



365 Salad Recipe Collection *Sampler*



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About This Cookbook

Welcome to a salad a day! This cookbook was inspired by my own personal goal to eat more veggies. One of the easiest, quickest ways to get more of the recommended 5 to 10 veggies a day you need for optimal health is to throw a salad together. But if you're like me, you may get tired of the same old same old. Romaine lettuce with tomatoes and a little dressing night after night can get boring. Plus, I wanted to experiment with warm salads, main dish salads, creamy potato salads, seafood salads, ethnic inspired salads, fruit salads, pasta salads, bean salads and even breakfast salads! This cookbook enables you to eat a new salad each day for an entire year without eating the exact same thing twice.

A note about the ingredients:

You'll notice that in place of sugar, most of the recipes call for Rapadura or Sucanat instead. These are dehydrated cane extracts, which means you get not only the sweetness, but all the nutrients normally present in sugarcane. For those of us trying to reduce our overall sugar intake, they're superior to the white stuff. The crystals are dark brown in color and sweet, and can be easily substituted for refined sugar. This is not to be confused with brown sugar or turbinado sugar, which is merely refined sugar with a bit of molasses added back in. You can get [Rapadura](#) or Sucanat at most health food stores, and even some larger groceries. You can also get them online at places like Amazon.com.

When a recipe calls for apple cider vinegar, I recommend [Bragg's Apple Cider Vinegar](#) . It's made from organic apples, and is unfiltered, unheated and unpasteurized. It contains the "mother", which may look a little strange, but it actually is *real* vinegar prepared the old fashioned way and has more of the good stuff in it that makes apple cider vinegar a health food. You can also get it at larger groceries, health food shops and Amazon.com

Where recipes call for bottled salad dressing, be sure to purchase a high quality organic brand. Newman's Own are good, as are Annie's. There are others, but the main thing is to avoid hydrogenated oils, MSG, preservatives and other questionable ingredients.

And finally, in pasta salads, try whole grain pastas. You'll get more fiber, nutrients, and color.

Bon appétit!
Carrie Lauth



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24-Hour Slaw

3/4 cup [Rapadura](#) or Sucanat
1 lg. headcabbage -- shredded/not chopped
2 lg. red onions -- thinly sliced
Hot Dressing -- see below

Stir sugar into cabbage. Place half of the cabbage in a large bowl. Cover with onion slices. Top with the remaining cabbage.

Pour boiling hot dressing over slowly. Do not stir. Cover and refrigerate at once. Chill 24 hours. Stir well before serving.

HOT DRESSING

1 teaspoon celery seeds 1 1/2 teaspoons salt
1 teaspoon sugar 1 cup cider vinegar
1 teaspoon dry mustard 1 cup oil

Combine celery seeds, sugar, mustard, salt, and vinegar in saucepan. Bring to a rolling boil. Add oil, stirring, and return to rolling boil.

Makes about two cups.

Adreana's Greek Pasta Salad

1 pound rotini
1 pound boneless skinless chicken breasts
3 stalks celery -- chopped
1 red bell pepper -- chopped
2 1/4 ounces black olives -- sliced
4 ounces feta cheese -- drained & crumbled
3 green onions -- finely sliced
16 ounces [all natural Italian salad dressing](#)

Cook chicken in water to cover with 1 bay leaf. Bring to boil and cook for 30 min. or until juices run clear. Cool and remove skins. Or, you can cook chicken in frying pan until cooked through. Cut into bite size pieces.

Cook noodles and drain. Add all ingredients and mix well. Serve warm or cold. Serves 6.

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Aegean Artichoke & Penne Pasta Salad

6 fresh baby artichokes
1/4 cup lemon juice
1/2 pound penne pasta
1/2 cup tomato juice
2 tablespoons olive oil
Juice of one lemon
2 cloves garlic -- minced
3 tablespoons fresh parsley
3 tablespoons fresh basil -- or 1 tsp. dried
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1/2 cup fresh tomato -- chopped
1/2 cup olives -- Kalamata
2 tablespoons capers
1/2 cup feta cheese -- optional

1. Cut stems off artichokes. Peel off tough outer leaves to reveal yellow-green hearts. Cut artichokes into quarters. Combine 1/4 cup lemon juice with 2 cups water in a medium bowl. Add artichokes to lemon water and toss to prevent discoloration. Drain. Steam artichokes until tender, about 20 minutes. chill.
2. In a large pot, bring 2 quarts water to a rapid boil. Add 1 teaspoon salt and penne. Cook penne until al dente, about 10 minutes. Drain and rinse with cold water.
3. To make salad dressing: combine tomato juice, olive oil, lemon juice, garlic, parsley, basil, salt and pepper in a food processor or blender and puree for 30 seconds.
4. Toss together artichokes, penne, capers, olives and feta cheese in a large bowl salad bowl. Pour dressing over and toss well.

ANOTHER BEAN SALAD

1/2 cup [Rapadura](#) or Sucanat
1/2 teaspoon Sea Salt
1 cup Vinegar
16 ounces Green beans, can -- drained
16 ounces Yellow beans, can -- drained
16 ounces Lima beans, can -- drained
16 ounces Garbanzo beans, can -- drained
16 ounces Red kidney beans -- drained
1 each Green pepper -- slivered
4 each Celery -- sliced
3 each Onions, medium -- sliced thin

Combine sugar, salt and vinegar in pan, bring to boil for 1 min. Cool. Toss all other ingredients together and pour the vinegar mixture over them. Marinate for 24 hrs in refrigerator, stirring occasionally.

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Antipasto Salad

- 16 oz. pkg fresh/frozen cheese tortellini
- 4 ounces chopped salami
- 4 ounces provolone cheese, cut into -- 2 x 1/4" strips
- 11 oz. can corn -- drained
- 9 oz. package frozen spinach, thawed -- squeezed to drain
- 6 oz. jar marinated artichoke hearts -- drained/chopped
- 6 ounce can pitted ripe olives -- drained/sliced
- 1 1/2 cups prepared [creamy Italian salad dressing](#)
- 1 teaspoon [Dijon mustard](#)
- 1/2 cup grated Parmesan cheese
- 2 ounce jar diced pimiento, drained -- if desired

Cook tortellini to desired doneness as directed on package; drain, rinse with cold water. In very large bowl, combine tortellini, salami, provolone cheese, corn, spinach, artichoke hearts and 1 cup of the olives. In small bowl, combine salad dressing, mustard and 1/4 cup of the Parmesan cheese; blend well. Pour dressing over salad; toss gently. Top with remaining olives and Parmesan cheese. Cover; refrigerate 1 - 2 hours to blend flavors. Just before serving, garnish with pimiento

Apple and Fennel Salad

- 5 ounces Fresh Spinach
- 1 each Small Fennel Head -- sliced
- 2 each Medium Granny Smith Apples
- 1 each Small Red Onion -- sliced

* The Granny Smith apples should be peeled and cubed. Thoroughly wash spinach, removing fibrous stems. Dry and place in salad bowl. Add fennel, apples and onions. Toss with Celery Seed Dressing. Trim with fennel tops. 6 servings.

Apple Cider Salad

2 packages gelatin powder -- unflavored
2 cups apple cider
1/4 teaspoon sea salt
2 cups apples -- diced
1/4 cup black walnuts -- chopped
1 tablespoon chopped parsley
cooking oil
lettuce leaves -- for decoration

1. Put 1/2 cup cold water into a small bowl. Sprinkle two envelopes (2 tablespoons) of unflavored gelatin on water. Let stand 5-10 minutes to soften.

2. Heat 2 cups apple cider until very hot; add salt. Remove from heat and immediately add softened gelatin. Stir until gelatin is completely dissolved. Have a 1 quart mold lightly greased with cooking oil. Do not use olive oil. Spoon about 1/2 cup of gelatin mixture into mold and place in refrigerator.

3. Chill remaining mixture until slightly thicker than consistency of unbeaten egg white. Just before large bowl of gelatin is desired consistency, dice apples and chop walnuts and parsley. Add this to the gelatin and place into the mold which already has thin bottom layer of gelatin. Chill until set.

4. Unmold onto serving plate which has been decorated with lettuce leaves; curly endive is a good choice.

Artichoke Salad

4 Each Fresh artichoke hearts
1 Tablespoon Red Wine vinegar
2 Cups Artichoke hearts, quartered
1 Teaspoon Louisiana hot sauce
1 Each Small garlic clove
2 Teaspoons Sea Salt
1 Teaspoon Lea & Perrins
3 Tablespoons [Olive oil](#)
1 Tablespoon Lemon juice

In a wooden salad bowl, mash garlic and salt with a strong fork. Add fresh artichoke hearts, and mash with the garlic and salt. Add olive oil, stir, add lemon juice, stir, add wine vinegar, stir, stir, add hot sauce, stir, add Lea & Perrins Worcestershire sauce, Mix well. Put canned artichoke hearts in dressing and let marinate for 1 hour then eat as is or serve on a bed of greens.

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Autumn Fruit Salad

2 red delicious apples
1 sliced banana
1 Granny Smith apple
2 Bartlett pears
1/2 pound red grapes
1/2 cup almond slivers -- toasted
1 cup vanilla yogurt
1 teaspoon cinnamon
1/4 teaspoon ground ginger
1/2 teaspoon nutmeg
1 tablespoon apple cider

Wash and core apples and pears, peeling if desired. Cut into one inch chunks. Slice bananas 1/2" thick. Wash grapes and cut in half. Combine fruits and almonds in salad bowl. Mix yogurt with spices and cider. Pour over fruit salad and stir to coat fruits evenly. Chill.

Avocado with Groundnut Dressing

2 avocados -- ripe
1 tablespoon lemon juice
2 tablespoons peanuts -- shelled
1/2 teaspoon paprika
1/2 teaspoon cinnamon
cayenne -- to taste
sea salt -- to taste
fresh chives -- to garnish

Peel the avocados; cut out the stone and cut into cubes. Sprinkle with lemon juice and set aside. Grind the peanuts roughly with a rolling pin or in a grinder for a few seconds. Mix the peanuts and spices well. Sprinkle over the avocados with finely chopped chives.

Refrigerate until ready to serve.

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