice vinegar
2 teaspoons stoneground mustard
1/2 teaspoon dried dill weed

Place beet cubes into a large salad bowl, along with jicama and carrot pieces. In a small bowl, mix lemon juice, vinegar, mustard, and dill; pour over the salad. Toss to mix. Serve warm or chilled.

*Recipe from Foods That Fight Pain by Neal Barnard, M.D.;
recipe by Jennifer Raymond.*

Salad of Color

Serves 4

1 orange
1 sweet red pepper, cut into chunks
1 cup sugar snap peas, cut in half
1 cucumber, peeled and cut into chunks
8 fresh basil leaves, sliced
1 tablespoon seasoned rice vinegar
cracked black pepper, to taste

Peel the orange and cut the peeled fruit into bite-sized chunks. In a medium bowl, mix together the orange, red pepper, sugar snap peas, cucumber, and basil. Sprinkle with rice vinegar and season with pepper. Toss and serve.

*Recipe from PCRM Weight Loss Study Cooking Demonstration;
contributed by PCRM nutrition director Amy Lanou, Ph.D.*

Spinach Salad with Fruit Flavors

Serves 6

10 ounces chopped spinach, washed
1 cup berries or grapes or 10 strawberries, chopped
1 10-ounce can mandarin or clementine oranges, or grapefruit sections, drained
& rinsed
1/4 cup sunflower seeds
1/4 cup chopped Brazil nuts
1/4 cup fat-free raspberry vinaigrette

Toss ingredients together and serve.

Stuffed Tomato Salad

Serves 5

5 large ripe tomatoes
1 can garbanzo beans (or 1 cup precooked chickpeas or garbanzo beans)

1 stalk celery, chopped (*optional*)
salt and pepper to taste

Scoop out tomatoes, saving pulp for a sauce. Fill tomatoes with beans and celery. Season with salt and pepper. Garnish with sauce and lettuce or sprouts.

*Recipe from Meatless Meals for Working People
by Debra Wasserman and Charles Stahler.*

Tomato, Cucumber, and Basil Salad **Serves 6**

4 fresh tomatoes, quartered and sliced
1/2 large English cucumber, peeled, quartered and sliced
1/2 cup fresh basil leaves,
3–4 tablespoons balsamic vinegar
fresh cracked black pepper, to taste

Arrange cucumber and tomato in a flat bowl. Add basil leaves, dress with balsamic vinegar, and sprinkle with fresh cracked black pepper.

Recipe by PCRM nutrition director Amy Lanou, Ph.D.