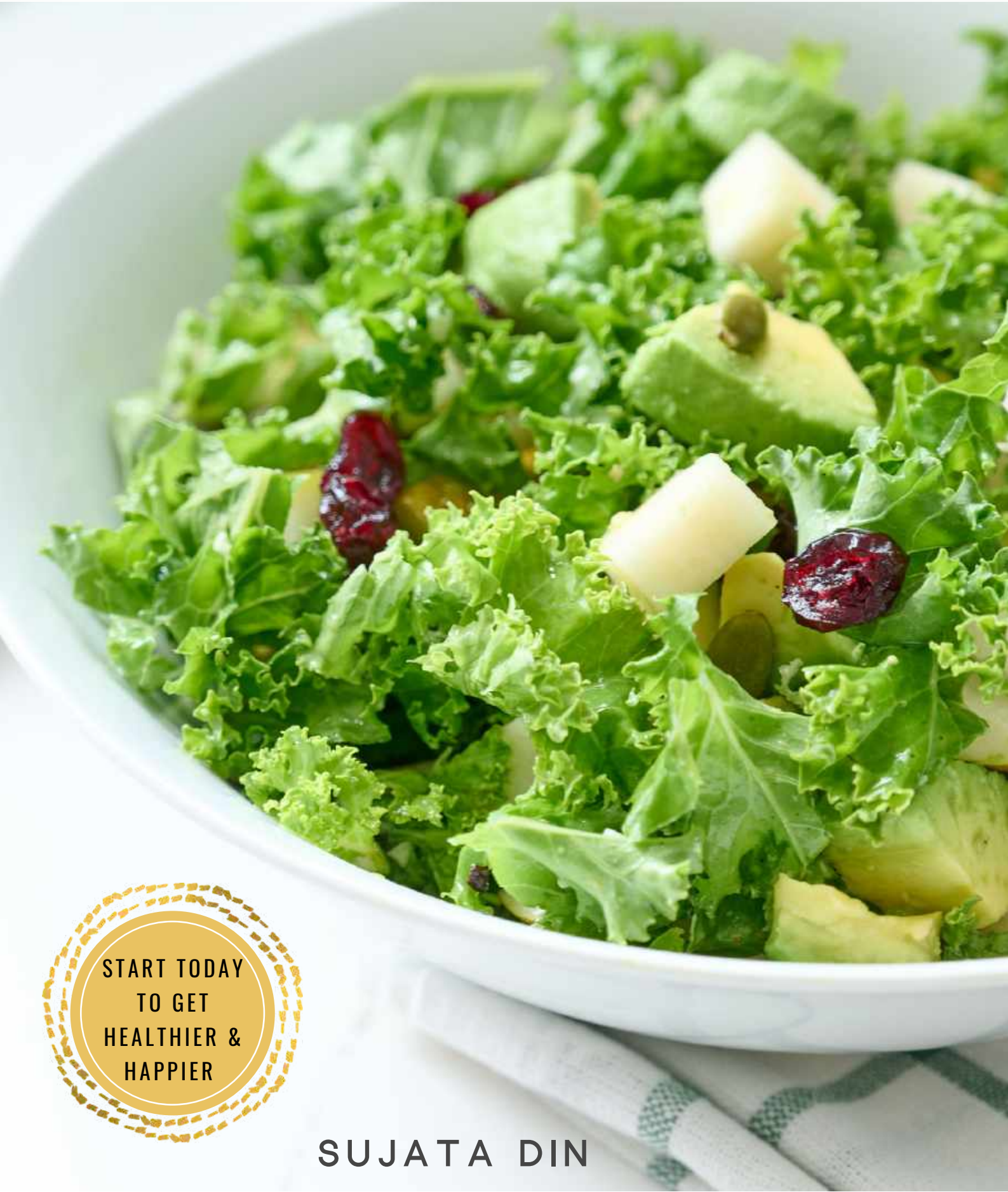


SEVEN QUICK & EASY DELICIOUS SALAD RECIPES



SUJATA DIN



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ABOUT ME

Hi, I'm Sujata

I'm a Certified Health Coach and Certified Professional Cancer Coach. I have been guiding my busy clients for 10 years to live a healthier and happier life by making small yet sustainable changes to their diet, lifestyle and mindset.

Why I started eating clean

In the past, I suffered from low energy, poor digestion, hormonal imbalances and poor immunity. I realised I needed to make some changes to regain my energy and health. I did this by slowly making changes that were doable; by eating real whole foods, crowding out those that did not suit my body and adding in foods to heal and nourish me. If you are reading this and wondering how to get started, don't worry, it's not difficult and I'm providing a simple shopping list and some amazing recipes to get you going.

I created this book to share with you some delicious and nutritious recipes, giving you fresh healthy inspiration on having more plant based foods.

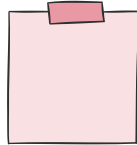
Whether your food choices manifest as flexitarian, vegetarian, vegan or plant-based – it is completely up to you to find what feels right for your body, your health, and your lifestyle. No matter where you are, eating more plant foods will help you get the abundance of nutrients that your body needs to reach your best health and well-being.

Welcome, I'm so happy to have you join me in the kitchen!

MAKING SALADS IN 15 MINUTES

You may be thinking, "How can I make salads in just 15 minutes?"

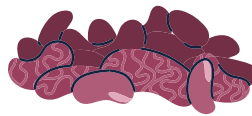
Very simply by using these tips:



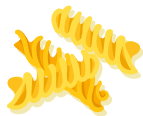
- Plan and prepare your salads for 3 to 4 days and put the cut vegetables in containers or jars. Don't cut tomatoes as these will make the salad soggy. On the day you are eating your salad add the leafy greens, protein and dressing.
- Prepare the vegetables at one time - slicing cucumber, shredding cabbage, dicing peppers, etc.



- Prepare extra beans or lentils when making dinner and use the following day in your salad.
- Use canned or cartons of cooked beans/lentils. This saves a lot of time.



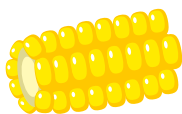
- Use leftover grains from the previous day, like brown rice, pasta or quinoa.



- Chop up garlic and refrigerate to use in the week.
- Make a jar of dressing and use over a few days.



- Use frozen corn or edamame beans.



EASY

 SERVES 2

CHICKPEA SALAD

INGREDIENTS

1 1/2 cups cooked chickpeas
3/4 cup diced cucumber
2 large tomatoes, diced
1/2 small avocado, diced
1 tbsp red onion, diced (optional)
Small bunch of coriander leaves,
chopped fine
1 small yellow pepper, diced
1 small orange peppe, dicedr

Dressing:

Juice from 1 lemon
1 tsp cumin powder
1 tsp extra virgin olive oil
1 garlic clove, chopped fine
1 green chili, chopped fine
Sea salt and black pepper to taste

PREPARATION

Combine all the dressing ingredients in a small jar and shake well.

In a bowl combine all the salad ingredients (except avocado) and then mix in the dressing. Layer the avocado above.

Getting healthy is not difficult to do when you can make quick, easy and delicious meals to have. This salad takes less than 10 minutes to make and can be enjoyed for either lunch or as a side.

I used canned chickpeas to save time and all the ingredients are easily available wherever you live.



EASY CHICKPEA SALAD | 5

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 SERVES 3 - 4

WARM CABBAGE SALAD

This salad is for you if you prefer cooked vegetables.

INGREDIENTS

3 cups shredded purple cabbage
2 cups edamame beans (cooked)
2 cups pepper sticks
2 cups carrot sticks
1 small avocado, diced
½ tsp sesame seeds
¾ tbsp olive oil
1 tsp mustard seeds
¼ tsp dried thyme
Chili flakes to taste
Sea salt to taste

PREPARATION

Heat a large pan and add in the olive oil and then let the oil heat a little, then add in the mustard seeds and let them pop.

Mix in the cabbage and cover with lid and let it cook for 2 minutes.

Add in the carrot sticks and 2 tbsp water and mix. Cover with lid and let it cook for another 2 minutes.

Mix in the peppers and then cover and let it cook for a minute.

Add in the edamame beans and mix in the spices and cover and let this cook for 3-4 minutes. If you want it crunchier you can cook for less time.

Spoon into a bowl and layer the avocado and sesame seeds over. Serve as a side salad.

THREE BEAN SALAD

 SERVES 4

WITH TAHINI DRESSING

If you are bored of eating beans and lentils and want more variety you have to try this salad. It's delicious, satisfying and colourful, made with three beans.

INGREDIENTS

- 1 cup cooked chickpeas
- 1 cup cooked kidney beans
- 1 cup cooked cannellini beans
- 1 cup orange pepper, diced small
- 1 cup yellow pepper, diced small
- 1 cup diced cucumber
- 1 cup cherry tomatoes, quartered
- 1 avocado, diced small
- Large handful baby spinach leaves, chopped
- Small handful coriander leaves, chopped
- Small handful parsley leaves, chopped

Tahini dressing:

- 2 tbsp tahini
- 1 tbsp Dijon mustard
- Juice from 1/2 large lemon (or to taste)
- 3 tbsp water
- 2 cloves garlic chopped finely
- Sea salt and black pepper to taste

PREPARATION

Mix the tahini in the water first, making sure there are no lumps. Then mix in the other dressing ingredients and if it's too thick add more water accordingly.

Combine all the salad ingredients in a bowl, then mix in the dressing. Serve after 1 hour, so the beans can absorb the flavours of the dressing.

If you want to add some chilli into it, add some into the dressing.





Enjoy!

BLACK BEAN SALAD

 SERVES 2

This is my go to salad for any season; simple, easy and so satisfying. Love that I can prepare this earlier, just add the dressing before serving. It tastes even better the next day and can add into a burrito or a wrap with some avocado.

INGREDIENTS

1 1/2 cups black beans, cooked
1/2 cup sweetcorn
1 large tomato, diced
Handful of chopped coriander leaves
1/2 small onion, chopped
1/2 large red pepper, chopped

Dressing:

Juice of 1 lemon
1 tsp extra virgin olive oil
2 garlic cloves, chopped finely
1 tsp cumin powder
1 tsp chopped green chili
1/4 tsp black pepper
1/4 tsp sea salt

PREPARATION

Mix all the dressing ingredients in a jar.

Then combine all the salad ingredients in a large bowl and mix in the dressing.

Can add diced avocado into this salad too.



 SERVES 2

COLOURFUL EDAMAME SALAD

INGREDIENTS

1 large handful of rocket leave
1 cup cherry tomatoes, halved
1 cup edamame beans
1 yellow pepper, diced
½ cup sweetcorn

Dressing:

1 garlic clove, chopped finely
½ tsp extra virgin olive oil
Juice from ½ lemon
1 green chili, chopped finely ½
tsp chives, chopped (or to
taste)
Pinch of sea salt to taste
Black pepper to taste

PREPARATION

Make your salad dressing in a small jar. Add the garlic, olive oil, lemon juice, green chili, chives, sea salt, and black pepper to the jar. Mix well.

In a large bowl, place your rocket leaves. Add in your cherry tomatoes, edamame beans, yellow pepper, and sweetcorn.

Add the dressing to your salad, and mix in well. Enjoy and serve as a side salad.

If you don't have rocket leaves, please use any other leafy greens instead.



QUINOA BLACK BEAN BOWL



SERVES 1

INGREDIENTS

1 cup of black beans
1/2 diced pepper
1/2 tomato diced
1/4 cup cooked quinoa
1/4 cup cooked corn
Jalapeno peppers to taste
1 tbsp diced onion
1/3 cup of chopped coriander leaves
1/4 small avocado, diced

Dressing:

1 1/2 tbsp lemon juice
1/2 tsp extra virgin olive oil
1 garlic clove chopped finely
1/3 tsp cumin powder
Sea salt to taste

PREPARATION

One of my favourite quinoa recipes, quick and easy to make and is so satisfying for lunch or dinner. I used leftover quinoa and you can use brown rice instead too.

In a small bowl combine all the dressing ingredients.

In a bowl combine all the salad ingredients, except the avocado.

Mix in the dressing into the salad and layer the avocado on top.

If you don't have cooked quinoa, use leftover brown rice or pasta.



 SERVES 2-3

KALE AND PEAR SALAD

INGREDIENTS

1 small bunch kale, remove thick stem and cut the leaves
1 avocado, diced
1 pear, diced
2 tbsp pumpkin seeds
1/4 cup dried cranberries

Dressing:

1/2 tsp extra virgin olive oil
Juice from 1/2 lemon
Sea salt and black pepper to taste
1 garlic clove, chopped finely

PREPARATION

I enjoy adding both fresh fruit and dried fruit to my salads to sweeten them naturally. The secret to a good kale salad is to massage the dressing into the leaves and to remove the thick stem.

Mix all the ingredients to make the dressing in a small jar.

Using your fingers, massage the dressing into the kale leaves.

Then add in the pear, avocado, dried cranberries and sunflower seeds and mix well.

Serve chilled as a side salad.



thank you!

WANT TO CONTINUE GETTING HEALTHIER WITH ME?

I would be happy to have a free discovery call to understand your goals and share how I can help you to feel healthier & happier.

[CLICK HERE](#) to book the call or send me an email at sujata@optimum-nutrition.org

