

Summer Salads

Warm weather calls for refreshing dishes full of the best flavours the season has to offer. These light summer salad recipes are the perfect go-to summer meal or side dish.



Grocery List



26 ingredients

FRUITS

- 1** Green Apple
- 3/4** Lime
- 1/2** Navel Orange
- 1/4** Seedless Watermelon

BREAKFAST

- 2 tbsps** Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 cup** Raw Peanuts
- 1/8 tsp** Sea Salt
- 0** Sea Salt & Black Pepper

VEGETABLES

- 2 cups** Baby Spinach
- 4** Beet
- 2** Carrot
- 1/2** Cucumber
- 2** Garlic
- 2/3 cup** Green Beans
- 1 cup** Mint Leaves
- 1/4 cup** Radishes
- 2** Thai Chili
- 1** Tomato

BOXED & CANNED

- 1 cup** Chickpeas
- 1/2 cup** Quinoa

BREAD, FISH, MEAT & CHEESE

- 1/2 cup** Feta Cheese
- 1/4 cup** Goat Cheese

CONDIMENTS & OILS

- 1 tbsp** Apple Cider Vinegar
- 1 tsp** Dijon Mustard
- 3 tbsps** Extra Virgin Olive Oil
- 1 tbsp** Tamari



Thai Green Apple Salad



9 ingredients



15 minutes



2 servings

DIRECTIONS

1. In a medium bowl, use the back of a wooden spoon to grind the chili and garlic into a paste.
2. Add peanuts and mash into crumbs. Then mash the green beans until broken, then tomato chunks, tamari, maple syrup and lime juice.
3. Add your grated apple to the mixture and toss lightly. Adjust tamari, maple syrup and lime juice to taste. Enjoy!

NOTES

Likes it Spicy

Start with one pepper per serving and add more to your preference.

Less Spicy

Use half a pepper per serving, replace with red pepper flakes or omit completely.

No Green Apple

Use green papaya.

Serve it With

Shrimp, sticky rice, tofu or Thai Basil Turkey.

INGREDIENTS

- 2 Thai Chili (stems removed and sliced)
- 2 Garlic (cloves, minced)
- 1/2 cup Raw Peanuts (chopped)
- 2/3 cup Green Beans (washed, trimmed and chopped into 1/3s)
- 1 1/2 tbsps Tomato (medium, diced)
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1/2 Lime (juiced)
- 1 Green Apple (medium, grated)

NUTRITION

Amount per serving

Calories	331	Cholesterol	0mg
Fat	19g	Sodium	541mg
Carbs	34g	Vitamin A	1578IU
Fiber	8g	Vitamin C	82mg
Sugar	20g	Calcium	78mg
Protein	13g	Iron	3mg



Watermelon Salad



8 ingredients



15 minutes



2 servings

DIRECTIONS

1. In a small mason jar, combine maple syrup, lime juice, olive oil and salt. Cover with lid, shake to combine and set aside.
2. In a serving bowl, combine chopped watermelon, cucumber, mint and feta.
3. Divide into bowls and drizzle with desired amount of dressing. Enjoy!

NOTES

Make it Greek

Add thinly sliced red onion and black olives.

More Protein

Add edamame, ground flax, hemp hearts or serve with a grilled chicken breast.

More Greens

Add more fresh herbs, arugula or chopped basil.

Watermelon Size

This recipe was developed and tested using a 5 lb. watermelon.

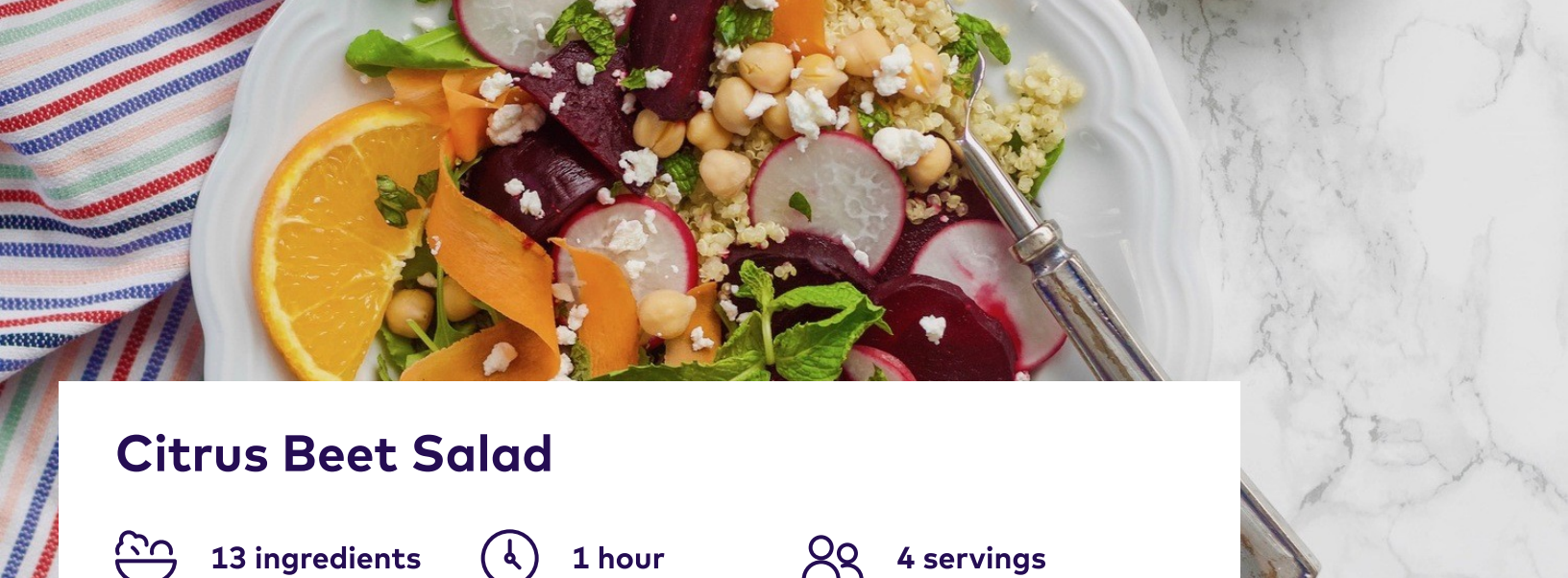
INGREDIENTS

- 1 tbsp Maple Syrup
- 1/4 Lime (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/4 Seedless Watermelon (diced into cubes)
- 1/2 Cucumber (diced)
- 1/2 cup Mint Leaves
- 1/2 cup Feta Cheese (crumbled)

NUTRITION

Amount per serving

Calories	372	Cholesterol	33mg
Fat	16g	Sodium	585mg
Carbs	55g	Vitamin A	3725IU
Fiber	3g	Vitamin C	52mg
Sugar	42g	Calcium	263mg
Protein	10g	Iron	2mg



Citrus Beet Salad



13 ingredients



1 hour



4 servings

DIRECTIONS

1. Preheat the oven to 375 F (190 C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
2. Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
3. Cook your quinoa on the stove according to package directions, and set aside.
4. Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
5. Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, goat cheese, and mint. Drizzle dressing over top and enjoy!

NOTES

Prep Ahead and Save Time

The beets and quinoa can be prepped in advance to make assembling this salad much faster.

Dairy-Free

Omit the goat cheese

No Chickpeas

Use another protein instead such as tofu or cooked, diced chicken breast.

No Quinoa

Use rice instead.

Leftovers

Store in an airtight container in the fridge up to 3 to 4 days and enjoy cold.

INGREDIENTS

- 1/2 tsp Beet (medium, cut into quarters)
- 3 cups Quinoa (uncooked, dry)
- 2 Extra Virgin Olive Oil
- 2 tbsps Navel Orange (juiced)
- 1 tbsps Apple Cider Vinegar
- 1/8 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 3 cups Baby Spinach
- 2 Radishes (finely sliced)
- 2 tbsps Carrot (medium, peeled into ribbons)
- 1/8 tsp Chickpeas (cooked, from the can)
- 1/8 tsp Goat Cheese (crumbled)
- 1/8 tsp Mint Leaves (chopped)

NUTRITION

Amount per serving

Calories	288	Cholesterol	3mg
Fat	11g	Sodium	151mg
Carbs	39g	Vitamin A	6723IU
Fiber	9g	Vitamin C	23mg
Sugar	11g	Calcium	91mg
Protein	10g	Iron	4mg