



# Summer Salad Guide

EAT WELL. BE WELL.



# DRESSINGS

## Blackberry Balsamic Vinaigrette

½ cup extra virgin olive oil  
¼ cup balsamic vinegar  
½ cup fresh blackberries  
1 tablespoon raw honey  
2 large garlic cloves  
1 scallion, chopped  
1 teaspoon sea salt  
1 pinch black pepper

Add all ingredients to a high-speed blender. Puree until smooth, then pour into a jar.

Seal, then store in the fridge for up to 1 week.

# SALADS

## Beet & Artichoke Salad

Serves 2

6 cups arugula  
1 large cucumber, chopped  
1 15-oz BPA-free can sliced beets in sea salt, drained  
1 15-oz BPA-free can quartered artichoke hearts in water, drained  
¼ small red onion, thinly sliced  
1 15-oz BPA-free can red beans, drained and rinsed  
¼ cup dried cranberries  
¼ cup crumbled or cubed dairy-free cheese  
¼ cup Blackberry Balsamic Vinaigrette (recipe in Dressings)

Omnivore Option: Omit beans. Sub 1 cup cooked, chopped chicken from the deli.

Divide arugula between 2 large serving bowls. Set aside.

Add all remaining ingredients to a medium mixing bowl. Gently toss to combine, then divide the mixture over the arugula. Enjoy!

## Apple Celery Salad

Serves 2

6 cups chopped romaine  
½ cup shredded carrots  
1 scallion, thinly sliced  
2 green apples, cored and chopped  
2 stalks celery, chopped  
1 15-oz BPA-free can white kidney beans, drained and rinsed  
¼ cup Blackberry Balsamic Vinaigrette (recipe in Dressings)  
¼ cup golden raisins  
¼ cup toasted walnuts or sunflower seeds  
½ cup crumbled or cubed dairy-free cheese  
Sea salt and black pepper, to taste

Omnivore Option: Omit beans. Sub 6 slices chopped cooked nitrate-free bacon.

Add all ingredients to a medium mixing bowl. Gently toss to combine, then divide between two serving bowls and enjoy!

## Stromboli Bowl

Serves 2

6 cups chopped romaine  
2 gluten-free pita pockets, toasted, then sliced into bite-sized pieces  
1 green bell pepper, diced  
¼ small red onion, diced  
2 large tomatoes, diced  
1 cup dairy-free cheese  
3 tablespoons extra-virgin olive oil  
2 tablespoons white wine vinegar  
¼ teaspoon garlic powder  
Sea salt and black pepper, to taste

Omnivore Option: Omit beans. Sub 4 oz nitrate-free turkey pepperoni and 4 oz nitrate-free deli ham, chopped.

Add all ingredients to a medium mixing bowl. Gently toss to combine, then divide between two serving bowls and enjoy!

## Green Athens Bowl

Serves 2

2 cups leftover cooked brown rice (recipe in Basics)  
4 cups baby spinach, chopped  
½ cup fresh parsley, chopped  
1 large cucumber, chopped  
¼ small red onion, diced  
2 large tomatoes, diced  
1 15-oz BPA-free can chickpeas, drained and rinsed  
3 tablespoons dairy-free yogurt  
¼ cup crumbled dairy-free feta cheese  
2 tablespoons extra-virgin olive oil  
1 tablespoon raw honey  
Juice of ½ lemon  
¼ teaspoon garlic powder  
Sea salt and black pepper, to taste

Add all ingredients to a medium mixing bowl. Gently toss to combine, then divide between two serving bowls and enjoy!

## Cubano Bowl

Serves 4

### RICE & BEANS

2 cups cooked Brown Rice (recipe in Basics)  
4 cups cauliflower rice  
2 15-oz BPA-free can black beans, drained and rinsed  
½ cup broth  
1 bunch cilantro, chopped  
Juice of 2 limes  
1 tablespoon Sazon seasoning (salt-free)  
Sea salt, to taste  
2 tablespoons extra-virgin olive oil

### TOPPINGS

2 cups plantain chips  
2 large red bell pepper, thinly sliced  
1 small red onion, thinly sliced  
2 cups chopped pineapple  
2 cups shredded Monterey jack cheese

Prepare the brown rice. Set aside to keep warm.

Add cauliflower rice, beans, and broth to a large pot over medium heat. Cook for 10 minutes or until cauliflower is tender. Remove from the heat and stir in cooked brown rice, cilantro, lime juice, Sazon, salt, and oil.

Divide rice and beans between serving bowls. Add TOPPINGS and enjoy!