

12 Must-See Simple *Salad Recipes*



FAVEHEALTHYRECIPES   



12 Must-See Simple Salad Recipes

12 Must-See Simple Salad Recipes

Copyright 2012 by Prime Publishing LLC

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without written permission from the publisher, except in the case of brief quotations embodied in critical articles and reviews.

Trademarks are property of their respective holders.

When used, trademarks are for the benefit of the trademark owner only.

Published by Prime Publishing LLC, 3400 Dundee Road, Northbrook, IL 60062 – www.primecp.com



[Free Recipes from Mr. Food](#)

[Free Recipes](#)

[Free Lighter Recipes](#)



[Free Recipes to Make in Your Slow Cooker](#)

[Free Copycat Recipes](#)



[Free Casserole Recipes](#)



[Free Gluten-Free Recipes](#)

Find hundreds of free healthy recipes, cooking tips, healthy lifestyle tips and more at <http://www.FaveHealthyRecipes.com/>



12 Must-See Simple Salad Recipes

Special thanks to our blogger

who contributed photos for the cover of this eCookbook:

Kelly from The Nourishing Home



Letter from the Editors

Dear Healthy Cooking Enthusiast:

Let's be honest with ourselves here – we all could stand to eat better-for-you foods. It is often too easy to cheat on our healthy eating habits because of the abundance of tasty unhealthy food items that constantly surround us throughout the year. If you feel too overwhelmed with all the unhealthy foods that come around, then know that help is on the way!

This fantastic eCookbook from FaveHealthyRecipes.com, ***12 Must-See Simple Salad Recipes***, provides you with the quick and easy recipes you will need to keep your weight-loss goals a reality this year. Thanks to this definitive collection of delicious simple salad recipes, maintaining your diet has never been easier.

The free eCookbook contains only top-notch healthy weight-loss recipes, including recipes for salads with fruit, heartier salads with meat for a full dinner, and purely vegetarian salads. Regardless of your reason for wanting healthy recipes, know that this list has dishes that you are sure to devour.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are inspired by the upcoming Summer season. Make one or make several, and discover the delights that can be found cooking with your family!

For additional healthy recipes, be sure to visit [FaveHealthyRecipes.com](http://www.FaveHealthyRecipes.com). While you're there, [subscribe to our free healthy recipes newsletter](#), to get free recipes delivered to your inbox every week.

Enjoy all of these easy egg recipes!

Sincerely,

The Editors of FaveHealthyRecipes

<http://www.FaveHealthyRecipes.com/>



TABLE OF CONTENTS

Salad Recipes with Fruit	6
Strawberry Feta Salad	6
Apple Carrot Coleslaw	7
New Twist on Caprese	8
Caribbean Carrot Salad	9
Melon Salad with Raspberry Vinaigrette	10
Salad Recipes for Dinner	11
Chicken Waldorf Salad	11
Summertime Turkey Sausage Salad	11
Grilled Lamb Salad	13
Chicken Caesar Pasta Salad	14
All Veggie Salads.....	15
Fresh From The Garden Toss	15
Artichoke & Kale Salad	16
Avocado Shrimp Cup Salad.....	17



Salad Recipes with Fruit

Strawberry Feta Salad

By: Kelly from [The Nourishing Home](http://TheNourishingHome.com)

This salad is not only a simple salad recipe to make, it also fits more tedious dietary restrictions. This recipe is gluten free and can be your next favorite salad.

Ingredients

- 12 ounces of your favorite organic salad greens (I like to use an organic baby lettuce mix)
- 2 medium-to-large organic apples, thinly sliced
- 1/2 pound of fresh organic strawberries, sliced
- 1/2 cup of organic feta cheese, crumbled
- 1/3 cup crispy walnut pieces
- Balsamic vinaigrette dressing

Instructions

Using a glass trifle bowl, layer the ingredients as follows:

1. Line the bottom edge of the dish with strawberry slices to create a pretty border.
2. Then add salad greens to hold the strawberry slices in place.
3. Add a row of apple slices on top of the strawberries. Then, top the greens with a handful of apple slices.
4. Repeat this process, adding one more layer of strawberries, salad greens and apple slices.
5. Top the salad with remaining strawberries, apple slices, feta and walnuts.
6. Serve with homemade balsamic vinaigrette dressing. Yum!



Find hundreds of free healthy recipes, cooking tips, healthy lifestyle tips and more at <http://www.FaveHealthyRecipes.com/>



Apple Carrot Coleslaw

By: Kelly from [The Nourishing Home](#)

One of the best things about making coleslaw is that it can be an easy make-ahead side dish. They are great for lunch, a fantastic side to any barbeque, and a low-calorie option when you just want a snack.

Ingredients

- 1 small organic cabbage, finely shredded (I use half of a red and half of a green)
- 2 medium organic Fuji apples, peeled, cored, julienne
- 2 medium organic carrots, peeled, julienne
- 1/4 cup diced red onion
- 2 tbsp finely minced fresh organic parsley

The Dressing

- 1/4 cup plain organic whole milk yogurt
- 1/4 cup mayo (cultured is best)
- 2 tbsp pure raw honey
- 1 1/2 tbsp raw apple cider vinegar
- 1/2 tbsp poppy seeds
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper

Instructions

1. Shred the cabbage, rinse and dry thoroughly. (I like to use a salad spinner for this task, but you can also place the drained cabbage on a kitchen towel and pat off excess moisture.) Place in a large bowl; set aside.
2. Julienne the apples and carrots, and finely dice the onion and fresh parsley. Add to bowl of shredded cabbage.
3. Prepare the poppy dressing as noted below. Then drizzle the dressing over the slaw and toss well to combine.
4. Serve immediately, or store in frig until ready to serve. Just be sure to toss the coleslaw again, prior to serving, to evenly distribute the dressing. (I prefer to serve this coleslaw within a couple of hours of making it, as it becomes less crisp as time passes. Although, I never pass up eating it the next day – it's especially good as a sandwich topping.)
5. **How to Prepare the Dressing**
In a small bowl, whisk all the ingredients together until well blended. Add to the coleslaw as directed above.



Find hundreds of free healthy recipes, cooking tips, healthy lifestyle tips and more at

<http://www.FaveHealthyRecipes.com/>



New Twist on Caprese

By: Kelly from [The Nourishing Home](http://TheNourishingHome.com)

This salad can never get old. But, when you can spruce it up with added ingredients like fresh cherries, you will always return to it. Enjoy!

Ingredients

- 1/4 cup fresh organic basil leaves, cut in thin strips
- 1 tbsp fresh-squeezed lime juice (about 1 lime)
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1/4 tsp sea salt
- 1/8 tsp freshly ground black pepper
- 20 fresh organic cherries, pitted and halved
- 8 oz. sweet grape tomatoes, halved (I used yellow for fun!)
- 1 ripe avocado, diced
- Optional: 4 oz. pearl-size fresh mozzarella balls, or diced fresh mozzarella

Instructions

1. In a large bowl, add chopped basil, lime juice, olive oil, balsamic vinegar, salt and pepper. Combine well.
2. Remove stems and pit cherries. Then slice the cherries, as well as the grape tomatoes, in half and add them both to the basil mixture; toss well.
3. Drain mozzarella balls and also add to the basil mixture; toss well to coat.
4. Caprese is best served at room temp. However, if you prefer it cold, place it in the frig for no longer than one hour.
5. When ready to serve, gently fold in the diced avocado; do not overmix, especially if avocado is soft.
6. Serve solo, or over a mix of fresh mesclun greens. So flavorful!



Find hundreds of free healthy recipes, cooking tips, healthy lifestyle tips and more at <http://www.FaveHealthyRecipes.com/>



Caribbean Carrot Salad

By: Kelly from [The Nourishing Home](http://TheNourishingHome.com)

We all look for a clean salad to eat every once in a while. No creamy dressings, no complicated ingredients, just pure, natural ingredients in a bowl. This simple salad recipe does just that. It's sweet and simple at the same time.

Ingredients

- 6-8 medium organic carrots (2 cups peeled and shredded)
- 2/3 cup organic raisins
- 2/3 cup fresh pineapple, cut into bite-sized pieces
- Dressing
- 1/4 cup real coconut milk (I use Native Forest brand canned organic unsweetened coconut milk because it's BPA-free.)
- 2 tbsp *extra light virgin olive oil
- 2 tsp red wine vinegar
- 2 tsp raw honey
- 1 tsp Dijon mustard
- Pinch of ground allspice
- Sea salt and fresh ground pepper to taste

Instructions

1. In a large bowl, whisk together the dressing ingredients until well combined.
2. Coarsely grate carrots until you have about 2 cups.
3. Add the grated carrot, raisins and diced pineapple to the dressing mixture and toss well to combine.
4. Serve immediately or chill in refrigerator until ready to serve.



Find hundreds of free healthy recipes, cooking tips, healthy lifestyle tips and more at <http://www.FaveHealthyRecipes.com/>



Melon Salad with Raspberry Vinaigrette

This simple salad recipe is one for the books. It can not only feed an army, it is magnificently healthful. Loaded with fruits and vegetables, this salad recipe can serve as lunch or dinner.

Ingredients

- 12 cups assorted greens (limestone, spinach, radicchio, romaine, butter)
- 30 honeydew melon balls
- 3/4 cup walnuts
- 3/4 cup Jarlsberg Lite cheese, cut into small cubes (about 3 ounces)
- Raspberry Honey Vinaigrette:
- 1/2 cup fresh or frozen raspberries
- 1/4 cup apple juice
- 1 1/2 teaspoons extra virgin olive oil
- 1 teaspoon honey (omit honey if using frozen sweetened raspberries)
- 1 tablespoon Balsamic Honey Vinegar

Instructions

1. To prepare Melon Salad, divide greens between six plates.
2. Combine remaining ingredients in large mixing bowl; arrange over greens.
3. To prepare Raspberry Vinaigrette use wire whisk and mash raspberries in medium-sized bowl.
4. Add remaining ingredients and whisk until blended.
5. Serve Raspberry Vinaigrette slightly chilled along with Melon Salad.



Find hundreds of free healthy recipes, cooking tips, healthy lifestyle tips and more at <http://www.FaveHealthyRecipes.com/>



Salad Recipes for Dinner

Chicken Waldorf Salad

By: [Rocky Barragan](#)

No matter the occasion, this classic waldorf salad is a universal delight. This dish keeps things light by using Greek yogurt and reduced fat may in the waldorf salad dressing.

Ingredients

- 1/2 cup walnuts
- 1/2 cup dried cranberries
- 1 cup red seedless grapes
- 1 cup celery
- 6 ounces chicken strips, cooked
- 2 apples
- 1 lemon
- DRESSING:
- 3/8 cup Greek yogurt
- 1/8 cup light mayonnaise
- 1/2 tablespoon agave nectar
- Sea salt, to taste
- Black pepper, to taste

Instructions

1. Let's start with the chopping and the dicing! Cut your grapes in half lengthwise. Chop up your celery fairly thin. Dice your apples. Chop up your dried cranberries.
2. Place all of your chopped ingredients in a salad bowl. Squeeze the juice of 1 lemon onto the ingredients in the bowl to prevent your apples from browning.
3. Next heat up a small skillet and place in your walnuts to toast. You'll know when they're ready when you're able to start smelling their fragrance. Once they are ready chop them up and set them aside.
4. Chop up your cooked chicken strips into small pieces.
5. Let's move onto the dressing. Combine your Greek yogurt, lite mayonnaise, blue agave sweetener and pepper in measuring cup and mix well.
6. Now let's assemble the salad! Drop the rest of your remaining ingredients into your salad bowl and dollop a couple of tablespoons of your dressing on top. Mix together well. Serve and enjoy!



Find hundreds of free healthy recipes, cooking tips, healthy lifestyle tips and more at

<http://www.FaveHealthyRecipes.com/>



Summertime Turkey Sausage Salad

By: Corey from The Homemade Chef

For a quick healthy dinner option, try this Summertime Turkey Sausage Salad Recipe. Using turkey sausage is a great way to get all of those delicious spices without the extra fat and calories.

Ingredients

- 3 sweet turkey Italian sausages
- 2 handfuls of spinach leaves, chopped
- 8 grape or cherry tomatoes, sliced in half
- 2 tablespoons almonds, chopped
- 1 tablespoon Parmesan cheese
- 1/2 tablespoon medium pear, chopped
- 1/2 yellow pepper, sliced
- 1 tablespoon vinegar (for the dressing)
- 1 1/2 tablespoons extra virgin olive oil (for the dressing)
- 2 tablespoons extra virgin olive oil (for cooking)
- 1/4 teaspoon black pepper
- 1/2 teaspoon sea salt

Instructions

1. In a skillet on medium flame, add 1 teaspoon of olive oil. Cook turkey sausage 7 to 10 minutes, turning throughout. After sausage cools, cut into circular pieces.
2. In a small skillet on medium flame, add 1 teaspoon olive oil and cook yellow peppers for 3 to 5 minutes. Add a dash of salt and a dash of pepper, mixing throughout.
3. Place all of the spinach in a large bowl. Add half the amount of the rest of the ingredients and toss well. The remainder of the ingredients will be used for garnishing.
4. Serve and garnish with remainder of ingredients.



Find hundreds of free healthy recipes, cooking tips, healthy lifestyle tips and more at <http://www.FaveHealthyRecipes.com/>



Grilled Lamb Salad

For an absolutely delightful healthy dinner you must try this Grilled Lamb Salad. This isn't traditional for salad recipes, instead of greens it's made with boiled asparagus and lots of protein with pork, walnut and cheese.

Ingredients

- 1 small lamb loin, trimmed of fat (about 8 ounces)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh ginger, minced
- 1/4 cup cilantro, coarsely chopped
- 2 cloves garlic, crushed
- 1/2 teaspoon black pepper
- 12 asparagus spears
- 1/3 cup walnuts, coarsely chopped
- 2 green onions (scallions), chopped
- 1/2 cup Jarlsberg Lite cheese, cut into small cubes (about 2 ounces)
- 2 tablespoons capers
- 1 tablespoon Balsamic Honey Vinegar*
- Freshly ground pepper, to taste

Instructions

1. In large bowl, coat lamb in oil, ginger, cilantro, garlic and pepper. Marinate for two hours.
2. In large pot of boiling water, blanch asparagus for 30 seconds.
3. Using tongs or slotted spoon, transfer asparagus from hot water to large bowl of ice water. Drain and set aside.
4. Reserving marinade, cook lamb on grill or in a large skillet, over medium-high heat, turning often, for about 15 – 18 minutes, or until meat is seared on the outside but slightly pink on inside. Set aside.
5. Divide asparagus tips onto four plates. Slice lamb into thin strips; fan slices decoratively over asparagus.
6. Top with walnuts, scallions, cheese and capers.
7. Simmer remaining marinade in sauté pan over medium heat for 2 minutes.
8. Whisk in balsamic honey vinegar. Pour marinade dressing over salad and serve with fresh ground pepper, to taste.



Find hundreds of free healthy recipes, cooking tips, healthy lifestyle tips and more at

<http://www.FaveHealthyRecipes.com/>



Chicken Caesar Pasta Salad

By: Anne Colagioia from [EZ Gluten Free](#)

Pasta noodles and lean chicken breast provide fat free heartiness to this idea, making it one of the best green salad recipes for a quick meal. Best of all, this recipe can be easily made for those on a gluten free diet.

Ingredients

- 1 pinch cold chicken breast, diced
- 1 head of romaine lettuce, washed dried and cut into bite sized pieces
- 8 ounces short pasta, cooked according to the package and tossed with 2 tablespoons dressing to keep it from sticking as it cools
- 1/2 cup black olives
- 1 plum tomato, cut into bite sized pieces
- 1/2 cup roasted red peppers, cut into small strips
- FOR THE DRESSING:
- 2 anchovy fillets, or 2 teaspoons anchovy paste
- 1 garlic clove, grated
- 1 lemon, juice and zest
- 2 tablespoons red wine vinegar
- 1/2 teaspoon mustard
- 1 tablespoon Worcestershire sauce
- 1 tablespoon sour cream
- 1 teaspoon Italian seasoning
- 1/2 teaspoon red pepper flakes
- Salt and black pepper, to taste
- 1/4 cup pecorino Romano cheese, grated
- 1/3 cup olive oil

Instructions

1. To make the dressing, in a small bowl add the anchovies, grated garlic and lemon zest then using the back of a spoon smash the anchovies into the other ingredients until they resemble a paste.
2. Add all of the other dressing ingredients except for the olive oil and whisk together until the mixture is nicely incorporated.
3. Slowly stream in the olive oil and continue whisking until the dressing is emulsified.
4. To assemble the salad, toss the lettuce, chicken, tomatoes, olives, and peppers with half the dressing to get it well coated then add the pasta with the other half of the dressing. Toss again and serve.



Find hundreds of free healthy recipes, cooking tips, healthy lifestyle tips and more at <http://www.FaveHealthyRecipes.com/>



All Veggie Salads

Fresh From The Garden Toss

Pasta noodles and lean chicken breast provide fat free heartiness to this idea, making it one of the best green salad recipes for a quick meal. Best of all, this recipe can be easily made for those on a gluten free diet.

Ingredients

- 1 6-ounce can black ripe pitted olives
- 1 small celery stalk, cut into 1/2-inch dice (about 1/2 cup)
- 1 medium carrot, cut into 1/2-inch dice (about 1/2 cup)
- 1/4 Maui or other sweet onion, cut into 1/2-inch dice (about 1/2 cup)
- 1/2 cucumber, peeled and seeded, cut into 1/2-inch dice (about 1 cup)
- 1 small green zucchini, unpeeled, cut into 1/2-inch dice (about 3/4 cup)
- 1 small yellow squash, unpeeled, cut into 1/2-inch dice (about 3/4 cup)
- 12 cherry tomatoes, halved (about 2/3 cup)
- 2 tablespoons chopped fresh parsley
- 2 tablespoons fresh chives, thinly sliced or 2 tablespoons dried chives
- 1 tablespoon finely shredded lemon peel
- 2 tablespoons freshly squeezed lemon juice
- 4 tablespoons extra virgin olive oil
- Salt and freshly ground black pepper to taste

Instructions

1. In a medium bowl combine olives, celery, carrot, Maui onion, cucumber, zucchini, yellow squash, cherry tomatoes, parsley and chives.
2. Add lemon peel, lemon juice and extra virgin olive oil to bowl; mix well. Season to taste with salt and pepper.





Artichoke & Kale Salad

By: Alli from [An Open Cookbook](#)

This green salad works well as one dinner salad or as two starter salads. It is filled with nutritious vegetables that will keep you full and satisfied, all in a low-calorie meal.

Ingredients

- 1/2 can whole artichoke hearts, halved
- 6 kale leaves, cut into thin ribbons
- 1/3 can white cannellini beans, drained and rinsed
- Sarvecchio Sartori cheese, sliced very thin in mandoline (or any hard cheese that easily shaves)
- DRESSING:
 - White vinegar
 - Dijon mustard
 - Splash of maple syrup
 - Salt and pepper
 - Extra virgin olive oil

Instructions

1. Cut the artichoke hearts in half and set aside.
2. Wash and dry the kale and pile each leaf on top of one another. Slice into very thin ribbons.
3. Drain the beans and mandoline the cheese.
4. Prepare the dressing in a small food processor or by whisking...adding the oil last.
5. Toss the kale ribbons and beans in the dressing. Make a nice mound of greens on the plate. Arrange the artichoke hearts and cheese. Have with a nice glass of wine and thick slice of bread. Yay!



Find hundreds of free healthy recipes, cooking tips, healthy lifestyle tips and more at <http://www.FaveHealthyRecipes.com/>



Avocado Shrimp Cup Salad

This avocado shrimp cup only requires three ingredients and it is so easy to make! You can taste the healthy, summery flavors in this delicious dish. It's a small portion so you can have it as an appetizer too.

Ingredients

- 1 avocado for each 2 servings
- 2 small, cooked shrimp per serving
- 3 cocktail sauce per serving, more if needed

Instructions

1. Peel the avocados and cut them into cubes.
2. Divide the cubes into salad bowls, 1/2 avocado per bowl.
3. Spoon the shrimp over the avocados.
4. Spoon cocktail sauce over the shrimp.
5. Chill until serving.

Cocktail Sauce: 1 cup mayonnaise, 1/2 cup ketchup, Juice of 1 lemon or lime, 1 tablespoon brandy, 1/4 teaspoon ground paprika, a pinch of caraway seeds.

1. Whisk the mayonnaise and ketchup together until the color is uniform.
2. Stir in the lemon or lime juice.
3. Stir in the brandy, paprika, and caraway seeds.
4. Whisk the whole works to smoothness.





Thanks to all the bloggers who helped make this eCookbook possible!



[Alli from An Open Cookbook](#)

Alli is a research nutritionist by profession who transforms into a creative cook by night. Her blog is a little slice in the life of Alli's (tiny) kitchen adventures. Her goal is to show readers that healthy and colorful food does taste really good and can be easily made, especially with ingredients already on hand.



gluten free gourmet (the easy way)

[Anne Colagioia from EZ Gluten Free](#)

Anne produces videos that showcase her own gluten free recipes in an easy to follow how-to format. She also blogs about her culinary creations on her blog aptly called, EZ Gluten Free.



[Kelly from The Nourishing Home](#)

Kelly loves the Lord, her family, and sharing her passion for real food cooking and meal planning with others. She is the author and creator of The Nourishing Home (<http://TheNourishingHome.com>) a blog dedicated to sharing delicious whole food recipes, cooking tips techniques, and overall encouragement to help others in their quest to live a more nourished life.

Find hundreds of free healthy recipes, cooking tips, healthy lifestyle tips and more at <http://www.FaveHealthyRecipes.com/>