



7

EASY SALAD & DRESSING RECIPES

With Mika



STEAK & ROASTED VEGGIES SALAD

With Raw Apple Cider Vinaigrette dressing



Plant-based: No

SALAD INGREDIENTS

Organic Grape Tomatoes
Roasted Baby Bella Mushrooms
Roasted Bell Peppers (red & green)
Roasted Red Onions
Grilled Seasoned Steak
Blue Cheese Crumbles (or Dairy Free option)
Organic Baby Romaine or Organic Baby Mixed Greens

DRESSING

1 garlic clove, minced
1 tablespoon Dijon mustard
1/4 cup raw apple cider vinegar
2 tablespoons fresh lemon juice
1-2 tablespoons raw honey, as needed for sweetness
1/3 cup extra-virgin olive oil
salt and pepper, to taste

DRESSING DIRECTIONS

Combine all of the ingredients in glass mason jar, then seal the lid and shake until the honey dissolves and the ingredients are well combined. Adjust flavor to taste, if necessary.

For best flavor, allow the dressing to marinate for at least 30 minutes before serving over your favorite greens.

Store leftovers in the fridge for up to a week, and shake well before serving each time.



PEACHY KEEN CAPRESE SALAD

With Honey Balsamic Vinaigrette



Plant-based: Yes (if preperaded without meat and cheese)

SALAD INGREDIENTS

Balsamic Vinaigrette (2-3 TBSP)
Organic Grape tomatoes (about 8)
Organic Peach slices (5-6 thin slices)
Fresh basil (about 1 TBSP chopped)

Your choice of protein:

- Blackened shrimp
- Clean grilled chicken breast
- Baked tofu
- White beans - 1/2 can

Mozzarella or half large avocado

- Organic spinach (enough to fill the bowl)
- Smoked almonds (or nitrate free bacon pieces)

DRESSING

30g balsamic vinegar
2 tablespoons chopped shallot
1 garlic clove , or 1 teaspoon
garlic powder
1/2 teaspoon sea salt
1 tablespoon raw honey
6 tablespoons olive oil
2 tablespoons water

DRESSING DIRECTIONS

Combine the vinegar, shallot, garlic, salt, honey, olive oil, and water in a blender and blend until completely smooth.

Taste and adjust any seasoning to taste. (You can add a little extra honey if your vinegar is too sour.)

Allow to chill for 4 hours before serving, for best flavor and texture.

Shake well before serving each time.

This dressing should keep well in an airtight container in the fridge for up to 5 days.



POMEGRANATE QUINOA CITRUS SALAD

With Lemon Greek Yogurt Dressing



Plant-based: Yes (if prepared without meat and cheese)

SALAD INGREDIENTS

Mandarin slices – (1) orange
Pomegranate arils or 2 TBSP dried whole cranberries
Tri-color quinoa (cooked)
Avocado, half large
Feta or goat cheese crumbles
Mix of organic baby kale & spinach
Protein of choice:
• Grilled chicken breast
• Organic baked tofu
• White beans (rounded 1/2 can)
Pistachios (or pecans)- 2 TBSP

DRESSING

juice from one fresh lemon
1 tablespoon apple cider vinegar
1 Tablespoon sugar
1 teaspoon minced garlic
1/2 cup plain Greek yogurt
1/3 cup extra virgin olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

DRESSING DIRECTIONS

Combine all of the ingredients in glass mason jar, then seal the lid and shake. Adjust flavor to taste, if necessary.

For best flavor, allow the dressing to marinate for at least 30 minutes before serving over your favorite greens.

Store leftovers in the fridge for up to a week, and shake well before serving each time.



SUSHI SALAD

With Asian Ginger Dressing



Plant-based: Yes (if prepared without meat)

SALAD INGREDIENTS

Carrot spirals

Organic Short grain brown rice

Cucumber

Toasted nori (seaweed) strips

Avocado (half large avocado)

Choice of protein:

- Wild Caught salad shrimp
- Imitation crabmeat
- Baked organic tofu
- Shelled organic non-GMO edamame

Organic mixed spring greens

DRESSING

3 cloves garlic, minced

2 tablespoons minced fresh ginger root

$\frac{3}{4}$ cup olive oil

$\frac{1}{3}$ cup rice vinegar

$\frac{1}{2}$ cup soy sauce

3 tablespoons honey

$\frac{1}{4}$ cup water

DRESSING DIRECTIONS

In a 1 pint glass jar or larger, combine the garlic, ginger, olive oil, rice vinegar, soy sauce, honey, and water.

Cover the jar with a tight fitting lid, and shake well.

Remove lid, and heat jar in the microwave for 1 minute just to dissolve the honey.

Let cool, and shake well before serving. Store covered in the refrigerator.



SRIRACHA CHICKEN CHOPPED SALAD

With Lime Vinaigrette Dressing



Plant-based: No

SALAD INGREDIENTS

2 organic chicken breasts
3 tablespoons sriracha
1 lime, juiced
1/4 teaspoon fine sea salt
1/4 teaspoon freshly ground pepper
4 cups lettuce, chopped
8 pineapple slices
1 cup organic grape tomatoes
1/3 cup red onion, finely chopped
1 avocado, cubed

DRESSING

1/3 cup light olive oil
1/4 cup apple cider vinegar
2 limes, juiced
2 tsp raw honey
Dash fine sea salt
• Whisk together dressing, taste, and adjust seasoning as desired

DIRECTIONS

Heat the grill to medium heat. Season chicken with salt and pepper. In a bowl or marinade dish, combine sriracha and lime. Add chicken and let marinate in the fridge for at least 20 minutes, the longer the better.

Once ready to cook, add chicken to the greased grill. Cut pineapple using pineapple corer and add to grill, grill for 3-4 minutes on each side. While they are grilling, chop lettuce, then chop avocado, tomato, and red onion and add to serving dish.

Once chicken is done cooking, assemble the salad, toss with dressing and enjoy!



TACO SALAD

With Chipotle Ranch Dressing



Plant-based: No

SALAD INGREDIENTS

Red onions

Organic grape tomatoes

Orange and yellow bell peppers

Beans (or pasta) and organic

Avocado

Cilantro

Protein of choice

- Chicken

- Turkey

- Beef

Organic Baby spinach

DRESSING

1/2 cup sour cream or Greek yogurt
1/3 cup mayo
1/2 cup (lightly packed) cilantro
1 chipotle chili pepper in adobo sauce + 1 teaspoon adobo sauce (or to taste)
Juice from 1/2 lime
1/2 teaspoon Worcestershire sauce
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon smoked paprika
Salt & pepper to taste

DRESSING DIRECTIONS

Add all ingredients to the bowl of a food processor. Process on high for about 30 seconds.

Serve immediately or chill for an hour (or longer) prior to serving. Will keep in the fridge for a few days.



BEETROOT SALAD

With Raw Apple Cider Vinaigrette dressing



Plant-based: Yes (if prepared without meat and cheese)

SALAD INGREDIENTS

Red onions

Pickled beets

Protein of choice:

- Broiled tarragon salmon
- Grilled clean chicken
- Baked organic tofu
- Cannellini beans

Avocado, half large

Gorgonzola (feta or goat) cheese
crumbles—2 TBSP

Organic spinach

Pecans—8-10 halves

DRESSING

1 garlic clove, minced

1 tablespoon Dijon mustard

1/4 cup raw apple cider
vinegar

2 tablespoons fresh lemon
juice

1-2 tablespoons raw honey, as
needed for sweetness

1/3 cup extra-virgin olive oil
salt and pepper, to taste

DRESSING DIRECTIONS

Combine all of the ingredients in glass mason jar, then seal the lid and shake until the honey dissolves and the ingredients are well combined. Adjust flavor to taste, if necessary.

For best flavor, allow the dressing to marinate for at least 30 minutes before serving over your favorite greens.

Store leftovers in the fridge for up to a week, and shake well before serving each time.

