

Main Dish Salads

Recipe #1: Orange Chicken Salad

The refreshing flavor of bitter greens combined with the acidity of citrus makes for a lively summer salad! This recipe uses pre-cooked chicken; while grilled chicken would taste the most summer-inspired, you can also use chicken that you've baked ahead of time at home or pre-cooked rotisserie chicken from the grocery store.

Ingredients:

- 1 navel orange (large)
- 1/2 lime (juiced)
- 1 tsp honey
- 1 tbsp extra virgin olive oil
- 1/2 tsp sea salt
- 2 cups arugula
- 1 1/2 cups radicchio (thinly sliced)
- 7 oz chicken breast, cooked (chopped)

Instructions:

1. Supreme the navel orange, using a sharp knife to slice the rind and peel it off. Then cut the segments out from in between the membranes. Set the leftovers from the oranges aside.
2. Squeeze the juice from the leftover orange into a small bowl. Mix in the lime juice, honey, oil, and salt.
3. Add the arugula, radicchio, oranges, and chicken to a serving bowl and top with the dressing. Divide evenly between bowls and enjoy!

Tips:

- You may be wondering, what does it mean to “supreme” an orange? Supreming an orange (or any other citrus fruit) involves removing the membrane of the citrus fruit so it can be served in slices. Simply follow the instructions outlined in Step 1, and you'll have a supremed orange!

- Add thinly sliced almonds, shelled pistachios, or sunflower seeds on top for a bit of crunch!
- Add sliced avocado for a bit more fat.

Recipe #2: Fennel, Radicchio, and Grapefruit Salad

Fennel and radicchio are two vegetables that many people are unfamiliar with, but that offer a unique flavor and prebiotic benefits for our healthy gut bacteria. Fennel has a slight licorice taste and is refreshingly crisp and light. Radicchio contains a prebiotic fiber called inulin that supports the growth of *Lactobacillus* and *Bifidobacteria*, two critical bacterial genera that reside in our intestines. Slices of fresh grapefruit and crunchy hazelnuts provide additional texture and flavor.

Ingredients:

- 1 bulb fennel (cored and thinly sliced)
- 3 cups radicchio (thinly sliced)
- 2 tbsps shallot (thinly sliced)
- 2 tbsp grapefruit juice
- 1/4 cup extra virgin olive oil
- 1 tsp raw honey
- 1/8 tsp sea salt
- 2 grapefruits (peeled and pulled apart into pieces)
- 1/4 cup mint leaves (thinly sliced)
- 1/3 cup hazelnuts (toasted and chopped)

Instructions:

1. Add the sliced fennel, radicchio, and shallot to a large salad bowl.
2. In a small bowl, combine the grapefruit juice, extra virgin olive oil, honey, and sea salt. Mix well.
3. Add the grapefruit slices, mint, and hazelnuts to the salad bowl and drizzle with the dressing. Enjoy!

Tips:

- Top this salad with some protein to make a complete meal.

Recipe #3: Avocado & Steak Salad

This robust salad pairs a delicious flank steak with bright salad greens, avocado, and onion for a nutrient-dense and filling meal. You can cook the steak in a cast-iron skillet, as described in the instructions, or prepare it on a grill.

Ingredients:

- 3 tbsps extra virgin olive oil (divided)
- 8 oz flank steak
- Sea salt & black pepper (to taste)
- 8 leaves romaine (chopped)
- 2 tomatoes (quartered)
- 1/4 cup red Onion (thinly sliced)
- 1 tbsp lime juice
- 1/2 tsp Dijon mustard
- 1 Avocado (cubed)
- 1/4 cup cilantro (roughly torn)

Instructions:

1. Heat a cast-iron skillet over medium-high heat and add 1/3 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, rest the steak for 10 minutes, then slice against the grain and set aside.
2. Add romaine, tomato, and red onion to a large bowl.
3. In a small bowl, combine the remaining olive oil, lime juice, and mustard and season to taste with salt and pepper. Drizzle the dressing over the salad and toss to combine. Divide onto plates and top with the avocado, cilantro, and steak. Enjoy!

Tips:

- Pair this salad with sweet potato or parsnip “fries” or a baked sweet potato to round out the meal.

Recipe #4: Spiralized Veggie Noodles with Cashew Sauce

This recipe bridges the gap between “salad” and “noodle bowl” by taking colorful, fresh vegetables and spiralizing them into noodle shapes. Topped with a nutty cashew sauce, this recipe is a fresh, summery take on a noodle bowl that takes advantage of the bounty of vegetables available in the summer!

Makes 3 servings

Ingredients:

- 1 zucchini (medium)
- 1 carrot (large, peeled)
- 1 red bell pepper (thinly sliced)
- 1 1/2 cups purple cabbage (thinly sliced)
- 1/4 cup cashew butter
- 2 tbsp filtered water
- 2 tbsp lime Juice
- 1 tbsp coconut aminos
- 1 garlic (clove, minced)
- 1 tsp ginger (minced)
- 3 tbsp hemp seeds

Instructions:

1. Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
2. Mix the cashew butter, water, lime juice, coconut aminos, garlic, and ginger in a mixing bowl. Mix well to combine.
3. To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

Tips:

- Top this recipe with some protein to make a complete meal.

Recipes #5: Lemon Kale Salad with Chickpeas and Avocado

Are you struggling to find an appealing way to eat a large bowl of kale? On its own, raw kale is, admittedly, not the most exciting vegetable. However, once it is dressed up with a great dressing and some toppings, such as the chickpeas and avocado included in this recipe, it can be truly delicious!

Makes 2 servings

Ingredients:

- 4 cups kale leaves (stem removed, thinly sliced)
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1/4 tsp sea salt
- 1 3/4 cups chickpeas (cooked)
- 1 avocado (cubed)
- 1/8 tsp smoked paprika
- 2 tbsp pumpkin seeds

Instructions:

1. Add the kale leaves to a large bowl.
2. Whisk the extra virgin olive oil, lemon juice, and sea salt in a small bowl. Add the dressing to the kale and massage the kale with your hands to ensure it is evenly coated.
3. Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

Tips:

- Need more protein? Add slices of hard-boiled egg or chicken on top of this salad.
- I recommend sprouted pumpkin seeds because the sprouting process improves their digestibility and imparts them with a delicious light and crispy texture. Go Raw sprouted pumpkin seeds are a good option.

