

Salad Bowls...made simple!



Salads have evolved over the years & it's no longer lettuce, tomato & cucumber with dressing. Now we can have grains, protein, veggies, fruit, nuts, seeds & more.

So how do you make a nutritious, delicious, easy salad bowl? Well the possibilities are endless but here's a bit of a guide to get you started. All of these recipes contain good amounts of protein, fibre, vitamins & minerals, along with complex carbohydrates which help keep our blood sugars stable.

As with all salads the **MORE VEG** the better, do not be shy & choose veggies you love, fruit is also welcome, my recipes are just guidelines to help you get the hang of creating amazing salads yourself

Best ways to ensure you can always make a quick salad:

1. Keep a bowl of your favorite veggies chopped up in the fridge - if kept in a sealed container or bowl they'll last 4-5 days
2. Try chopping up cabbage, kale & grated carrot for a great base to any salad or even just on its own. Add in bell peppers, broccoli, beets, zucchini, pea pods or avocado (though best added fresh).
3. Make 1-2 cups of uncooked quinoa (about 2-4 cups cooked) & keep in the fridge for 3 days. This is a great addition of protein & fibre to salads. *Do this with your favorite dressings too for up to 5 days.*
4. Have chickpeas, kidney or black beans to hand as these can also be used in salads, even as a swap for quinoa in some of the recipes below.
5. Keep protein sources ready to eat as well, hard boiled eggs, chicken, tofu, and cheeses like feta, cooked or smoked fish & shrimp. All can be stored for approx. 3 days in the fridge & mixed into salads or enjoyed on the side.

Quinoa Salad - 1 large serving - double or triple & keep in fridge 3 days

Ingredients:

- ½ c cooked quinoa
- ½ raw beet diced or sliced (optional)
- 3-4 broccoli florets
- ¼ of a large pepper color is up to you
- ½ cup of chopped cabbage or kale
- 1 tbsp pumpkin seeds or sunflower seeds.
- 30g goats milk feta cheese
- ¼ avocado (optional)
- Top with any of the following options for additional protein: ½ Chicken breast or 1 palm sized piece of salmon, ½ cup of shrimp or ¼ block of tofu.



Directions:

1. Add everything to a bowl & mix well. Top with dressing below if desired.

Dressing - (optional) – Serving size is 1 tbsp (tablespoon, 15 ml) or 3 tsp (teaspoon 5 ml)

- 3 tablespoons soy sauce or tamari (choose reduced salt or low sodium in either case)
- 3 tablespoons olive oil
- 2 tablespoons Lemon juice
- 1-2 tablespoons maple syrup (optional) if you like things a little sweeter
- Pinch of cayenne pepper and paprika

Directions:

1. Add everything to a jar & shake well. Makes 3 servings & keeps well for about 4 days on shelf.

Edamame Salad - 1 to 2 servings & keeps for 1-2 days in fridge

Ingredients:

- ½ cup of edamame beans (use peas if not available)
- ½ cup cooked quinoa
- ½ a small to medium avocado
- 4 chopped broccoli florets
- ½ yellow pepper diced
- 1-2 tbsp of balsamic dressing (use recipe from above)
- Top with any of the following options for additional protein: ½ Chicken breast or 1 palm sized piece of salmon or ¼ block of tofu, 30g feta.



Directions:

1. Mix everything in a bowl & serve.

Bean Salad - 2 servings & keeps in fridge for 2-3 days

Ingredients:

- 1 can of mixed beans or chickpeas rinsed & drained
- 1 cup broccoli chopped
- ½ yellow pepper
- 1 cup diced zucchini (courgettes)
- ¼ cup diced purple onion
- ½ tomato diced
- ¼ cup feta cheese
- ½ cup diced tofu can be optional here for added protein.



Directions:

1. Rinse and drain beans, leave to drain in sink
2. Chop, dice or cut up all veggies and put in bowl
3. Add in Tofu and Olives if desired
4. Add in beans and feta, mix well
5. Eat and Enjoy

Dressing options: balsamic vinaigrette is great or try making your own with:

- 3 tbsp olive oil
- 1 tbsp white wine vinegar
- 1 tsp sugar (can test with ½ & adjust flavour as needed)
- 2 tsp Dijon mustard
- 1 tbsp chopped fresh tarragon
- 1 tbsp chopped fresh parsley

Butternut Squash Salad - makes 2 portions & keeps in fridge 3 days

Ingredients:

- ½ a medium butternut squash
- 50-100g tofu (optional, shrimp & chicken will also work)
- 1-2 cups of broccoli chopped
- 1 cup of cabbage chopped
- ½ cup bell pepper chopped
- ½ cup zucchini (courgettes) chopped



- ½ beet chopped
- ¼ cup or 30g of feta cheese (you can add more if you like)
- 1 tbsp of pumpkin seeds

Directions:

1. Steam butternut squash peeled & cubed in a pan with 1/4c water, 1 tsp butter or olive oil & a bit of s&p until soft, about 12-15 min. alternatively you can cook in the oven in a shallow dish with water for approx. 30 min then peel & cube.
2. While squash is cooking chop up broccoli & tofu to be steamed next in same pan as squash if using that method or in its own pan with 1 tsp of olive oil
3. Chop up peppers, cabbage, zucchini, beets, snap peas or whatever veg you fancy & put in large bowl
4. When the squash is done put in separate bowl & cover while you steam the broccoli & tofu or protein of choice (cook appropriately if using meat) in the same pan for approx. 5 min until just tender & warm
5. Add everything in the big bowl with your chopped veg, top with goats milk feta & pumpkin seeds...I had some Gosh falafel balls left over so added then in too
6. The feta melts on the warm squash & broccoli giving the salad loads of flavour & texture

Hearty Coleslaw Salad - makes 3-4 portions & keeps 3-4 days in fridge

Ingredients:

- 2 ish cups kale chopped
- 2 ish cups of cabbage chopped
- 2-3 large carrots grated
- ¼ cup of crushed walnuts
- ¼ cup raisins or dried cranberry - grapes also work well instead
- ¼ cup of pumpkin seeds
- Top with any of the following options for additional protein: ½ Chicken breast or 1 palm sized piece of salmon or ¼ block of tofu, 30g feta.



Directions:

1. Mix everything in a bowl & top with dressing of choice or try the one below

Dressing:

- 2 tbsp mayo
- 4 tbsp white vinegar
- 1 tbsp tarragon leaves (optional)
- 1 tsp Dijon mustard
- 1 tsp honey
- Pinch of pepper
- Mix everything together & adjust to taste - Option to omit mustard & honey as well, just add a pinch of sugar to mayo, vinegar & pepper for a traditional coleslaw flavoured dressing.

Check out @happyout_nutrition on Instagram or Facebook for many more salads & recipe ideas.