

Salads/Veggie Salads

Also see **Dressings** to help create additional salads. Many of the veggie salads make ideal side dishes.

Asian Salad (serves 16 or more)



servings: 2 cat. 1 veg., 2 oil

141 calories, 8 g carbohydrates, 2 g protein, 12 g fat per serving

Dressing:

- > 2/3 cup (160 ml) grapeseed or canola oil
- > 1/3 cup (80 ml) unseasoned rice vinegar
- > 1 Tbsp. (15 ml) sesame oil
- > 2 Tbsp. (30 ml) Dijon mustard
- > 1 clove garlic, minced
- > 3" (7.5 cm) piece of fresh ginger (OR use ground)
- > 1 tsp. (5 ml) agave syrup
- > Sea salt and freshly ground black pepper to taste

Salad:

- > 1 medium head of Napa cabbage, end cut off and cut into quarters
- > 8 oz. (226 g) bean sprouts
- > 1 small jicama, peeled and sliced into thin pieces
- > 1 bunch green onions, thinly sliced, dark green end discarded
- > 1 large red pepper, sliced very thin
- > 1 stalk of celery, sliced thin
- > 1/2 cup (54 g) slivered almonds
- > 1 bunch cilantro, chopped with several Tbsp. (7.5 g) set aside for garnish

Whisk all dressing ingredients together and set aside. Slice each quarter of cabbage very thin and place into a large serving bowl. Add bean sprouts, jicama, green onion, pepper, and celery and mix well to combine. Add 1/2 the cilantro and 1/2 the dressing and toss well. Allow to sit for a few minutes to blend. Add more dressing as needed, being careful not to make it too wet. Refrigerate if not serving immediately. Just prior to serving, toss in almonds and garnish with remaining cilantro.

TIP:

- Dressing can be made several days ahead of time; store in refrigerator.

Asian Shrimp Salad (serves 4)



servings: 1 protein, 2/3 nut/seed, 3 cat. 1 veg., 1 1/2 oil

294 calories, 13 g carbohydrates, 28 g protein, 15 g fat per serving (not including dressing)

- > 1 lb. (454 g) cooked shrimp
- > 1 1/2 cups (105 g) finely shredded green or red cabbage
 - > 1 cup (120 g) blanched fresh green beans, cut into 1" (2.5 cm) pieces
- > 1 cup (144 g) thinly sliced mushrooms
- > 1 red or yellow pepper, diced
- > 4 scallions, finely chopped
- > 4 cups (98 g) fresh spinach, torn into small pieces
 - > 1 1/2 Tbsp. (5.6 g) minced fresh cilantro (optional garnish)
- > 1/3 cup (35 g) chopped almonds (optional garnish)
- > **Thai Vinaigrette** (p. 43)

Prepare dressing as indicated. Leftover green beans may be used for this recipe. In a medium bowl, combine shrimp with veggies, except for spinach. Toss with half of dressing. Put spinach leaves in large salad bowl and arrange shrimp and veggies on top. Garnish with cilantro and almonds. Drizzle additional dressing on top, saving some for individual use after serving.

Asian Steak Salad (serves 6)



servings: 1 protein, 3 cat. 1 veg., 1 oil
235 calories, 8 g carbohydrates, 23 g protein, 12 g fat per serving

Marinade:

- > 1 lime
- > 1 Tbsp. (6 g) freshly grated ginger
- > 1 garlic clove, minced
- > 2 scallions, thinly sliced (use some of the green)

Dressing:

- > 2 limes
- > 1 Tbsp. (15 ml) olive oil
- > 1 Tbsp. (15 ml) sesame oil
- > 2 Tbsp. (30 ml) water
- > 2 Tbsp. (30 ml) unseasoned rice vinegar

Salad:

- > 21 oz. (600 g) flank steak
- > 1 yellow bell pepper, cut into thin strips
- > 1 small/medium head of Napa cabbage
- > 1/3 cup (20 g) fresh cilantro leaves
- > 1/2 cup (30 g) mint leaves, loosely packed
- > 1 cup (104 g) bean sprouts
- > 2 Tbsp. (15 g) chopped pecans for garnish (optional)

Dressing: Grate the skin and juice the 2 limes then whisk all the ingredients together in a small bowl; taste to correct seasoning and set aside. Marinade: Grate the skin and juice the lime. Whisk with all the ingredients in a shallow dish and cover steak with the marinade. Turn steak in the marinade and refrigerate for 1 hour. Let sit at room temperature for 30 minutes before grilling. Heat a grill at medium-high. Cook about 5-7 minutes on each side, depending on thickness. Remove from grill when done to your preference. Cool for 5 minutes and slice thinly on the bias. In a salad bowl, combine the pepper, cabbage, cilantro, mint, and bean sprouts. Drizzle with vinaigrette and toss well. Arrange veggies and diced steak on serving plates and garnish with some chopped pecans.

Asparagus-Edamame Salad (serves 6)



servings: 1 oil, 1 legume, 1 cat. 1 veg.
161 calories, 10 g carbohydrates, 10 g protein, 10 g fat per serving

- > 1 lb. (454 g) medium asparagus, ends discarded
- > 5 tsp. (25 ml) olive oil, divided
 - > 2 cups (16-oz. package) (454 g) frozen edamame (green soy beans), defrosted
- > 1/4 lb. (113 g) arugula (or any mixture of baby greens you desire)
- > 1/4 cup (20 g) Parmesan cheese, shredded (DF: omit)
- > 2 tsp. (10 ml) balsamic vinegar
- > Sea salt to taste
- > Freshly ground black pepper to taste

Cut asparagus stalks into 1/4"- 1/2" (0.6-1.2 cm) diagonal slices. In a wok or large frying pan, over medium-high heat, stir-fry asparagus in 2 tsp. (10 ml) olive oil. When slightly browned, remove from pan and allow to cool in a mixing bowl. Toss with defrosted edamame and salt and pepper to taste. Pile arugula (or other mixed greens) in a salad bowl and toss with remaining 3 tsp. (15 ml) olive oil. Top with asparagus and edamame, and sprinkle with shredded Parmesan. Drizzle with balsamic vinegar and serve immediately.

