



# SALADS THAT ARE GOOD FOR YOU

It's a lot easier to eat a plant-rich diet if you have a stable of lick-the-bowl-clean salad recipes. Here are three to add to your repertoire. Each recipe makes four hearty side salads or a quick, scrumptious meal for two. 🍷



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HEALTHY COOK

## Chopped Salad

Total Time: 10 minutes



- 3 Tbs. fresh lime juice, more to taste (about 2 limes)
- ¼ cup minced red onion
- ¼ tsp. kosher salt
- 2 Tbs. mayonnaise
- 1 avocado, chopped
- 1 15 oz. can no-salt-added kidney beans, drained and rinsed
- 2 roasted red peppers, chopped
- Freshly ground black pepper
- 6 cups chopped romaine

*We roasted the red peppers under the broiler until lightly charred, 10-12 minutes, then chopped them with the skin on. You can also use raw red bell peppers (we'd avoid jarred roasted peppers). Add a pound of grilled chicken or shrimp, and dinner for four is ready.*

In a large bowl, whisk together the lime juice, red onion, salt, and mayonnaise. Add the avocado, beans, and red peppers. Season generously with black pepper. Toss gently to combine. • Arrange the romaine on four plates and spoon the dressed avocado, beans, and red peppers on top. • Serves 4 as a side salad.

Per Serving (2½ cups): Calories 250; Total Fat 13 g; Sat Fat 2 g; Protein 9 g; Carbs 26 g; Fiber 14 g; Cholesterol 5 mg; Sodium 190 mg

## Shredded Salad

Total Time: 15 minutes



- 2 Tbs. balsamic vinegar
- 2 Tbs. peanut butter
- 1 Tbs. reduced-sodium soy sauce
- 1 small clove garlic, minced
- 1 tsp. sugar
- 1 cup basil leaves
- 1 cup mint leaves
- 1 cup cilantro leaves
- 4 cups thinly sliced napa cabbage
- 1 cup grated carrot
- ¼ cup roasted peanuts

*No, that's not iceberg lettuce. It's napa cabbage, and it's part of what makes this salad pop with flavor and crunch. To turn it into a meal for four, double the dressing and toss in a pound of shredded cooked chicken or sautéed or baked tofu.*

In a small bowl, whisk together the vinegar, peanut butter, soy sauce, garlic, and sugar. • Chop the basil, mint, and cilantro leaves and toss with the cabbage and carrot. • Toss the salad with the dressing and garnish with the peanuts. • Serves 4 as a side salad.

Per Serving (2 cups): Calories 150; Total Fat 9 g; Sat Fat 1.5 g; Protein 6 g; Carbs 15 g; Fiber 6 g; Cholesterol 0 mg; Sodium 180 mg

## Pan-Roasted Tomato & Chickpea Salad

Total Time: 15 minutes



- 1 pint cherry tomatoes, halved
- 3 Tbs. extra-virgin olive oil
- 2 cloves garlic, minced
- ¼ cup orange juice
- 1 Tbs. red wine vinegar
- ½ tsp. kosher salt
- Freshly ground black pepper
- 6 cups baby arugula
- 2 cups basil leaves
- 1 15 oz. can no-salt-added chickpeas, drained

*For dinner for four, serve this savory and slightly sweet salad with a roasted four-pound chicken and some crusty bread.*

In a large non-stick pan, sauté the tomatoes, cut side down, in 1 Tbs. of the oil until well browned, 3-5 minutes. Remove from the pan and reserve. • Add the remaining oil and sauté the garlic for 30 seconds. Stir in the juice and simmer to reduce by half, about 2 minutes. Remove from the heat and stir in the vinegar, salt, and plenty of black pepper. • Toss the arugula and basil leaves with the dressing and top with the tomatoes and chickpeas. • Serves 4 as a side salad.

Per Serving (2 cups): Calories 230; Total Fat 12 g; Sat Fat 1.5 g; Protein 7 g; Carbs 25 g; Fiber 5 g; Cholesterol 0 mg; Sodium 270 mg

Photos: Stephen Schmitt (top, middle), Jorge Baeh (bottom)

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