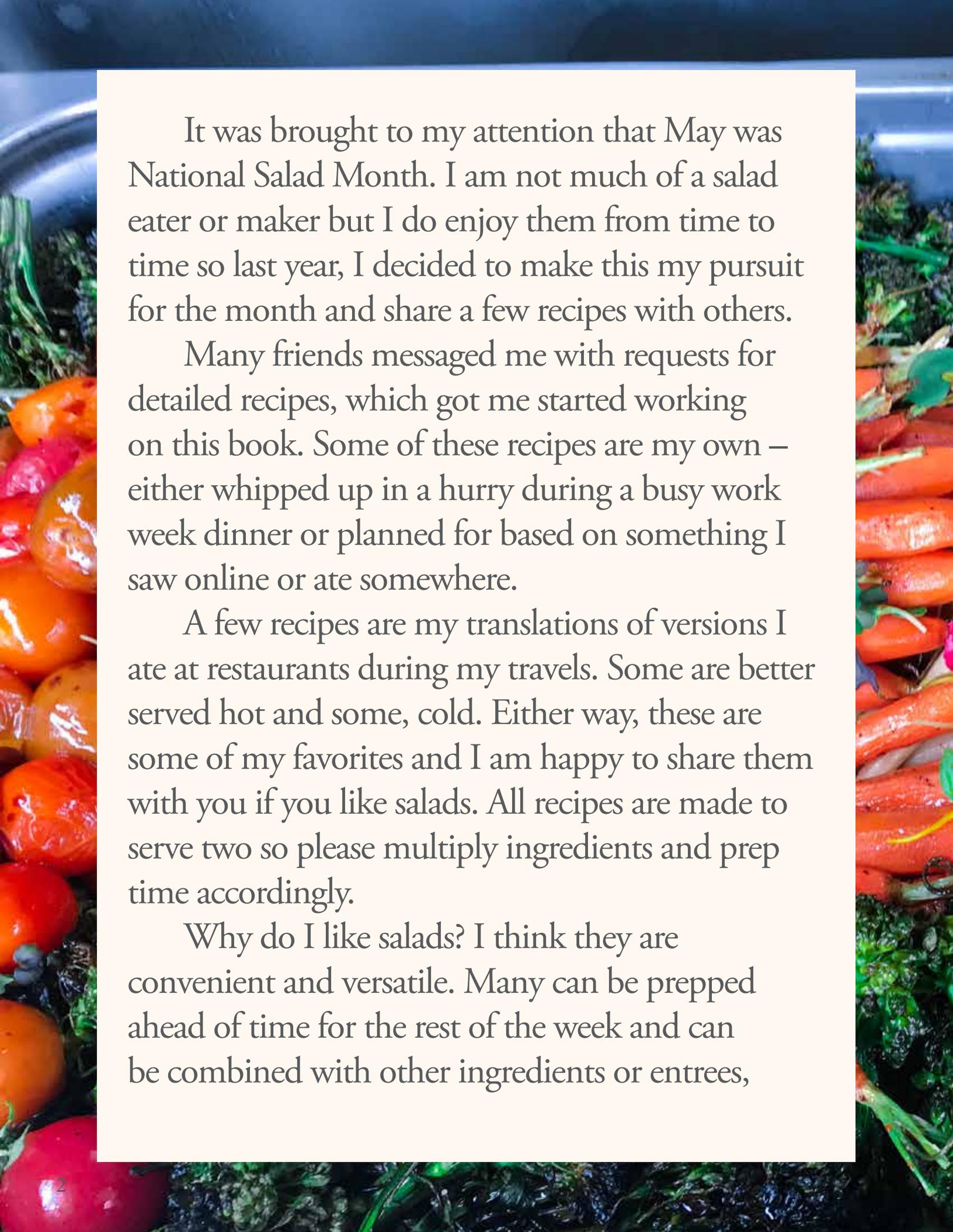




one
month
of
salad
recipes

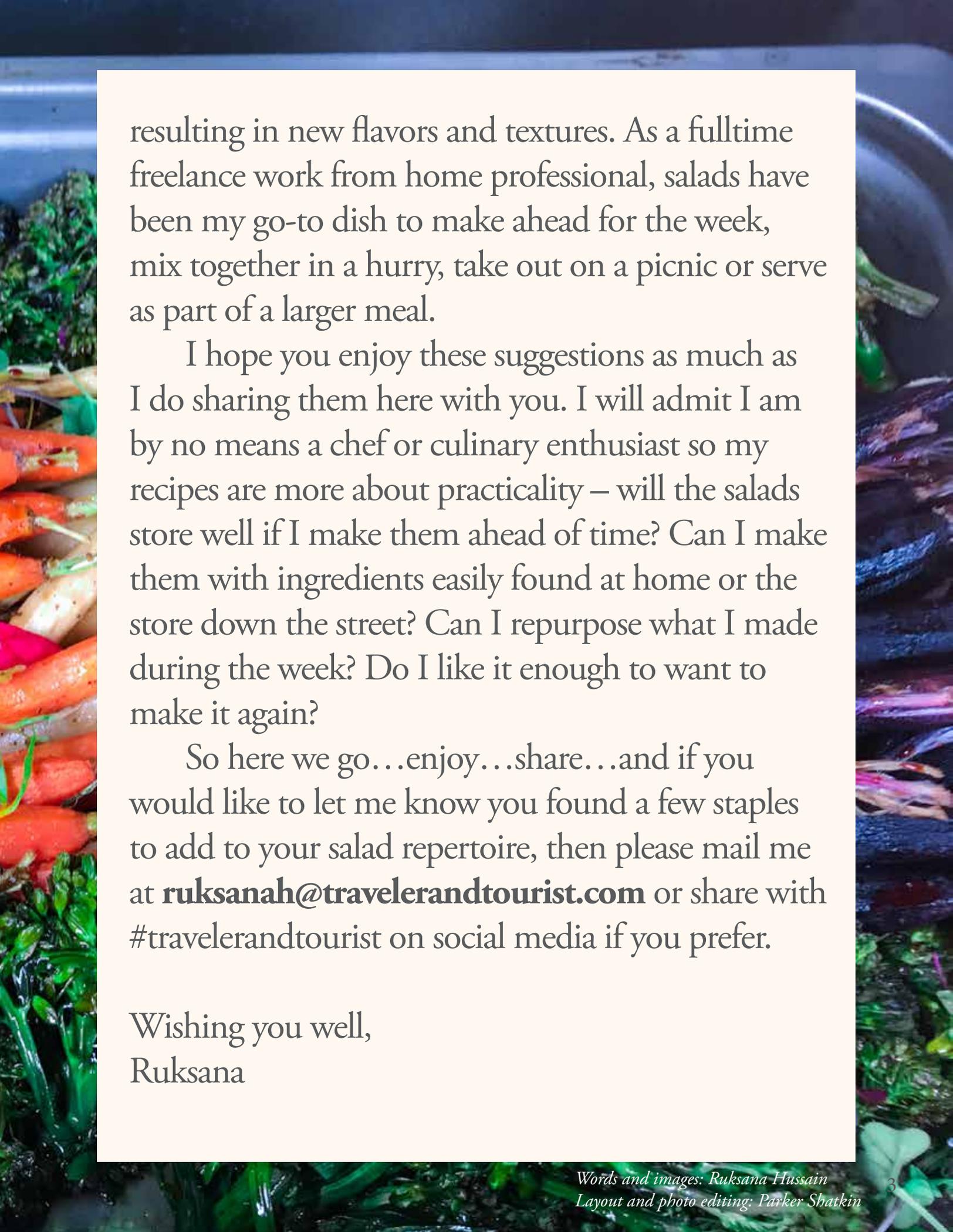


It was brought to my attention that May was National Salad Month. I am not much of a salad eater or maker but I do enjoy them from time to time so last year, I decided to make this my pursuit for the month and share a few recipes with others.

Many friends messaged me with requests for detailed recipes, which got me started working on this book. Some of these recipes are my own – either whipped up in a hurry during a busy work week dinner or planned for based on something I saw online or ate somewhere.

A few recipes are my translations of versions I ate at restaurants during my travels. Some are better served hot and some, cold. Either way, these are some of my favorites and I am happy to share them with you if you like salads. All recipes are made to serve two so please multiply ingredients and prep time accordingly.

Why do I like salads? I think they are convenient and versatile. Many can be prepped ahead of time for the rest of the week and can be combined with other ingredients or entrees,



resulting in new flavors and textures. As a fulltime freelance work from home professional, salads have been my go-to dish to make ahead for the week, mix together in a hurry, take out on a picnic or serve as part of a larger meal.

I hope you enjoy these suggestions as much as I do sharing them here with you. I will admit I am by no means a chef or culinary enthusiast so my recipes are more about practicality – will the salads store well if I make them ahead of time? Can I make them with ingredients easily found at home or the store down the street? Can I repurpose what I made during the week? Do I like it enough to want to make it again?

So here we go...enjoy...share...and if you would like to let me know you found a few staples to add to your salad repertoire, then please mail me at ruksanah@travelerandtourist.com or share with #travelerandtourist on social media if you prefer.

Wishing you well,
Ruksana

<i>arugula and sun-dried tomato salad</i>	6
<i>chickpeas and greens salad</i>	8
<i>tomato and burrata salad</i>	9
<i>brown rice and veggies salad</i>	10
<i>pasta and mozzarella salad</i>	12
<i>eggs and beet salad</i>	13
<i>kale and radish salad</i>	14
<i>quinoa salad</i>	16
<i>onion and tomato salad</i>	18
<i>roasted beets and endive salad</i>	19
<i>roasted asparagus and mushroom salad</i>	20
<i>garden veggies salad</i>	22
<i>grilled chicken and corn salad</i>	23
<i>seafood salad</i>	24
<i>spicy peanut salad</i>	26
<i>cheese and crouton salad</i>	27
<i>corn and red onion salad</i>	28
<i>roasted almonds and bulgur salad</i>	29
<i>beets and quinoa salad</i>	30
<i>artichoke hearts salad</i>	31
<i>roasted veggie salad</i>	32
<i>cold cucumber salad</i>	33
<i>cucumber tomato salad</i>	34
<i>grilled shrimp and veggies salad</i>	35
<i>mango mozzarella salad</i>	36

<i>mango and corn seafood salad</i>	38
<i>chilled mango salad</i>	39
<i>apple and walnut salad</i>	40
<i>very berry me salad</i>	42
<i>fruit salad</i>	43
<i>watermelon and feta salad</i>	44

No portion of this book can be reproduced in any form without prior written consent from publisher



arugula and sun-dried tomato salad

Brace yourself for beautiful greens, and not the ones that you simply gaze at. This is as simple a salad as it gets provided you can find these ingredients easily where you are.

2 cups arugula leaves
2 tablespoons sun-dried tomato
2 tablespoons olive oil
Pinch of salt
Pinch of pepper

Mix all ingredients together in a large salad bowl and serve in individual plates. Add some black olives or shaved cheese if you like but this tastes perfect as is. If you do need protein, then I'd go with some fried tofu or even rotisserie chicken.



chickpeas and greens salad

Another simple salad, this one can be easily embellished to your own taste. Totally go overboard with the olives or tomatoes if you like.

2 cups organic greens
10 black olives chopped
1 small red onion chopped
1 large tomato

chopped
2 tablespoons goat cheese crumbled
2-4 tablespoons vinaigrette dressing
1 can chickpeas drained

Mix all ingredients together in a large salad bowl and serve in individual plates. I use any vinaigrette dressing from the store that is my current fancy, but you could easily find a basic recipe online if you prefer to have this be homemade.

tomato and burrata salad

A thing of beauty is a joy forever. This one's easy to make and to impress.

1 cup medley of colorful small tomatoes halved
1 ball of burrata served on the side
2 tablespoons balsamic vinegar
Pinch of your favorite herbs and seasoning

Mix tomatoes, balsamic vinegar, herbs and seasoning together in a bowl and serve on separate plates with the burrata on the side.





brown rice and veggies salad

Some may not call this a salad but that's because you can't see the bed of green leaves below! This one's as good a meal all by itself or as a side.

**2 cups brown rice
steamed**
**2 cups salad leaves or
spinach leaves**
**1 large green pepper
chopped**
**1 small red onion
chopped**
**1 large tomato
chopped**
1 carrot shredded
**4-5 tablespoons soy
sauce**
**2 teaspoons fresh pars-
ley chopped**

Mix all ingredients together in a large salad bowl and serve in individual plates. This goes great with some seared salmon or tilapia on the side. If you want to get a tad bit fancy then I'd even go with crab cakes.



pasta and mozzarella salad

This is a great spring or summer salad as it's served chilled but if you serve it with some warm protein then it works just as well for fall or winter.

**2 cups orzo/pasta
cooked**
**2 tablespoons basil
pesto**
**1 cup mixed orange
and red tomatoes**
**2 tablespoons
mozzarella cubes or
pearls**
**2 cups cucumber
shredded and drained**

Mix all ingredients
together in a large
salad bowl and serve
in individual plates.
Add nuts or chopped
peppers for extra
crunch.



eggs and beets salad

*A beauty this one – the colors on the plate is half the magic.
Trust me, you will be impressed when you serve this at dinner.*

4-6 boiled eggs
2 cans beets
2 shallots chopped
2 cups spring salad leaves
1 cup micro greens
1 cup gorgonzola crumbs.
Pinch of salt and pepper

Boil eggs and then set aside to cool. Remove beets from can and set aside. In a bowl, place peeled boiled eggs and fill with the beet juice from can until fully immersed. (If you have fresh beets then you can also get beet juice to do the trick.) Let sit for an hour and when you take the eggs out to halve them, you'll see a nice dark pink color on the whites. This can stain surroundings so be careful of splatter. In a bowl, mix together all remaining ingredients and add the eggs and beets to top.



kale and radish salad

Perfectly fresh and crunchy for a combination salad that is easily paired with your preferred protein or other roasted veggies.

2 cups kale leaves
2-4 radish sliced
1 avocado sliced
2 tablespoons
shredded pecorino
12-14 raw almonds
5 tablespoons lemon
juice
2 tablespoons garlic
minced
2 tablespoons olive oil
Pinch of salt and
pepper

To make the almond lemon dressing, pulse together almonds, garlic, lemon and olive oil. Mix together remaining ingredients in a bowl. Pour the dressing on it and season with salt and pepper.



quinoa salad

A meal all its own, packed with punch and crunch aplenty.

**1 cup Brussels sprouts
chopped**
**1 cup fresh
pomegranate seeds**
2 cups spinach leaves
**2 tablespoons
pumpkin seeds**
**1 cup grilled acorn
squash**
2 cups quinoa cooked
**2 tablespoons lemon
juice**
**Salt and pepper to
taste**

Mix all ingredients together in a bowl and serve. You can add more herbs or spices but the juice and sweetness from the pomegranate seeds with the lemon juice gives out a lot of moisture, if the salad being too dry is your concern.



onion and tomato salad

Experiment with a few different types of tomatoes.

**1 cup tomatoes of
mixed varieties**
**1 cup sweet onions
chopped**
1 cup tomato broth
1 tablespoon olive oil

Lightly sauté the sweet onions in olive oil, add in the broth for soupy thickness. Pour these over tomatoes on a plate or bowl.



roasted beets and endive salad

Presenting this colorful mix which makes you feel all the merrier once plated.

2 cups arugula leaves
2 cups endives chopped
2 cups roasted beets
1 fennel bulb shaved
2 tablespoons herbs
2 tablespoons walnuts
chopped
2 tablespoons chèvre
cheese

Combine all ingredients in a large bowl and serve individual portion on plates. Add orange slices if you want some sweetness - you won't regret the flavor fiesta it packs in each bite.



roasted asparagus mushroom salad

A warm salad that can easily accompany a protein and some grain for a full meal or be enjoyed by itself as a snack or appetizer.

1 packet of asparagus
1 packet of mushrooms, chopped
1 packet of pearl onions
3 tablespoons Italian salad dressing
Salt and pepper to taste
Olive oil to drizzle

Roast the asparagus, mushrooms and pearl onions with salt, pepper and olive oil. When cooked to the desired consistency, lay out as a bed on a large serving tray starting with asparagus at the bottom, with mushrooms and pearl onions on top, just as you see on the image here. Drizzle the salad dressing over the top generously, more than three tablespoons if that's your preference.



garden veggies salad

This came together from a random set of remainders from weekday dinners combined to make one heavenly weekend salad meal.

- 1 pack fresh/frozen garden veggies (green beans, peas, carrot and corn) steamed**
- 2 cups quinoa steamed**
- 2 tablespoons spicy fresh cilantro mint sauce**

For the cilantro mint sauce:

- 1 fresh bunch cilantro washed and dried**
- 1 fresh bunch mint washed and dried**
- 2 small Thai green chilis washed and minced**

A pinch of salt

1 cup water

22

For the cilantro mint sauce, combine all ingredients in a mixer and puree until liquid chutney consistency is achieved. For the salad, combine all ingredients in a large bowl and serve individual portions on a plate. Pairs well with grilled tofu or paneer slices on the side.

grilled chicken and corn salad

Can't go wrong with all the action packed in this salad bowl.

- 1 cup grilled chicken sliced**
- 1 cup sweet corn**
- 1 cup tomatoes chopped**
- 1 cup red onions thinly sliced**
- 1 cup red peppers chopped**
- 1 cup fresh cilantro chopped**
- 2 tablespoons curried mayo dressing**
- 1 cup quinoa or brown rice steamed**

Mix all ingredients in a bowl. Serve on individual plates. Add salt and pepper to taste. Best served hot but also great as a cold salad if you prefer.





seafood salad

Best eaten chilled.

**1 cup shrimp, lobster
and crab meat boiled
and chilled**
2 tablespoons mayo
2 tablespoons ketchup
**1 tablespoon garlic
minced**
**2 tablespoons scallions
chopped**
10 lettuce leaf cups
**1 tablespoon parsley
chopped or powdered**
Herbs and spices

Combine all ingredients except the lettuce leaf cups in a large bowl. To serve, place a spoonful of the mixture in each lettuce leaf cup and serve five to a plate for individual portions.



spicy
peanut
salad

Inspired by a few different Asian salad versions tasted over time.

**1 cup cabbage
chopped**

**1 cup red onions
thinly sliced**

**1 cup green onions
chopped**

**1 cup fresh cilantro
chopped**

**1 cup baby
cucumbers diced**

**2 tablespoons
sesame seeds**

**2 tablespoons
peanuts halved**

**2 tablespoons
Sriracha aioli**

Mix all ingredients together in a large bowl and serve individual portions on a plate or bowl.

cheese and croutons salad

Keeping it simple with this recipe starring mixed light and dark greens.

2 cups mixed light and dark greens salad leaves
1 cup shredded cheese
1 cup crouton crumbs
2 tablespoons salad dressing of choice

Combine all ingredients together in a large bowl and serve individual portions on a plate. Pairs well with a grilled seafood steak.





corn and red onion salad

One of the easiest recipes to try and oodles of texture to enjoy.

1 cup sweet corn
1 cup red onions thinly sliced
1 cup cherry tomatoes halved
1 cup any color peppers diced
1 cup fresh cilantro chopped
2 tablespoons sour cream

Mix all ingredients in a large bowl and portion out individual servings on a plate. Add some grilled chicken or steak for a heartier meal or even rice for a lunch bowl.



roasted almonds and bulgur salad

Simple yet versatile salad with a nutty flavor profile.

2 cups bulgur cooked and cooled
2 tablespoons olive oil
2 tablespoons roasted almonds
2 tablespoons raisins
2 tablespoons parsley/mint chopped
2 tablespoons lemon juice
Pinch of salt and pepper

Combines all ingredients in a large bowl and serve individual portions on plates. Add some protein on the side to complete as a meal.



beets and quinoa salad

All the colors on this pretty salad will make you happy before and after you eat it.

2 cups golden and red beets sliced and roasted
2 cups quinoa steamed
2 tablespoons walnuts chopped
1 cup cherry tomatoes halved
2 tablespoons dry cherries
2 tablespoons cheese crumbled

Combine all ingredients together in a large bowl and serve individual portions on plates. Assure you this has just the right amount of salt and sweet to tingle those taste buds.

artichoke hearts salad

One of the easiest ways to incorporate artichoke hearts if you like them on your plate.

1 cup artichoke hearts

**2 cups simple green
salad leaves**

**1 cup tomatoes
chopped**

**2 tablespoons of your
fave dressing**

Combine all ingredients together in a bowl and serve individual portions in a plate. Wait for that surprise flavor twist to hit you.





roasted veggie salad bar

Why prepare a salad plate when you can serve a salad bar?

**5 different seasonal
veggies roasted and diced
Salt and pepper to
sprinkle
Olive oil to drizzle
Varied dips optional**

Simply roast all veggies to enjoy their full effect. The lovely colors will be a feast for the eyes and the natural flavors one for the tummy.

cold cucumber salad

*This is best served cold with
a warm entree and evening
meal.*

**2 cups baby cucumbers
diced**

**1 cup white onion thinly
sliced**

1 cup spring onions diced

**1 cup fresh cilantro and
mint washed and chopped**

2 tablespoons lime juice

2 tablespoons olive oil

Mix all ingredients together
in a large bowl and serve
individual portions on
plates.





cucumber tomato salad

Just one ingredient can make a huge difference! Play around adding or removing any of these ingredients and the flavors or textures are still a great combination.

2 tablespoons black olives chopped

2 cups cucumber chopped

2 cups tomatoes chopped

2 tablespoons cheese shredded

2 tablespoons salad crackers

2 tablespoons olive oil

1 cup mixed salad leaver

Pinch of salt and pepper

A squeeze of lemon juice for some zest

Combine all ingredients together in a large bowl and serve individual portions on plates.



grilled shrimp and veggies salad

Sufficient texture and flavor in one mouthfull.

10 large shrimp grilled
2 cups summer veggies grilled
2 tablespoons tangy chili barbecue sauce
1 cup curried corn
2 tablespoons mango jalapeño salsa

Combine all ingredients together in a large bowl and serve individual portions on a plate. All the ingredients come together for an unbeatable flavor fiesta.



mango mozzarella salad

*Pretty when served in individual portions as seen here.
First ate these at a friend's dinner party and have made
these for many parties since.*

**Sliced mozzarella
cheese**

**Thinly sliced ripe and
sweet yellow mango**

**Cherry tomatoes,
halved**

Basil leaves

Salt and pepper

Olive oil

Simply assemble as you see stacked in the image here, starting with mozzarella slice at bottom, then mango slice, then the cherry tomato and finally topped with the basil leaf. Hold it all in place with cocktail picks. Add a sprinkle of salt and pepper to taste and a drizzle of olive oil right before you serve. (Or you could cheat like I do and add an extra surprise slice of mango at the very bottom below the mozzarella!)



mango and corn seafood salad

This one's addictive. You've been warned.

1 cup shrimp and crabmeat boiled and cooled
2 cups cucumbers diced
1 cup red onion thinly sliced
2 cups sweet mango diced

2 cups sweet corn
1 avocado sliced
2 cups peppers diced
1 cup fresh cilantro washed and chopped
2 tablespoons lime juice
2 tablespoons olive oil

Combine all ingredients together in a large bowl and serve individual portions in plates for a sweet and spicy crunchy finish.

chilled mango salad

Great for when mango is in season, but you might enjoy this just as well with papaya and even apples or pears. Seen here as part of a chicken sando!

- 2 cups fresh sweet mango diced**
- 1 cup red onion thinly sliced**
- 1 cup mixed peppers diced**
- 1 avocado sliced**
- 1 cup fresh cilantro washed and chopped**
- 2 cups green salad leaves**

Combine all ingredients together in a large bowl and serve individual portions on a plate for a sweet, spicy, crunchy and overall yummy treat.





apple and walnut salad

Simple and sweet, and great when paired with grilled meats.

1 cup red apple thinly sliced

1 cup walnuts chopped

1 cup bleu cheese crumbled

2 cups salad leaves

A pinch of salt and pepper

Combine all ingredients in a large bowl and serve individual portions on a plate. This one's tarty and nutty but also equally pretty when plated.



very berry me salad

Is fruit salad still salad? Me thinks yes! Nothing like a bowl of fresh berries and sprig of mint to start the day.

2 cups of mixed seasonal berries
2 sprigs of mint

Mix ingredients together in a large salad bowl and serve in individual plates. Dousing this with condensed milk and slivered almonds is an option if you want to go grand.

fruit salad

A desi fruit chaat for a twist.

1 cup seasonal fresh fruit chopped
1 tablespoon chaat masala

Simply sprinkle the chaat masala over the fruits, stir it up with a spoon, and enjoy. Brings back fond memories of home in this salty sweet colorful palate pleaser.





watermelon and feta salad

This is a summer favorite and I've served this in winter as an after-dinner fresh fruit dessert. Always a hit, always a request for seconds.

**2 cups watermelon
chopped**
**2 cups salad leaves
chopped**
2 tablespoons olive oil
Pinch of salt
**Pinch of herbs de
Provence**
**2 tablespoons mint
leaves chopped**
**2 tablespoons feta
cheese crumbled**

Mix all ingredients together in a large salad bowl and serve in individual plates. The juicy crunchy watermelon is better served if chilled, but I understand if that's too long a wait. Also, feta makes everything betah!

