

Transformations: Vegan Recipes You Can Live By

Vegetable Salads

A Salad You Can Live On§

- 3-4 cups salad greens, washed and spun dry
- 2 cups spinach, washed and spun dry
- 2 cups sprouts, washed and spun dry
- 1 tomato, washed and quartered or diced
- 1 cucumber, peeled, quartered and sliced
- 2-3 stalks celery, diced
- 2-3 green onions, diced
- 1 lemon or lime, halved
- 1/2 dressing of choice, optional

Simply to make and a healthy as meals gets.

Combine lettuce, spinach, sprouts, and greens of choice in a large bowl. Toss greens to combine.

Top with tomato, cucumber, sprouts, celery, green onions and a bit of lemon or lime juice.

Optionally, serve with dressing of choice.

Alfalfa Sprouts Salad§

- 2 cups alfalfa sprouts, well washed and spun dry
- 1 cup carrots, peeled and shredded
- 1 cup beets, peeled and shredded
- 1 teaspoon lemon juice
- leaf lettuce, washed, optional
- dressing of choice

Combine alfalfa sprouts, carrots, beets and lemon juice in a medium bowl. Toss to combine.

Optionally, serve on leaf lettuce on individual salad plates with dressing of choice.

Apple Walnut Salad with Cranberry Vinaigrette§

DRESSING

- 2 tablespoons dried cranberries
- 2 tablespoons balsamic vinegar
- 1/2 cup red onion, chopped
- 2 teaspoons cane sugar
- 2 teaspoons prepared mustard
- 1/3 cup vegetable oil
- 1/3 cup olive oil
- sea salt, to taste
- pepper, to taste

SALAD

- 4 cups mixed salad greens, washed and spun dry

- 2 lemons, juiced
- 2 cups apples, peeled and cored
- 1/2 cup walnuts, chopped

When I made this I had to make a lot of revisions. The original recipe was very confusing. I've endeavored to fix that.

In a small food processor (or blender), combine the cranberries, vinegar, onion, sugar, and mustard. Purée until smooth. Transfer contents to a blender. Gradually add oil, and season with salt and pepper. Blend until smooth and creamy.

Almost a pint of dressing is created. Put it in a pint mason jar, cover, and refrigerate.

There is more dressing made than this salad needs. Refrigerate the extra.

Place the lemon juice in a container. Slice the apples into the lemon juice and coat.

In a salad bowl, toss together the greens, apples with the lemon juice. Top with walnuts. Add 1/2 (which is more than enough) cup of dressing. Toss to coat.

Store the remainder of the dressing in the refrigerator. It's a delicious dressing on it's own.

Cover with plastic and refrigerate until ready to serve.

Armenian Salad§

- 2 ounces walnuts
- 2 lemons, juiced
- 1-2 tablespoons cane sugar, optional
- 6 medium cucumbers, peeled and sliced
- 1 stalk celery, washed and sliced
- 8 small radishes, washed and sliced

This isn't the best of salads but it is a good use for excess cucumbers. It keeps for several days in the refrigerator.

Combine walnuts, lemon juice and sugar in a small food processor and blend. Toss cucumbers, celery and radishes together in a large bowl. Add dressing and toss to coat.

Arugula Fennel Grapefruit with Sunflower Seeds Salad§

- 2 large handfuls arugula, washed and spun dry (or 1 5 ounce bag)

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- 2 tablespoons olive oil
- 1 lemon, juiced
- 1 fennel bulb, washed and sliced, minus leaves
- 1 grapefruit, peeled, cut into rings and quartered
- 1/2 cup sunflower seeds
- balsamic vinegar

In a bowl, massage arugula with olive oil and lemon juice with your hands until well-coated, then plate. Add fennel, grapefruit and sunflowers on top.

Drizzle with balsamic glaze and serve and toss to serve.

Arugula Salad 1§

DRESSING

- 3 lemons, juiced
- 1 tablespoon honey or maple syrup
- 3 tablespoons olive oil
- pinch of sea salt

SALAD

- 4 cups arugula (or kale), washed and spun dry
- small head lettuce, washed and spun dry
- 1 pear, peeled and cut into strips with a peeler
- 1 carrot, peeled and cut into strips with a peeler
- 1 tomato, washed and quartered
- sprouts, washed and spun dry, optional
- 1 cup mushrooms, washed and sliced
- 1 tablespoon dried cranberries
- 2 tablespoons pumpkin or sunflower seeds

This salad has a very short shelf life. Adjust ingredients for the immediate meal only.

Combine all DRESSING ingredients in a blender. Blend until smooth. Pour into a serving container.

Combine all the SALAD ingredients in a large bowl. Add dressing and toss to combine. Refrigerate until ready to serve.

For reasons not entirely clear, this salad tended to get soggy in the refrigerator, which is why it needs to be eaten at one setting. I'm assuming it has a short shelf life, too.

Arugula Salad 2§

- 1 clove garlic, crushed
- pinch of lemon zest
- 1/2 lemon, juiced
- pinch of dry mustard
- 1 tablespoon white wine vinegar
- 1/2 teaspoon sea salt, or more to taste
- pepper, to taste
- 3 tablespoons olive oil

- 5 ounces arugula or a mixture of greens, washed and spun dry

It doesn't get any more basic than this. It's really quite a delicious salad depending on the type of greens used.

In a small bowl or blender, whisk together the garlic, lemon zest, lemon juice, mustard, vinegar, sugar, salt and pepper. Slowly drizzle in the olive oil, whisking constantly. Adjust the seasonings with salt.

Serve arugula salad with dressing on the side.

Arugula Strawberry Salad with Divine Green Dressing

<http://www.rebootwithjoe.com/arugula-strawberry-salad-recipe/>

SALAD

- 1 cup baby kale leaves, washed
- 1 cup arugula, washed
- 1 small fennel bulb, washed and shredded
- 1 cup cherry tomatoes, washed and chopped in half
- 1 cup yellow cherry tomatoes, or more red cherry tomatoes, washed and chopped in half
- 1/4 red onion, thinly sliced
- 2 shallot, chopped roughly
- 8 strawberries, washed, hulled and chopped
- 4 tablespoons sunflower seeds, or any kind of chopped nuts

DIVINE GREEN DRESSING

- 1/2 avocado, peeled and pitted
- 2 teaspoon Bragg's apple cider vinegar
- 1 tablespoons lemon juice
- 1/4 teaspoon sea salt
- 1/4 cup olive oil
- 1/4 cup filtered water
- 1 teaspoon honey, optional
- 1 tablespoons fresh basil, minced

Combine SALAD ingredients

Combine DRESSING ingredients in a blender. Blend until smooth.

Drizzle dressing over salad and toss to serve.

Arugula and Parmesan Salad§

- 2 5 ounce packages arugula or an mixture of arugula and other greens, washed and spun dry
- 1/4 cup cilantro, washed and roughly chopped
- 2 teaspoons lemon juice
- 2 teaspoons olive oil
- 2 teaspoons balsamic vinegar
- 1-2 teaspoons red pepper flakes, optional
- pinch of pepper
- **Vegan Parmesan 'Cheese' Substitute**, optional

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Toss arugula and cilantro together in a large salad bowl. Drizzle arugula mixture with lemon juice, olive oil, and balsamic vinegar. Sprinkle with red pepper flakes and black pepper. Toss salad again.

Optionally, add more lemon juice, olive oil, balsamic vinegar, red pepper flakes, and black pepper to taste.

Serve with **Vegan Parmesan ‘Cheese’ Substitute** on the side.

Arugula, Fennel and Orange Salad 1§

CITRUS VINAIGRETTE

- 1/2 cup orange juice
- 2 tablespoons lemon juice
- 2 teaspoon orange zest
- 1/4 cup olive oil
- 2 teaspoon dry mustard
- 1/2 teaspoon dried tarragon
- 1 shallot, chopped
- sea salt, to taste
- pepper, to taste

SALAD

- 1 large fennel bulb, washed, chopped and the sliced
- 3 large Navel oranges, peeled and broken into segments
- 4 cups arugula or other greens, washed and spun dry

This makes a large salad, enough for 8-10 according to the original source. For a smaller company, divide the ingredients in half. It's an okay salad; not great, just good. The fennel does provide for a zesty flavor.

To make the vinaigrette, combine the CITRUS VINAIGRETTE ingredients and blend to liquefy. Season with salt and pepper. Set aside.

Place the fennel and arugula in a large serving bowl, add the vinaigrette and toss gently to coat thoroughly with dressing. Arrange the orange segments on the top to serve.

As the dressing is added to this salad, it has a very short shelf life. The leftover salad makes a decent juice beverage when the leftover salad is run through an electric juicer.

Arugula, Fennel and Orange Salad 2

- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper
- 1/4 cup olive oil
- 1 large handful arugula
- 2 oranges, peeled and segmented

- 1 fennel bulb, washed and thinly sliced
- 2 tablespoons black olives, sliced

Whisk together the honey, lemon juice, salt, and pepper. Slowly add the olive oil while continuing to whisk.

Place the arugula in the bottom of a salad bowl. Scatter the orange segments, fennel slices, and olives over the arugula.

Drizzle the dressing over the salad to serve.

Arugula, Grapefruit and Orange Salad with Simple Lemon Vinaigrette

DRESSING

- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup parsley, washed and minced
- 1 teaspoon garlic, minced
- sea salt, to taste
- pepper, to taste

SALAD

- 1 grapefruit, peeled cut into bite sized pieces
- 2 oranges, peeled cut into bite sized pieces
- 1/4 red onion, chopped
- 2 5 ounce packages arugula, washed and spun dry
- 1/4 cup fresh basil, washed and chopped
- 2-3 tablespoons sesame seeds, to taste

In a blender, combine olive oil, lemon juice, parsley, garlic, salt and pepper. Blend until smooth and creamy.

In a large bowl, combine grapefruit, orange, onion, arugula and basil leaves, tossing after EACH addition each ingredient. Stir the dressing. Sprinkle with sesame seeds.

Asian Salad

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (p. 204) Charisma House Kindle Edition

- 2 zucchini squash, sliced into strips
- 2 cups mung bean sprouts, washed and spun dry
- 3/4 cup almonds or cashews, chopped
- 1 red or yellow bell pepper, sliced into strips
- 4 green onions, washed and chopped
- 1/2 cup cilantro, washed and chopped
- 1 lime, juiced
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt

Toss all ingredients together in a bowl until well coated.

Serve.

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Asparagus, Orange and Lettuce Salad§

SALAD

- 2 1/2 cups asparagus, washed and diagonally sliced
- 2 cups lettuce, torn and washed and spun dry
- 2 large oranges, sliced into rounds
- 1 red onion, thinly sliced

DRESSING

- 1/3 cup raspberry vinegar
- 2 tablespoons olive oil
- 1 tablespoon orange juice
- 1 tablespoon cane sugar
- sea salt, to taste
- pepper, to taste

Fill a large pot with water and boil. Add the asparagus and blanch for 1 minute. Drain, and plunge asparagus into a bowl of ice cold water. Drain again and dry.

In a large bowl, combine the asparagus, lettuce, oranges, and red onion. Toss to combine.

Combine raspberry vinegar, olive oil, orange juice, sugar and salt and pepper in a blender. Serve salad with dressing on the side.

Autumn Mixed Greens Salad§

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1991) The Experiment Kindle Edition

DRESSING

- 3 tablespoons dried cranberries
- 6 tablespoons boiling filtered water
- 1/4 cup maple syrup
- 1 teaspoon orange zest
- 1 orange, juiced
- 2 tablespoons balsamic vinegar

SALAD

- 6 cups mixed salad greens, washed and spun dry
- 1/2 cup pecans, chopped
- 2 crisp apples, peeled, cored and diced
- 1/2 cup dried cranberries

Rehydrate the cranberries by placing them in boiling water for 15 minutes.

Combine all the DRESSING ingredients in a blender and blend until smooth. Place in a container and cool in the refrigerator.

Combine greens, pecans, apples and dried cranberries. Toss well.

Right before serving, pour dressing on salad and toss.

Avocado Caprese Salad§

Originally "Meatless Monday: Avocado Caprese Salad". <http://www.rebootwithjoe.com/avocado-caprese-salad/>

- 2 large tomatoes, sliced into 4 thick slices (discard round ends)
- 1/2 avocado, peeled, pitted and sliced
- 8-16 leaves fresh basil, washed
- olive oil, to taste
- balsamic vinegar, to taste
- sea salt, to taste
- pepper, to taste

Assemble tomato on plate and top with avocado slices.

Add 1-2 basil leaves to each tomato. Drizzle with olive oil and balsamic vinegar and dash of salt and pepper.

Serve as an appetizer or a light meal.

Avocados and Mushrooms Cosmopolitan§

- 2 avocados, peeled, pitted and thinly sliced
- 8 ounces mushrooms, well washed and thinly sliced
- 1/3 cup olive oil
- 1 lemon, juiced
- 1 tablespoon white wine vinegar
- 1 tablespoon parsley, washed and minced
- 1 teaspoon garlic, minced
- pinch of pepper, optional

In a small bowl, arrange layers of avocados and mushrooms.

In a blender, combine oil, lemon juice, vinegar, parsley, garlic and pepper. Blend until smooth and creamy.

Pour mixture over avocados. Toss to coat mushrooms and avocados. Cover and chill at least 1 hour before serving.

Stir before serving to redistribute dressing.

Baby Spinach Salad with Pears and Red Onions§

DRESSING

- 1/2 cup olive oil
- 3 tablespoons balsamic vinegar
- 1 teaspoon prepared mustard
- 2 teaspoons cane sugar
- sea salt, to taste
- pepper, to taste

SALAD

- 1/4 cup purple onion, diced
- 1/3 cup dried cranberries
- 8 cups spinach, washed and spun dry
- 2 pears, peeled, cored and cut thin slices)
- 2/3 cup walnuts, chopped

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Combine DRESSING ingredients in a blender. Blend on high to combine. Season with salt and pepper to taste. Set aside.

Place the onions in a medium bowl and cover with water. Let stand for 30 minutes. Drain well and pat dry on paper towels.

To assemble the salad, place the spinach, onions, and pears in a large bowl. Reblend dressing. Pour over salad. Toss to coat evenly. Arrange the salad in a large serving bowl and scatter the cranberries and hazel nuts or walnuts over the top.

Serve immediately.

Basic Everyday Salad§

- 4 cups leaf or any variety lettuce, torn into pieces and washed and spun dry
- 1 cup spinach, washed and spun dry
- 2 ripe tomatoes or 2 cups cherry tomatoes, washed and diced
- 1/2-1 cucumber, peeled and diced
- 1 1/2 cups sprouts, washed and spun dry
- dressing of choice

Combine lettuce and spinach in a large salad bowl. Toss to combine. Add tomatoes and cucumber to salad. Top with the sprouts. Serve with dressing of choice.

Big Reboot Salad

<http://www.rebootwithjoe.com/big-reboot-salad/>

- 1 cup arugula, washed and spun dry
- 2 cups spinach, washed and spun dry
- 1 cup red leaf lettuce, torn and washed and spun dry
- 1/2 cucumber, peeled and sliced
- 1/2 cup carrots, peeled and shredded
- 1/2 cup cherry tomatoes, washed and halved
- 1 cup broccoli, washed and diced
- 1 cup cauliflower, washed and diced
- 1 cup jicama, peeled and diced
- 1/4 cup dried cranberries
- 1/2 avocado, peeled, pitted and diced, optional
- dressing of choice

Originally a Joe Cross recipe, it doesn't get any better than this though it does make a pretty big salad.

Combine vegetables in large bowl, tossing with each addition.

Optionally, serve with avocado on the side.

Unless the whole salad is eaten at one sitting, it's best NOT to add the avocado to the main salad as it has a short shelf life once the peeling is removed.

Serve with dressing of choice.

I've found that either Creamy Cucumber Dill Dressing or Blue Ribbon Seven Herb Dressing work very well with this salad.

Blackberry Spinach Salad§

- 3 cups baby spinach, washed and spun dry
- 1 pint blackberries, thawed
- 1 pint cherry tomatoes, washed and halved
- 1 green onion, sliced
- 1/4 cup walnuts or pecans, finely chopped
- balsamic vinegar, optional

An exceptionally healthy salad when black berries are cost effective. Grape tomatoes can be used instead of cherry tomatoes. This salad really doesn't need a dressing. It's quite delicious in and of itself.

In a large bowl, toss together baby spinach, blackberries, cherry tomatoes, green onion, and walnuts.

Optionally serve with a balsamic vinegar, or other dressing of choice.

Broccoli Cilantro Pesto Salad§

<http://www.rebootwithjoe.com/broccoli-cilantro-pesto-salad-recipe/>

SALAD

- 2 cups leafy greens, chopped and washed and spun dry
- 1 head of broccoli, washed and chopped
- 1/2 leek, washed, with the green tops discarded, and finely sliced
- 1 box cherry tomatoes, washed and halved
- 1/4 cup cashews
- 1/4 cup currants or raisins
- 1 avocado, peeled, pitted and sliced

CILANTRO PESTO DRESSING

- 2 cups fresh cilantro, minced, about 1 bunch
- 1/2 cup olive oil
- 1/4 cup sunflower seeds
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- sea salt, to taste
- pepper, to taste

The original recipe called for 1/4 cup of shelled pistachios. I changed it to 1/4 cup of cashews. Pistachios are really expensive; cashews not so much.

Too, the original recipe calls for 1/4 cup of olive oil. That is clearly too little. I changed it to 1/2 cup. The dressing is not that great.

Optionally, lightly steam the broccoli for 1-2 minutes.

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Add all the salad ingredients into a bowl. Toss to combine.

The dark green portion of the leek needs to be discarded. It's rather sharp and 'chewy'. The green top certainly can be saved for juicing.

Combine DRESSING ingredients in a blender. Go easy on the salt. Blend until smooth. It will be necessary to push down the cilantro to properly blend it into the dressing.

Serve salad with dressing on the side.

Broccoli Waldorf Salad§

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 812) Page Street Publishing Kindle Edition

SALAD

- 2 cups broccoli florets, chopped
- 1 stalk celery, washed and sliced
- 1/2 apple, washed, peeled, cored and diced
- 1/4 red onion, chopped
- 1/3 cup dried cranberries
- 1/2 cup pecans, chopped

DRESSING

- 1/2 cup vegan mayonnaise, under "Red Bell Pepper Aioli"*
- 1/2 lemon, juiced
- 1 1/2 teaspoons maple syrup or agave nector

Toss together SALAD ingredients in a bowl.

In a separate bowl, toss together vegan mayonnaise and lemon juice.

Pour over salad and toss to serve.

Cabbage Crunch§

<http://media.mercola.com/assets/pdf/ebook/raw-food-ebook.pdf>, page 20

SALAD

- 1/2 | 1/4 head red cabbage, finely chopped
- 1/2 | 1/4 head white cabbage, finely chopped
- 1/2 | 1/4 red onion, chopped
- 1/2 | 1/4 cup fresh cilantro, washed and chopped
- 1/2 | 1/4 jalapeño pepper, seeded and minced, optional

DRESSING

- 1 | 1/2 teaspoon sesame seed, ground
- 1 | 1/2 cup almond butter
- 1/2 | 1/4 cup fresh cilantro, washed and chopped
- 1 | 1/2 tablespoon sesame oil
- 1 | 1/2 tablespoon fresh ginger, peeled and minced
- 1/2 | 1/4 jalapeño pepper, seeded and chopped, optional

- 1/2 | 1/4 lemon, juiced
- 1 | 1/2 tablespoon Bragg's apple cider vinegar
- 1 | 1/2 tablespoon rice vinegar
- 1 | 1/2 cup olive oil
- 1 | 1/2 tablespoon white (or red) miso paste, optional

A rather unique recipe. The DRESSING ingredients make for an alternative to traditional mayonnaise. It's not that great of a salad; okay, but not great. Start with half the ingredients indicated (indicated following the "|"), for a half batch—just in case it's not quite what you expected.

Mix the cabbage with the chopped onions. Add cilantro and jalapeno.

Place all the DRESSING ingredients into a blender and blend briefly. It may be necessary to use a spatula to push the mixture down into the blender.

Mix into salad mix.

Refrigerate for at least 2 hours, covered, to all the flavors to blend and balance out.

The DRESSING is a little strong initially. As with most cole slaw type salads, the salad tends to mellow, including the dressing, and become better with age. To be sure, the DRESSING is a much healthier than traditional a mayonnaise type of dressing.

California Lettuce Salad§

- 1/2 head Romaine lettuce, torn into pieces and washed and spun dry
- 1/2 cup spinach, washed and spun dry
- 1/4 cup parsley, washed and chopped
- 1 large tomato, washed and diced
- 1/2 avocado, peeled, pitted and diced, optional
- 1/2 cucumber, peeled and sliced
- 1/4 cup red onion, peeled and diced
- 1/2 cups sprouts of choice, washed and spun dry
- dressing of choice

Place the first three ingredients in a salad spinner and wash well. Layer on bottom of bowl.

Place remaining ingredients, except for sprouts, on top of salads. Salad does not need to be tossed.

Wash and rinse sprouts several times and keep in a separate bowl.

If making a fairly large salad (doubling or tripling the ingredients), place the avocado and cucumber, as well as the sprouts, in separate bowls, for storage, to prevent their decaying in the salad itself when salad is refrigerated.

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Refrigerate until ready to serve.

Top with sprouts (and avocado and cucumber if stored separately), with your choice of dressing on the side.

Carrot Dill Salad

<http://www.rebootwithjoe.com/carrot-dill-salad/>

- 3 cups salad greens, torn into pieces and washed and spun dry
- 1 cup carrot, peeled and shredded
- 1 cup fennel bulb, washed, peeled and shredded
- 1 cup radish, washed and shredded
- 1 cup cabbage, washed and shredded
- 1 cup celery, washed and diced
- 1 teaspoon dill weed
- 1 lemon, juiced
- 1/2 avocado, peeled, pitted and diced, optional

Combine all ingredients into a large bowl.

Toss to serve.

Carrot Salad 1

- 4 carrots, peeled and shredded
- 1/2 lemon, juiced
- 1 tablespoon apple cider vinegar
- 3 tablespoons olive oil
- 1/2 cup parsley, washed and chopped
- 1/2 cup fresh mint, washed and chopped
- 1/2 cup walnuts, chopped

Place carrots in a bowl. Add all other ingredients.

Toss to combine and serve.

Carrot Salad with Lemon-Poppy Seed Dressing

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 949) Flatiron Books Kindle Edition

SALAD

- 5 carrots, peeled and cut into strips
- 1 cup fresh cilantro, washed and chopped
- 1/4 cup pistachios, coarsely chopped

DRESSING

- 1/4 cup olive oil
- 1 tablespoon maple syrup
- 2 tablespoons poppy seeds
- 1 inch piece of ginger root, peeled and minced
- 1 teaspoon lemon zest
- 2 lemons, juiced
- pinch of sea salt

Place SALAD ingredients in a bowl.

Combine DRESSING ingredients in a blender. Blend until smooth.

Serve salad with dressing on the side.

Carrot and Almond Salad

- 8 carrots, peeled, shredded and chilled
- 1/2 cup almonds, chopped
- 1/4 cup parsley, chopped
- **Ginger Vinaigrette Dressing**

Combine carrots, almonds and parsley in a bowl. Toss to combine.

Add **Ginger Vinaigrette Dressing**. Toss again to coat carrots with dressing to serve.

Cauliflower and Greens Salad§

- 1 1/2 cups salad greens, torn into pieces and washed and spun dry
- 1-1 1/2 cup cauliflower, washed and thinly sliced
- 1-1 1/2 cup carrots, peeled and shredded
- 1/2 cup pecans or other nuts of choice, chopped
- dressing of choice

In a medium bowl, combine salad greens, cauliflower and carrots. Toss to combine. Top with pecans.

Serve with dressing of choice on the side.

Chef Salad§

- 1 clove garlic, minced
- 2 cups Romaine or other leaf lettuce, torn into pieces and washed and spun dry
- 1 cup spinach, washed and spun dry
- 2 tomatoes, washed and cut into wedges
- 2 radishes, washed and thinly sliced
- 1 cucumber, peeled and sliced
- 1 green bell pepper, washed and cut into narrow strips
- dressing of choice

For such a basic salad, this entrée is delicious.

Spread garlic in bottom of a salad bowl. Crush remaining garlic and place in bottom of bowl. Place lettuce and spinach in salad bowl. Add tomatoes, radishes, cucumber and green pepper. Toss well to blend in crushed garlic.

Serve with dressing of choice.

Chickpea Avocado Salad

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1860) The Experiment Kindle Edition

- 2 15 ounce cans chickpeas, diced and rinsed
- 1 small red onion, diced

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- 2 cloves garlic, minced
- 1/2 teaspoon lemon zest
- 4 limes, juiced
- 1 jalapeño pepper, seeded and minced, optional
- sea salt, to taste
- 1 avocado, peeled, pitted and sliced

Refrigerate for at least one hour to chill.

Right before serving top with sliced avocado (or serve with avocado on the side) to serve.

Chilean Salad§

- 1 tablespoon sea salt
- 3 cups filtered water
- 1 red onions, thinly sliced
- 1/4 cup cilantro, washed and minced
- 1/4 cup parsley, washed and minced
- 1/4 teaspoon pepper
- 2 1/2 tomatoes, washed and chopped
- 3 tablespoons olive oil
- 1/4 cup lemon juice

The original recipe made a fairly large salad. I cut the ingredients in half to make for a smaller salad, one that could be consumed in the relatively short time that this salad will keep in the refrigerator.

In a large bowl mix the salt and water. Add the onions and marinate in the refrigerator for 4-5 hours. Discard the soaking liquid and rinse the onions in cold water in a salad spinner. Drain and rinse 2-3 times and then spin dry several times, discarding the excess water each time.

Combine the onions with the remaining ingredients. Add more lemon juice and pepper if desired. Serve immediately.

This recipe can also be used as a base in other salads with the oil and lemon juice already added.

Chopped Cranberry and Collards Salad§

Originally "Meatless Monday: Chopped Cranberry 'N Collards Salad". <http://www.reboot-withjoe.com/meatless-monday-chopped-cranberry-n-collards-salad/>

- 1 orange, peeled and diced
- 1 honey crisp apple or other sweet apple, peeled and diced
- 1 cup dry cranberries
- 1 tablespoon honey
- 1 teaspoon orange zest
- 1 bunch collard greens or other greens of choice, washed and chopped

Juice orange and apple in an electric juicer. Add cranberries and honey into food processor. Add fruit juice, honey and orange zest, and pulse chop to blend.

Add collards to a bowl and top with dressing.

Toss to combine and serve.

Chopped Green Garden Salad§

SALAD

- 1 cup peas, cooked
- 1 small head Romaine lettuce, torn into pieces and washed and spun dry
- 2 cups spinach, washed and spun dry
- 2 cups kale, washed and spun dry
- 1 cup broccoli, washed and chopped, saving the stems for the dressing
- 1 green apple, peeled, cored and chopped
- 1/4 cup pumpkin seeds

DRESSING

- 1 avocado, peeled and pitted
- 1/2 cup broccoli stems
- 2 limes, juiced
- 1 tablespoon olive oil
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon sea salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon celery salt
- 1 cup filtered water

Fill a large bowl with the vegetables, apple, and pumpkin seeds. Toss to combine.

Add all of the DRESSING ingredients to a blender and blend until smooth and creamy.

Serve with dressing on the side.

Cilantro-Lime Cucumber Salad§

- 1 jalapeño pepper, seeded and finely diced
- 2 cloves garlic, finely minced
- 3 tablespoons lime juice
- 1/4 teaspoon red pepper flakes, to taste
- 1/2 teaspoon sea salt, or to taste
- pepper, to taste
- 3 tablespoons olive oil
- 2 cucumbers, peeled and finely
- 2 tomatoes, washed and diced
- 4 tablespoons cilantro, or to taste, minced

Combine jalapeño, garlic, lime juice, red pepper, salt, pepper and olive oil in a blender. Blend until smooth.

Add dressing to cucumbers and cilantro. Toss to combine.

Cover and refrigerate until ready to serve.

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Citrus Festival Salad

DRESSING

- 3 tablespoons lime juice
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 1 tablespoon chili powder
- 1/4 teaspoon chipotle powder
- sea salt, to taste

SALAD

- 8 medium carrots, peeled and julienned
- 1 bunch green onions, washed and sliced
- 1 cup cherry tomatoes, washed and halved
- 1 large avocado, peeled, pitted and diced

Whisk together DRESSING ingredients.

Toss SALAD ingredients together in a bowl with the dressing to serve.

Citrus Kale Salad§

Originally "Meatless Monday: Citrus Kale Salad". <http://www.rebootwithjoe.com/meatless-monday-citrus-kale-salad/>

SALAD

- 3 large leaves kale, stemmed and chopped, or 4 cups of mixed salad greens, washed and spun dry
- 1 lemon, juiced
- 1 apple, peeled, seeded and diced
- 1 orange bell pepper, washed and seeded and diced
- 1 cup pineapple, well drained if using canned pineapple, and diced
- 1/2 cup almonds, chopped (any kind of almonds can be used)

DRESSING

- 1 tablespoon olive oil
- 1/2 cup orange juice, freshly squeezed

While originally intended to be a kale salad, any kind of salad greens can be used.

Combine lemon juice with apple, pepper and pineapple, stirring to coat. Combine the olive oil and orange juice in a separate bowl. Combine kale, apple, pepper, pineapple and almonds in a separate bowl. Toss to combine.

Add minimally mixed olive oil and orange juice and toss to coat greens with orange juice based dressing. Cover with plastic wrap and refrigerate until ready to serve.

Classic Celery Slaw

- 24 cherry tomatoes, washed and halved, with 1 cup reserved on the side
- 4 medium cucumbers, peeled, quartered and sliced

- 3 stalks celery, washed and chopped
- 1 cup mango, thawed and diced
- 1/2 teaspoon ground coriander, optional

Combine tomatoes, cucumber and celery in a large mixing bowl.

In a food processor, blend in mangos with 1 cup of dried tomatoes and coriander powder until smooth. Add to salad and toss.

Refrigerate to chill, 1-2 hours before serving.

Clementine Vinaigrette

- 6-8 cups salad greens, torn into bites and washed and spun dry
- 2 fennel bulb, washed and peeled and thinly sliced
- 3 leaves Belgian endive, washed, chopped
- 4 halo or Clementine oranges, peeled, seeded, and cut into sections
- **Clementine Vinaigrette**
- 1/4 cup sunflower seeds

Add greens, fennel, endive and halo oranges to bowl. Toss gently.

Serve on salad plates with sunflower seeds as garnish with **Clementine Vinaigrette** on the side.

Confetti Coleslaw§

- 1 cup purple cabbage, washed and shredded
- 2 cups green cabbage, washed and shredded
- 1 large carrot, peeled and shredded
- 1 medium green bell pepper, washed and finely chopped
- 3-6 green onions, washed and finely chopped
- 1 stalk celery, washed and finely chopped
- 1 cup **Coleslaw Dressing**

Alternately one or two packages of prepared coleslaw mix can be used instead of chopping your own cabbage and carrots.

In a large bowl combine red and green cabbage. Stir to blend. Add carrot, bell pepper, green onions, and celery.

Add **Coleslaw Dressing**. Toss to blend well. Cover and refrigerate to allow flavors to blend for 1 or more hours, preferably overnight. Allow to sit at room temperature for 30 minutes to allow flavors to mingle. Toss before serving.

Cool Veggie Salad§

SALAD

- 4 cups assorted greens, well washed and spun dry, optional

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- 2 large tomatoes, washed and cut into 1/2 inch chunks
- 1 large cucumber, peeled and cut into 1/2 inch chunks
- 1 large carrot, peeled and shredded
- 1/2 red onion, cut into 1/2 inch chunks

DRESSING

- 1/4 cup olive oil
- 3 tablespoons apple cider vinegar
- 2 cloves garlic, minced
- 1 teaspoon cane sugar
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper

There is no hard and fast way to make this salad. Originally intended as a vegetable only salad, I added the optional greens.

Place greens in the bottom of a salad bowl, if used.

In a large bowl, combine tomatoes, cucumbers, carrots, and red onion. Top greens, if used, with vegetable mixture. Do not toss.

In a small bowl, whisk together the oil, vinegar, garlic, sugar, salt, and pepper.

Serve salad with dressing on the side.

Cranberry Pecan Salad§

DRESSING

- 2 tablespoons raspberry vinegar
- 1/2 teaspoon prepared mustard
- 1/2 teaspoon cane sugar
- 1/2 teaspoon sea salt
- pepper, to taste, optional
- 6 tablespoons olive oil

SALAD

- 1 cup pecan peaces
- 6 cups mixed salad greens, washed and spun dry
- 3/4 cup dried cranberries
- 1/2 medium red onion, quartered and thinly sliced

In a blender, combine the vinegar, mustard, sugar, salt, and pepper. Add sugar and salt and blend to dissolve. Slowly add in olive oil and blend. Set dressing aside in serving container.

In a salad bowl, toss together the greens, cranberries, pecans, onions, and cheese. Toss gently to combine.

Drizzle vinaigrette on salad when served, or serve on the side.

Cranberry Spinach Salad§

SALAD

- 3/4 cups slivered almonds
- 1 8 ounce package of spinach, washed and spun dry
- 1 cup dried cranberries

DRESSING

- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1/2 cup cane sugar
- 2 teaspoons onion, minced
- 1/4 teaspoon paprika
- 1/4 cup white wine vinegar
- 1/4 cup apple cider vinegar
- 1/4 cup olive oil

As spinach-based salads goes, this is one of the best.

The original recipe calls for blanching almonds, removing the skins and then chopping them. Using sliced almonds is much easier.

In a large bowl, combine spinach, almonds and cranberries. Toss to combine.

In a blender, blend together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, apple cider vinegar, and olive oil.

Cover salad and seal dressing and refrigerate until ready to serve. Right before serving, add the dressing and toss to coat spinach. Optionally, serve salad with dressing on the side.

The spinach tends to wilt if the dressing is applied too soon.

Cranberry Walnut Slaw§

- 4 cups cabbage, shredded
- 2 carrots, peeled and shredded
- 1/2 large sweet onion, chopped
- 2 stalks celery, washed, peeled and shredded
- 1 stalk celery, washed and chopped
- 1/2 cup dried cranberries
- 1/4 cup walnuts, chopped
- 1/2 cup Bragg's apple cider vinegar
- 1/3 cup cane sugar
- 1/2 cup olive oil
- 1 1/2 teaspoons sea salt
- 1 1/2 teaspoons dry mustard
- pepper, to taste

An excellent slaw mix which keeps well for several days in the refrigerator. For an extra special treat, use black walnuts instead of regular ones.

In a large bowl, toss together the coleslaw mix, on-

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ion, celery, cranberries, and walnuts. Mix the vinegar, sugar, oil, salt, mustard, and pepper in a jar with a lid. Pour over the slaw mixture, and toss to coat.

Cover with plastic and refrigerate until serving to serve.

Crazy Green Salad

SALAD

- 2 large handfuls mixed leafy greens, torn into bite sized pieces and washed and spun dry
- 1-2 cucumbers, peeled and sliced
- 4 radishes, sliced
- 1/4 red onion, sliced

DRESSING

- 1/4 cup olive oil
- 1/2 tablespoons molasses
- 2 teaspoons apple cider vinegar
- 1/2 lemon, juiced
- 1 clove garlic, diced
- sea salt, to taste
- pepper, to taste

Place lettuce in a large bowl. Layer, in no particular order, the cucumbers, radishes or turnips and red onion.

Combine DRESSING ingredients in a blender blending until smooth.

Top salad with dressing. DO NOT TOSS.

Refrigerate until ready to serve.

Creamy Jicama Salad

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 842) Flatiron Books Kindle Edition

SALAD

- 3 cups jicama, peeled and diced
- 1/2 cup celery, washed and diced
- 1/2 cup red onion, diced
- pinch of sea salt

DRESSING

- 2 tablespoons **Tahini**
- 1/2 avocado, peeled and pitted
- 1 tablespoon, Dijon mustard
- 1 tablespoon, lemon juice
- 1/2 teaspoon Bragg's Liquid Aminos
- 1/2 teaspoon ground cumin
- 1 clove garlic, minced
- 1 teaspoon dried dill
- 1 teaspoon dried tarragon
- filtered water, as needed

Combine SALAD ingredients in a bowl.

Combine DRESSING ingredients in a blender. Add up

to 1/4 cup of water to develop a pourable dressing.

Combine dressing with salad to serve.

Crisp Green Apple and Fennel Salad

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 1094) Flatiron Books Kindle Edition

SALAD

- 3 green apples, washed, cored, and thinly sliced
- 2 bulbs fennel, washed, trimmed and thinly sliced
- 3 cups arugula, washed

DRESSING

- 1/2 cup **Tahini**
- 1/2 cup lemon juice
- 1 inch piece of ginger root, peeled and minced
- 2 tablespoons maple syrup
- 1/2 teaspoon sea salt

GARNISH

- 1 cup pomegranate seeds, optional
- 4 chives, chopped, optional

Combine apple, fennel and arugula in a large bowl.

Combine all the DRESSING ingredients in a bowl and blend with a wire whisk.

Pour dressing over salad. Toss to coat.

Serve with pomegranate seeds and chives on the side, if used, as a garnish.

Crunchy Vietnamese Salad§

Originally "Meatless Monday: Crunchy Vietnamese Salad". <http://www.rebootwithjoe.com/meatless-monday-crunchy-vietnamese-salad/>

SALAD

- 1 tablespoon coconut oil
- 1/2 cup silvered almonds
- 1/4 cup pumpkin seeds
- 2 cups of red cabbage, shredded
- 2 leaves kale, sliced
- 1 cup mung bean sprouts
- 1 carrot, peeled and shredded
- 1 avocado, peeled, pitted and sliced
- 1/2 red onion, thinly sliced
- 4 green onions, sliced
- 2-4 jalapeño peppers, seeded, well washed and diced
- 1 large handful cilantro, chopped
- 1 cup **fresh mint**, chopped (see note in instructions)

DRESSING

- 1 lime, juiced
- 1 tablespoon tamari, or Bragg's Liquid Aminos

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- 1/4 cup olive oil, peeled and sliced
- 1 teaspoon honey
- sea salt, to taste
- pepper, to taste

This salad is very spicy. Use less jalapeño pepper and cilantro, to taste.

In a skillet, melt the coconut oil. Over a medium heat, roast the almonds and pumpkin seeds, stirring frequently, until browned. (The oil will start smoking). Turn roasted almonds and pumpkin seeds onto a plate with 2-3 layers of paper towels to absorb the excess oil. Set aside. For the cabbage, shred it first and then add 2 cups of the shredded cabbage to the salad. Store excess shredded cabbage in a zip lock bag in the refrigerator for use elsewhere.

Add one ingredient in the SALAD list and stir before combine continuing.

If using fresh mint, strip leaves from stem and chop the mint before adding to salad.

As the last ingredient, add the browned almonds and pumpkin seeds. Toss to combine.

Combine the DRESSING ingredients in a jar and shake to combine. Pour dressing over salad and toss to combine.

Optionally, spoon salad into a serving bowl to save space. Cover with plastic wrap and refrigerate to allow flavors to blend until serving.

Cucumber Delight

- 1/4 head leaf lettuce, torn into bite sized pieces and washed and spun dry
- 3 cucumbers, peeled and diced
- 2 cups carrots, peeled and shredded
- 2 cups celery, washed and diced
- 2 green onions, washed and peeled and thinly sliced
- 1/2 cup peas, thawed
- 2 teaspoons dried dill weed, optional
- 2 teaspoons Bragg's Liquid Aminos
- 2 teaspoons olive oil

Lay out lettuce on a large serving platter. Lay out cucumbers over lettuce on platter.

Combine carrots, celery, onions and peas. Toss to coat.

In a blender or bowl mix the olive oil and Bragg's Liquid Aminos and dill. Top cucumbers and lettuce with vegetable mixture.

Serve at room temperature with dressing on the side.

Cucumber Salad with Sour Cream Recipe§

- 1/2 cup sour cream
- 2 teaspoons cane sugar
- 1 teaspoon white vinegar
- 1 teaspoon sea salt
- 1/2 teaspoon dill weed
- 4 medium cucumbers, peeled and sliced

In this case, sour cream is an accepted 'occasional' element. I don't really know of a viable substitute. It's included here because it's a delicious recipe, part of the 10% 'other' foods in the 90/10 Program.

Unlike my mother's recipe for creamed cucumbers, which is made with half-and-half and vinegar, this recipe is far more palatable. It's actually quite refreshing.

In a large bowl, combine sour cream, sugar, vinegar, salt and dill. Add cucumbers. Toss to coat.

Chill for at least 30 minutes before serving.

Cucumber and Radish Salad

- 2 medium cucumbers, peeled and sliced
- 10 radishes, washed and thinly sliced
- 3 green onions, washed and diced
- 2 cloves garlic, minced
- 1/3 cup cilantro, washed and chopped
- **Cucumber Dressing**
- radish sprouts, well rinsed and spun dry, optional

Combine cucumbers, radishes, green onions, garlic and parsley in a medium bowl. Stir to blend.

Add **Cucumber Dressing**. Combine to blend.

Top with radish sprouts when serving.

Detox Taco Salad

WALNUT-SPICE MIXTURE

- 1/2 cup walnuts, finely chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon dried cilantro
- 1/4 teaspoon chili powder
- 1/4 teaspoon dried oregano
- 1 1/2 teaspoon tamari

SALAD

- 1/2 head Romaine lettuce, torn in bite sized pieces and washed and spun dry
- 1/2 head red leaf lettuce, torn in bite sized pieces and washed and spun dry
- 1/3 cup cilantro, washed and chopped
- 1 tomato, washed and chopped
- 1 avocado, peeled, pitted and chopped

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- 1 small red onion, chopped finely
- salsa

In a small bowl, mix together all of the WALNUT-SPICE MIXTURE ingredients until well combined.

In a large bowl, toss together lettuces, cilantro, tomato, avocado, red onion and walnut spice mixture.

Serve with salsa as dressing.

Easiest Strawberry Avocado Salad

<http://www.rebootwithjoe.com/the-easiest-strawberry-avocado-salad/>

SALAD

- 2 large handfuls baby arugula, washed and spun dry
- 1 avocado, peeled, pitted and diced
- 1 cup tomatoes, washed and diced
- 1 cup strawberries, hulled, washed and sliced

DRESSING

- 2 tablespoon olive oil
- 2 tablespoon balsamic vinegar
- sea salt, to taste
- pepper, to taste

Add arugula, tomatoes, strawberries and avocado to a large bowl.

Combine olive oil, balsamic vinegar and salt and pepper in a small bowl and mix until well combined. Drizzle the dressing over the salad and toss until evenly covered.

Energy Salad§

- 4 cups combination leaf lettuce and spinach, torn into bite sized pieces, washed and washed and spun dry
- 2-3 cups sprouts, washed and spun dry
- sesame seeds
- 1 small cucumber, peeled and diced
- 1 tomato, washed and diced
- 1/4 cup olives, halved
- dressing of choice

This salad has a relatively short shelf life. Make only enough for the current meal.

In a large bowl, combine leaf lettuce and spinach. Toss to combine.

Top with sprouts and sesame seeds, if used.

Top sprouts with cucumber, tomato and olives. Do not toss.

Refrigerate until ready to serve. Serve with dressing of choice.

Ensalada De Naranjas§

SALAD

- 8-10 ounces spinach, washed and spun dry
- 2-3 cups salad greens, torn into bite sized pieces, washed and washed and spun dry
- 3 Navel oranges, peeled and thinly cut into slices
- 1 large cucumber, peeled and thinly sliced
- 1 teaspoon dried oregano
- 3 green onions, washed and cut into 1/4 inch pieces

DRESSING

- 1/2 cup olive oil
- 1/2 cup apple cider vinegar
- 1/4 cup honey or cane sugar
- 1/2 teaspoon pepper, or to taste

Combine greens in a large bowl.

Place the orange and cucumber slices in a decorative pattern over the greens. Sprinkle the oregano and green onions on top. Toss to combine, cover and refrigerate until ready to serve.

Combine olive oil, vinegar and pepper to taste in a blender. Blend on high for 45-60 seconds, to form a thickened dressing.

Serve salad with dressing on the side.

Fire and Ice Salad§

- 6 large tomatoes, washed and quartered
- 1 green bell pepper, sliced in rings
- 1 red onion, sliced in rings
- 3/4 cup white wine vinegar
- 1 1/2 teaspoons celery salt
- 1 1/2 teaspoons mustard seed
- 4 1/2 teaspoons cane sugar
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon pepper
- 1/4 cup filtered water
- 1 large cucumber, peeled and sliced

In a large bowl, combine the tomatoes, bell peppers and onions.

Prepare the dressing in a saucepan by combining the vinegar, celery salt, mustard seed, sugar, cayenne pepper, black pepper and water. Boil for 1 minute and pour hot dressing over vegetables.

Refrigerate until chilled. Before serving, peel and slice cucumber and add to vegetables and toss.

Fountain of Flavor Salad

SALAD

- 1 cup cherry or grape tomatoes, washed and halved

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- 1 teaspoon garlic, minced
- 3 cups Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 3-4 green onions, washed and diced
- 4-8 olives, chopped

DRESSING

- 1/2 cup olive oil
- 2 tablespoons red wine vinegar
- 1/2-1 teaspoon ground cinnamon
- 1/2-1 teaspoon ground cloves
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- sea salt, to taste
- pepper, to taste

Place tomatoes, garlic, lettuce and olives in a large bowl.

Place olive oil, vinegar, cinnamon, cloves, oregano and thyme, salt and pepper in a blender. Blend until smooth and creamy.

Serve with dressing on the side.

French Green Salad with Basil and Mushrooms§

DRESSING

- 1/4 cup olive oil
- 1 1/2 tablespoons lemon juice
- 1 teaspoon garlic, minced
- 1/2 teaspoon dry mustard
- seasoned salt
- 1 teaspoon dried basil

SALAD

- 6 large mushrooms, washed and thinly sliced
- dash of sea salt
- dash of sea salt
- 1 large head butter lettuce, torn into bite sized pieces, washed and spun dry
- 3 cups spinach, washed and spun dry

In a blender, combine 1/4 cup olive oil, lemon juice, garlic, mustard and seasoned salt. Blend until thick and yellow.

In a large bowl, add mushrooms. Add basil and salt. Toss. Add lettuce and spinach. Add dressing and toss to combine.

Fresh Mushroom, Parsley and Radish Salad

SALAD

- 6 cups salad greens, torn into bite sized pieces and washed and spun dry

- 1 wedge of red cabbage, washed and thinly sliced
- 1 apple, peeled, cored and julienned
- 1/2-1 cucumber, peeled and sliced
- 1/3 cup red grapes, washed and halved
- 1 small handful pistachio nuts, shelled, optional

TANGY DRESSING

- 1/2 teaspoon dry mustard
- 1/2 cup olive oil
- 1 tablespoon balsamic vinegar
- 2 tablespoons lemon juice
- pinch of sea salt, to taste
- pinch pepper, to taste
- 1 teaspoon garlic, minced
- 8 ounces mushrooms, thinly sliced
- 1/3 cup cilantro, minced
- 2 tablespoons lemon juice
- 1/3 cup olive oil
- pinch basil, chopped
- sea salt, to taste
- pepper, to taste
- 6 cups salad greens, torn into bite sized pieces.
- 1/3 cup radishes, minced

Add SALAD ingredients to a large bowl. Toss to combine.

Combine DRESSING ingredients in a blender and blend until smooth.

Serve salad on the side with dressing.

Fresh Parsley Cabbage Fruit Salad§

- 4 cups green cabbage, washed and shredded
- 2 oranges, peeled and chopped
- 2 apples, peeled, cored and chopped
- 1 cup red grapes, halved
- 1/4 cup currants or raisins
- 1/2 cup **Three Day Coleslaw Dressing**
- 1/4 cup almond milk
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/3 cup pecans, chopped

In a large bowl, toss cabbage oranges, apples, grapes and currants. Cover and refrigerate, at least 1 hour.

In a small bowl, combine **Three Day Coleslaw Dressing**, almond milk, lemon juice and honey. When chilled, stir dressing and pecans into salad to serve.

Fresh Spring Pea Salad with Dill

http://www.yummly.com/recipe/Fresh-Spring-Pea-Salad-with-Dill-1767618?prm-v1&utm_medium=email&utm_source=seasonal&utm_campaign=Spring_It_On?prm-v1

- 2 1/4 cup fresh peas, shelled (or frozen, if fresh is not available)

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- 2 tablespoons fresh dill weed, roughly chopped, or one teaspoon of dried dill, if you must
- 1 teaspoon mayonnaise
- 1/4 teaspoon lemon zest
- 2 tablespoons parmesan cheese, grated
- 1/8 teaspoon olive oil
- kosher salt, to taste
- pepper, to taste

Optionally, In 2 cups lightly boiling water, blanch peas until tender but not overcooked or mushy (2-6 minutes), depending on peas, then immediately plunging them into bowl of ice water to stop cooking. Drain peas thoroughly, and place in large mixing bowl.

If using fresh garden peas, DO NOT blanch. Peas fresh from the garden are best served raw.

Place peas in a bowl. Add shallots, dill, lemon zest, cheese, mayoanaise and oil, combining well.

Season with salt and pepper to taste.

Refrigerate salad covered until ready to serve, slightly chilled.

Game Time Greens

- 1 4 1/2 ounce package mesclun greens, washed and spun dry
- 1 cucumber, peeled and thinly sliced
- 1 tomato, washed and diced
- 1 green bell|yellow|red bell pepper, washed and thinly sliced
- 5 olives, pitted and halved
- 1 tablespoon **Vegan Parmesan ‘Cheese’ Substitute**
- 1 cup olive oil
- sea salt, to taste
- pepper, to taste
- 1 avocado, peeled and pitted
- cayenne pepper, to taste

Combine mesclun greens and other vegetables in a large salad bowl.

Add olives and **Vegan Parmesan ‘Cheese’ Substitute**. Drizzle with oil. Toss. Season with salt and pepper. Top with avocado and cayenne pepper and serve.

Garden Salad

- 2 cups Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 1 cup spinach, chopped
- 1/2 cup radishes, washed and thinly sliced
- 1-2 green onions, washed and thinly sliced
- 1/2-1 cucumber, peeled and thinly sliced
- 8-10 cherry tomatoes, washed and halved

- dressing of choice

Combine lettuce and spinach in a medium bowl. Add radishes, green onions, cucumber slices, and tomatoes. Do not toss.

Serve with dressing of choice on the side.

Ginger Sesame Salad

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 1118) Flatiron Books Kindle Edition

DRESSING

- 1/4 cup sesame oil
- 1/2 cup **Tahini**
- 1/4 cup Bragg’s apple cider vinegar
- 1/4 cup maple syrup
- 1 inch piece of ginger root, peeled and m and
- 1/4 cup nutritional yeast
- 1/2 teaspoon sea salt

SALAD

- 4 sweet peppers, washed, seeded and julienned
- 1 cup jicama, peeled and julienned
- 1 cup carrot, peeled and julienned
- 1 cup cabbage, washed and thinly sliced
- 1 cup fresh mint, thinly sliced
- 1 tablespoon sesame seeds

In a small bowl, combine DRESSING ingredients.

Add SALAD ingredients, except for sesame seeds, to a large bowl. Add dressing and toss to coat.

Sprinkle salad with sesame seeds to serve.

Gorgeous Simple Salad with Healthy Fats

Originally “A (Gorgeous) Simple Salad with Healthy Fats”. <http://www.rebootwithjoe.com/simple-salad-recipe-with-healthy-fats/>

SALAD

- 2 large handfuls arugula, washed and spun dry
- 1 small beet, peeled and diced
- 2 radishes, washed and sliced
- 1/2 avocado, peeled, pitted and diced
- 1 tablespoon walnuts, chopped
- 1 tablespoon cilantro, washed and chopped

DRESSING

- 1 cup olive oil
- 2 teaspoon honey
- 1 teaspoon apple cider vinegar
- 1/2 lemon, juiced
- 1 clove garlic, minced
- 1/4 cup cilantro, chopped
- sea salt, to taste
- pepper, to taste

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Layer the salad starting with the arugula. Add the other vegetables and avocado, in layers.

Pour oil, honey, apple cider vinegar into blender. Add the remaining ingredients. Blend on high to combine and break up the parsley. Store the dressing in an airtight container and serve on the side of the salad.

Green Bean and Mango Salad

https://www.forksoverknives.com/recipes/green-bean-mango-salad/?utm_medium=Mailchimp&utm_campaign=15-minute-salads-6/4&utm_source=Email&utm_term=Green-Bean-Mango-Salad#gs.Psa3zbc

SALAD

- 3 cups green beans, washed
- 2 slightly under ripe mangos
- 2 cup cherry or grape tomatoes, washed
- 1/4 cup fresh cilantro, washed
- 3 green onions, washed and sliced
- 1/4 cup, cashews

DRESSING

- 2 tablespoons lime juice
- 1 tablespoon Bragg's Liquid Aminos
- 1/2 teaspoon cane sugar
- 1 fresh Thai chili, minced, optional

Bring a pan of water to a boil. Add the green beans and cook for up to 2 minutes, until bright green and tender-crisp. Drain, then plunge them into a bowl of ice water to halt the cooking process. Drain again. Trim the ends and slice the beans in half lengthwise. Place them in a large bowl and set aside.

Seed and peel the mango and slice into long, thin strips. Add mango to the green beans, along with the tomatoes, cilantro, onion, and peanuts.

Whisk together the lime juice, tamari, cane sugar, and chili in a small bowl. Pour over the salad, toss, and serve.

Guacamole Salad Recipe

Originally "A Thyroid-Friendly Guacamole Salad Recipe". <http://www.rebootwithjoe.com/a-thyroid-friendly-guacamole-salad-recipe/>

SALAD

- 2 avocados, peeled and chopped
- 2 cucumbers, peeled and chopped
- 2 cups cherry tomatoes, washed
- 1 small red onion, diced
- 1 red pepper, washed, seed and diced
- 2 green onions, chopped
- 1/2 cup jalapeño pepper, seeded and minced
- 1 bunch fresh cilantro, chopped

DRESSING

- 2 tablespoons lime juice

- 1 tablespoons Bragg's apple cider vinegar
- 4 tablespoons olive oil
- sea salt, to taste
- pepper, to taste

Toss the SALAD ingredients in a salad bowl.

Combine the DRESSING ingredients in a bowl and stir to blend.

Drizzle dressing over salad to serve.

Hail to Kale Salad

Originally "Meatless Monday: Hail to Kale Salad". <http://www.rebootwithjoe.com/meatless-monday-kale-salad/>

SALAD

- 1/2 cup walnuts, chopped
- 1 bunch spinach, washed and spun dry
- 1/2 cup dried cranberries
- 2 tomatoes, chopped
- 1 avocado, peeled, pitted and diced
- 1/2 red onion, thinly sliced

DRESSING

- 2 tablespoons red raspberry or blackberry jam
- 1 tablespoons red wine vinegar
- 1/3 cup walnut oil (or olive oil)
- sea salt, to taste
- pepper, to taste

In a large bowl, toss together the spinach, walnuts, cranberries, blue cheese, tomatoes, avocado, and red onion.

In a blender combine jam, vinegar, walnut oil, pepper, and salt. Pour dressing over the salad just before serving.

Toss to coat and serve.

Herbed Vegetable Salad§

SALAD

- 1 1/4 cups broccoli, washed and chopped
- 1 1/4 cups carrots, peeled and diced
- 1 1/4 cups cauliflower, washed and chopped
- 1 1/4 cups green beans, washed and chopped
- 1 red onion, thinly sliced

DRESSING

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon lemon juice
- 1/4-1/2 teaspoon dried oregano
- 1/4-1/2 teaspoon dried basil
- 1/4-1/2 teaspoon dried rosemary
- 1 teaspoon garlic, minced

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- 1/2 cup cilantro, minced

This coleslaw-like salad is quit amicable. The dressing, however, needs to be served on the side. It's quite potent. Too, adding the dressing to the salad directly will make the salad mushy in the refrigerator.

Place broccoli, carrots, cauliflower and green beans in a medium bowl. Toss gently to combine. Separate the onion slices into rings and arrange on top of the other vegetables.

Place olive oil, vinegar, lemon juice, oregano, basil, rosemary, garlic and parsley in a blender. Blend until smooth and creamy.

Chill for several hours to allow vegetables to marinate. Toss before serving. Serve with dressing on the side.

Israeli Salad

- 3 cucumbers, sliced
- 5 pounds Roma tomatoes, washed and diced
- 3 tablespoons lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon dried marjoram
- 4 tablespoons **Tahini**
- 2 cups Romaine lettuce, torn into bite size pieces and washed and spun dry

Combine cucumbers and tomatoes in a large bowl.

In a separate bowl, combine lemon juice, oregano, marjoram and, **Tahini**. Blend dressing with cucumbers and tomatoes.

Serve on fresh Romaine lettuce.

Italian Salad§

SALAD

- 1 head Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 2 cups arugula, chopped and washed and spun dry
- 2 yellow bell peppers, any other color available, washed and diced
- 4 Roma tomatoes, washed and diced
- 1/4 cup sun dried tomatoes, soaked in water, drained and then diced
- 1 zucchini squash, peeled and diced into about 1/2 inch (or less) pieces

DRESSING

- 1 tablespoon dried basil
- 1/4 cup olive oil
- 1 tablespoon garlic, crushed
- sea salt, to taste
- pepper, to taste

Place lettuce, arugula, bell peppers, tomatoes and zucchini in a large bowl. Toss to combine.

Place basil, olive oil, garlic, salt and pepper in a blender. Blend to combine. Using a spatula, add dressing to salad. Toss to coat salad with dressing, cover bowl with plastic wrap and refrigerate until ready to serve.

Joe's Raw Kale and Cabbage Salad

<http://www.rebootwithjoe.com/joe-cross-raw-kale-cabbage-chia-seed-salad-recipe/>

SALAD

- 7 leaves kale, stems removed, chopped and washed and spun dry
- 1/2 head of red cabbage, washed and shredded
- 1/2 red onion, minced
- 2 tablespoon chia seeds
- 1/2 cup sunflower seeds
- 1/2 cup walnuts, chopped

DRESSING

- 2 1/2 tablespoon **Tahini**
- 1 tablespoon olive oil
- 3 tablespoon apple cider vinegar
- 2 tablespoon flaxseed meal
- 1 lemon, juiced
- 1 cloves garlic, minced
- 1 teaspoon pepper
- 1-3 inch pieces of ginger root, to taste, minced
- 2 tablespoon olive oil, optional

Add all SALAD ingredients into a large bowl.

Combine on DRESSING ingredients, except for sesame oil, in a blender and blend until well combined. Drizzle dressing over salad then toss well until evenly coated.

Cover and refrigerate until ready to serve.

Kale Fennel Tahini Salad

<http://www.rebootwithjoe.com/kale-fennel-tahini-salad-recipe/>

SALAD

- 2 cups baby kale, washed and spun dry
- 1 cup red kale, chopped and washed and spun dry
- 1/2 fennel bulb, washed and finely sliced
- 2 cups cherry tomatoes, washed
- 1/2 red bell pepper, washed, seeded and chopped
- 1/2 red onion, thinly sliced
- 4 green onions, washed and sliced
- 1/4 cup sunflower seeds
- 1/4 cup currants, optional
- 1 avocado, peeled, pitted and sliced

DRESSING

- 1/4 cup olive oil
- 1 tablespoon apple cider vinegar

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- 2 tablespoon **Tahini**
- 1 clove garlic, minced
- sea salt, to taste
- pepper, to taste

Place SALAD ingredients into a bowl. Toss to combine.

In a blender combine DRESSING ingredients and blend until smooth.

Serve salad with dressing on the side.

Kale Salad

- 4 cups kale, stems removed and torn into bite sized pieces and washed and spun dry
- 1/4 cup olive oil
- 1 teaspoon maple syrup or honey
- 1/4 teaspoon sea salt
- 1/4 teaspoon cayenne pepper, or to taste, optional
- 1 radish, sliced
- 1 small avocado, peeled, pitted and diced
- 1/2 large cucumber, peeled and diced
- 1/2 red bell pepper, washed and seeded and diced
- 1/3 red onion, diced
- 1 teaspoon sesame seeds

Place kale in a large bowl.

Combine olive oil, syrup or honey, salt, and cayenne pepper in a bowl and whisk to combine. Drizzle dressing mixture on kale leaves. Lightly toss kale leaves to combine. Let the kale 'rest' to absorb the flavors in the dressing.

After no less than 1/2 hour, add radish, cucumber, avocado, red pepper and red onion to salad. Toss to combine.

Top with sesame seeds to serve.

Kale Salad with Cilantro Tahini Dressing

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Locations 3525-3544). Houghton Mifflin Harcourt. Kindle Edition.

- 2 bunches kale, with tough stems removed, washed and chopped
- 2 cup orange | red | yellow bell peppers
- 1 pint cherry tomatoes, washed and halved
- 1-2 cups **Cilantro Tahini Dressing**

Combine kale and remaining vegetables in a salad bowl.

Pour dressing over the salad, toss and set aside to allow the dressing to soak into the ingredients for 10-15 minutes.

Kale Salad with Sunflower Seeds and Dried Cranberries

SALAD

- 1 bunch of kale, torn into bite sized pieces
- 1 cup dried cranberries
- 1/2 cup sunflower seeds
- sea salt, to taste
- pepper, to taste
- 1/4 cup Vegan Parmesan 'Cheese' Substitute

DRESSING

- 1/2 teaspoon dry mustard
- 2 teaspoons lemon zest
- 3 tablespoons lemon juice
- 6 tablespoons olive oil
- sea salt, to taste
- pepper, to taste

Combine all ingredients, except for the Vegan Parmesan 'Cheese' Substitute, with the kale in a large salad bowl. Toss to combine.

Combine DRESSING ingredients in a blender and blend until smooth.

Top salad with dressing and Vegan Parmesan 'Cheese' Substitute to serve.

Kale, Sprouts and Blueberry Detox Salad

Originally "Kale, Watercress Blueberry Detox Salad". <https://mail.google.com/mail/u/0/?tab=wm#inbox/15c54523c3a4f985>.

SALAD

- 2 cups kale, washed with stems removed
- 2 cups broccoli florets, washed
- 2 cups red cabbage, washed and roughly chopped
- 1 cup carrots, peeled and diced
- 1/2 cup fresh parsley, washed and chopped
- 1/2 cup almonds, chopped
- 1-2 tablespoons sunflower seeds
- 1 cup blueberries, thawed if frozen
- 1 cup assorted sprouts, washed

DRESSING

- 3 tablespoons oo
- 1/2 cup lemon juice
- 1 inch piece of ginger root, peeled and minced
- 3 teaspoons Dijon mustard
- 2 teaspoons honey
- 1/4 teaspoon kosher salt

The original recipe calls for 1 cup of watercress. I changed it to assorted sprouts.

Mix the veggies and parsley together in a large bowl.

Add almonds, sunflower seeds, blueberries and sprouts.

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toss to combine.

In a blender combine all the DRESSING ingredients. Serve dressing on the side with salad.

Leaf Lettuce Salad with Green Olive Dressing

DRESSING

- 3/4 cup olive oil
- 1/4 cup red wine vinegar
- 1 4 1/2 ounce can green olives, chopped
- 1 teaspoon garlic, minced
- 1 tablespoon ground coriander
- 1 tablespoon ground cinnamon
- 1/4 cup cilantro, minced
- sea salt, to taste
- pepper, to taste

SALAD

- 1 head leaf lettuce, torn into bite sized pieces and washed and spun dry
- 2 oranges, peeled and sliced
- 1 medium red onion, diced
- 1 large fennel bulb, washed and finely diced
- sea salt, to taste
- pepper, to taste

In a blender, combine the olive oil, vinegar, olives, garlic, coriander, cinnamon, parsley and salt and pepper to taste. Blend until smooth. It will be thick. Pour dressing into a pourable container.

In a large bowl, combine the lettuce oranges, onion, fennel and salt and pepper. Do not toss.

To serve, stir serve dressing and salad with dressing on the side. Add dressing only to plated portions.

Lettuces Salad with Orange and Avocado

- 1/2 head Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 1 avocado, peeled, pitted and diced
- 2 oranges, peeled and separated into segments
- **Emmale's Red Onion Dressing**

In a large bowl, combine lettuce, avocado and orange segments.

Toss well and serve with **Emmale's Red Onion Dressing** to serve.

Lettuces and Tarragon Salad

- 2 small heads (4 cups) butter lettuce, with darkest edge leaves removed, torn into bite sized pieces and washed and spun dry
- 1 tablespoon dried tarragon
- 2 tablespoons dried chives

- 2 tablespoons red wine vinegar
- sea salt, to taste
- 2 tablespoons prepared mustard
- 1 teaspoon cane sugar
- 1/4 cup olive oil

Arrange lettuce in a medium bowl. Sprinkle with the tarragon and chives.

In a blender, combine vinegar, mustard, salt and sugar. Blend until well mixed. Slowly whisk in olive oil until blended.

Serve lettuce with dressing on the side.

Mainstream Romaine

A Celebration of Wellness, James Levin, M.D. and Natalie Cederquist, © 1992, page 66.

- 1 head Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 1 cucumber, peeled, sliced lengthwise and then in half again
- 1/2 cup mushrooms, washed and sliced
- 1/2 cup **Red Onion Pickles**
- **Red Rogue Dressing**
- 2 tomatoes, washed and cut into wedges

Place lettuce in medium bowl. Add cucumbers and mushrooms and **Red Onion Pickles**.

Add **Red Rogue Dressing**. Toss and chill. Before serving, garnish with tomatoes.

Mandarin Salad

DRESSING

- 1/4 cup olive oil
- 2 tablespoons cane sugar
- 2 tablespoons apple cider vinegar
- 1 tablespoon cilantro, washed and minced
- 1/2 teaspoon sea salt
- dash pepper
- dash red pepper sauce

SALAD

- 1/4 cup almonds, chopped
- 1/4 head lettuce, torn into bite sized pieces and washed and spun dry
- 2 stalks celery, washed and chopped
- 2 green onions, washed and thinly sliced
- 1 11 ounce can Mandarin oranges (1 cup of peeled and chopped halo or Clementine oranges), drained

Combine DRESSING ingredients in a blender. Blend until smooth. Store in a tightly sealed container until ready to serve salad.

Cook almonds and sugar over low heat, stirring constantly, until sugar is melted. Cool almond mixture and

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break apart. Set aside.

Place lettuce and Romaine in a large plastic bag. Add celery and onions. Pour DRESSING over contents. Add oranges. Close bag tightly and shake until salad greens and orange segments are evenly coated. Add almonds and shake.

Store refrigerated until ready to serve, re-shaking at that time. Pour mixture into a serving bowl to serve.

Mixed Green Salad

- 1 bunch arugula, chopped and washed and spun dry
- 1 handful leaf lettuce, torn into bite sized pieces and washed and spun dry
- 1 handful Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 1 cucumber, peeled and thinly sliced
- green bell pepper, washed and minced
- **Country Dressing**

Arrange the lettuces and arugula in a large bowl. Add the cucumber and bell pepper. Toss to combine greens and cucumber.

Serve with **Country Dressing** on the side.

Mixed Israeli Salad

- 6 large cucumbers, peeled, cut into quarters
- 1 pound tomatoes, washed and cut into quarters
- 1/2 pound yellow|orange|red tomatoes, washed and cut into quarters
- 1 tablespoons **Tahini**
- 1/2 cup mango, thawed and chopped

Quarter and chop tomatoes and combine with sliced cucumbers.

Blend the mango and **Tahini** in a food processor. Toss the sauce with the cucumber and tomato.

Serve immediately.

Mung Bean Sprouts and Spinach Salad

SPROUTS

- 1 cup mung bean sprouts, washed and spun dry
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon sea salt

SALAD

- 2 medium potatoes, peeled, diced, cooked and well chilled
- 1/2 cup tomatoes, washed and diced
- 1/2 cup spinach, washed and spun dry
- 1/4 cup avocado, peeled, pitted and diced
- 1/4 cup cilantro, washed and diced

- 2 tablespoons green onions, washed and diced
- 1 tablespoons lime juice
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1 teaspoon sea salt, or to taste

Combine SPROUTS ingredients together and toss to combine. Set aside.

Place the potatoes in a large bowl and add the sprouts mixture, tomatoes, spinach, avocado, cilantro, green onion, lime juice, cayenne pepper, cumin, and salt.

Mix well and serve.

Mushroom Salad with Fennel and Walnuts

SALAD

- 12 ounces mushrooms, washed and thinly sliced
- 1/2 fennel bulb, washed and thinly sliced and diced
- 1/4 cup cilantro, washed and chopped

SAUCE/DRESSING

- 1 cup garlic
- 1/3 cup olive oil
- 2 teaspoon white of wine vinegar
- 1 teaspoon prepared mustard
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper

FOR PRESENTATION

- 4 leaves Romaine lettuce, washed and spun dry
- 1/2 cup walnuts, chopped

Combine fennel, chopped fronds, mushrooms and parsley. Refrigerate for up to 2 hours.

Combine garlic, olive oil, vinegar, mustard, salt and pepper in a blender. Blend until smooth.

Line salad plates with lettuce. Top with salad and toasted walnuts.

Onion, Bell Pepper, and Celery Salad

DRESSING

- 1 medium tomato, diced
- 1/3 cup sunflower seeds
- 2 tablespoons Bragg's Liquid Aminos, or to taste

SALAD

- 1 red onion, finely chopped
- 1 red bell pepper and diced, washed and diced
- 1 stalk celery, finely chopped
- leaf lettuce, torn into bite sized pieces and washed and spun dry
- 1 cup cucumber, peeled and sliced
- 2 cups broccoli florets, washed and chopped

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- additional sunflower seeds

Prepare a dressing by placing tomato and sunflower seeds in a blender. Add Bragg's Liquid Aminos. Blend until creamy.

In a small bowl, combine onion, bell pepper and celery. Toss to combine.

To serve, make a bed of lettuce leaves on individual plates. Layer lettuce with cucumbers and broccoli and add salad mixture. Top with blended dressing. Top with additional sunflower seeds before serving.

Orange Onion Lettuce Salad

SALAD

- 1 head Bibb or Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 1 1/2 medium Navel oranges, peeled and sectioned
- 1 small red onion, sliced and separated into rings

DRESSING

- 1/2 cup olive oil
- 2 teaspoons apple cider vinegar
- 1 teaspoon cane sugar
- 2 teaspoons poppy seeds
- 1/8 teaspoons sea salt
- dash pepper

Place lettuce in a large salad bowl. Top with oranges and onion rings.

In a blender, combine oil, vinegar, sugar, poppy seeds, salt and pepper. Blend to combine.

Serve oil and vinegar mixture on side with salad as a dressing.

Orange Spinach Salad§

SALAD

- 1 handful spinach, washed and spun dry
- 1 handful Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 1/2 cup green grapes, washed and halved, or any other kind of grapes
- 1/2 cup green onions, washed and diced, or two shallots
- 1 cup almonds, chopped
- 1 cup halo or Clementine oranges, peeled and sliced

DRESSING

- 2/3 cup olive oil
- 1/3 cup orange juice
- 1/8-1/4 cup honey
- 2 tablespoons lemon juice
- 1 teaspoon celery seeds

- 1 teaspoon dry mustard

Combine spinach and Romaine lettuce in a medium bowl. Add grapes, green onions, olives and oranges. Toss to combine.

To make dressing combine olive oil, orange juice, honey, lemon juice, celery seeds and dry mustard in a blender. Blend until smooth and creamy.

Serve salad with dressing on the side.

Parsley Salad

SALAD

- 1 large bunch about 4 cups cilantro, washed and chopped
- 1 tomato, washed and diced
- 1/4 red onion, diced
- 1/2 cucumber, peeled and diced

DRESSING

- 1/2-1 lemon, juiced
- 1 teaspoon olive oil
- dash sea salt
- dash pepper

Combine SALAD ingredients in a bowl.

Combine DRESSING ingredients in another bowl. Add to salad.

Toss to coat and serve.

Perfect Summer Salad

Originally "Perfect Summer Salad – Recipe of the Week". <http://www.rebootwithjoe.com/perfect-summer-salad-recipe-of-the-week/>

- mixed greens, torn into bite sized pieces and washed and spun dry
- 1 large radish, washed and sliced
- 2 cloves garlic, minced
- 1/2 avocado, peeled, pitted and sliced
- 1 Navel orange, peeled and segmented
- olive oil
- sea salt, to taste
- pepper, to taste

Mix all ingredients together in large bowl. Drizzle with olive oil. Add salt and pepper to taste.

Portobello Salad with Fennel, Orange and Scallions

Originally "Portobello Salad with Fennel, Orange & Scallions – Recipe Of The Week". <http://www.rebootwithjoe.com/portobello-salad-with-fennel-orange-scallions-recipe-of-the-week/>

- 3-4 handfuls mesclun greens or other salad greens, torn into bite sized pieces and washed and spun dry
- 1 Portobello mushroom, washed and thinly sliced
- 2 tablespoon pitted olives, cut into strips

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- 3 green onions, washed and sliced
- 1 Navel orange, peeled and broken into segments
- 1/2 fennel bulb, washed and thinly sliced
- olive oil
- fresh lemon juice

Combine salad greens with olives, scallions, fennel, orange and mushrooms.

Drizzle with a little olive oil and a few squeezes of fresh lemon juice to serve.

Power Packed Arugula, Mango and Cashew Salad

<http://www.rebootwithjoe.com/power-packed-arugula-mango-cashew-salad-recipe/>

SALAD

- 2 large handfuls arugula, washed and spun dry
- 1 cup mango, thawed and cubed
- 2 tablespoon cashews
- 2 tablespoon almonds
- 1/2 cup cherry tomatoes, washed and halved

DRESSING

- 4-5 tablespoon olive oil
- 1/2 lemon, juiced
- sea salt, to taste
- pepper, to taste
- 1/2 teaspoon of herbs such as basil or oregano

Add SALAD ingredients to a large bowl. Toss to combine.

Combine DRESSING ingredients in a blender and blend until smooth.

Serve DRESSING on salad and toss to coat to serve.

Raw Spinach with Mushrooms§

- 3 cups spinach, washed and spun dry
- 1 1/2 cups mushrooms, washed and minced
- 2 green onions, washed and sliced
- 1/4 cup **Zesty Italian Herb Dressing**
- 4 teaspoons sunflower seeds

Combine spinach, mushrooms and onions in a large bowl. Toss to combine.

Add **Zesty Italian Herb Dressing**. Toss to coat.

Refrigerate for at least 15 minutes before serving.

Just before serving, sprinkle with sunflower seeds.

Raw Vitality Salad

- 1-2 handfuls arugula, washed and spun dry
- 1 daikon radish, washed and sliced
- 8 cherry tomatoes, washed and halved
- 1 stalk celery, washed and diced

- 1 yellow squash, peeled and sliced
- 6 small radishes, washed and halved
- 2 tablespoons sunflower seeds|sesame seeds|pumpkin seeds
- 1 handful mung bean sprouts, washed and spun dry
- 2 carrots, peeled and shredded
- 2 tablespoons dried dill weed
- 2 lemons, juiced
- dressing of choice

Place arugula leaves (or salad greens), radish, cherry tomatoes and celery in a large bowl. Toss to combine. Add squash, small radishes, seeds, and mung beans. Toss again. Top with carrots, dill, and lemon juice. Toss lightly to coat greens.

Serve with dressing of choice.

Reboot Green Salad

<http://www.rebootwithjoe.com/reboot-green-salad/>

- 3 cups leafy greens, torn into bite sized pieces and washed and spun dry
- 1/4 cucumber, peeled and sliced
- 1 stalk celery, washed and diced
- 1/2 carrot, peeled and shredded
- 1/2 tomato, washed and diced
- 1/2 cup red cabbage, washed and chopped
- 1 radish, washed and sliced
- 1 green onion, washed and sliced
- 1/4 avocado, peeled, pitted and sliced, optional
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- dried herbs
- sea salt, to taste
- pepper, to taste

Add vegetables in a large bowl and toss to combine.

In a small bowl, combine olive oil, vinegar, any herbs, salt and pepper.

Top salad with dressing and serve.

Reboot Super Salad

Juice It to Lose It, by Joe Cross

SALAD

- 4 cups Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 1 large tomato, washed and chopped
- 1 red bell pepper, washed and seeded and diced
- 1/2 red onion, peeled and diced
- 1 cucumber, peeled and diced
- 1 tomato, washed and diced
- 1 carrot, peeled and grated
- 1 apple, peeled, cored and diced
- 2 cups mushrooms, washed and sliced

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DRESSING

- 4 tablespoons olive oil
- 1 teaspoon apple cider vinegar
- 1 tablespoon parsley, washed and chopped
- 1/2 teaspoon honey, optional
- sea salt, to taste
- pepper, to taste

Rinse all the produce.

Combine all vegetables and the apple in a large bowl.

Put the dressing ingredients into a small bowl and whisk together.

Pour the dressing over the salad and toss well.

Refreshing Cucumber Salad

<http://www.rebootwithjoe.com/refreshing-cucumber-salad/>

- 1 cucumber, peeled and diced
- 1/2 handful cilantro, washed and finely chopped
- 1/4 cup fresh leaves fresh mint, finely chopped
- 1/2 lemon, juiced
- 1 tablespoon olive oil
- pepper, to taste
- scant amount of sea salt, to taste

Combine all ingredients in a bowl, mix well, and chill before serving.

Roma Tomatoes with Basil

- 8 Roma tomatoes, washed and thinly sliced
- 1/4-1/2 cup basil, minced
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- sea salt, to taste
- pepper, to taste

Arrange tomato slices on individual plates on a small serving platter. Sprinkle with basil.

Combine oil, lemon juice, salt and pepper in a small bowl. Whisk to combine and serve as a dressing for tomatoes.

Romaine Salad and Strawberry Tarragon Dressing

SALAD

- 1 large head of Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 1 medium red onion, thinly sliced
- 1/2 cup sunflower seeds, optional
- 1 large carrot, peeled and shredded
- 1 pint strawberries, hulled, washed and cut in half

DRESSING

- 1 1/2 cups strawberries, hulled, washed and sliced
- 1 green onion, washed and minced
- 2 tablespoons balsamic vinegar
- pinch white pepper
- 2-3 tablespoons maple syrup
- 1 teaspoon dried tarragon
- pinch sea salt

Mix all the salad ingredients together in a large bowl.

Puree all the DRESSING ingredients in a blender until smooth and creamy, stopping once or twice to scrape down the sides.

Toss the salad with DRESSING to taste to serve.

Romaine with Thousand Island Dressing

- 6 cups Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 1 European cucumber, peeled, halved and then into 1/4 inch slices
- 3/4 cup **Thousand Island Dressing**
- 12 cherry tomatoes or 36 grape tomatoes (whole), washed

Combine lettuce and cucumber in a large salad bowl.

Garnish with tomato halves and serve with **Thousand Island Dressing** on the side.

Romaine, Carrot and Walnut Salad with Cranberry Dressing

- 2 heads Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 1/2 cup walnuts, chopped
- 3/4 cup **Hawthorne Cranberry Dressing**
- 3 carrots, peeled and shredded
- 4-6 walnuts, halved

Combine lettuce and chopped walnuts in a large salad bowl.

Pour 1/2 cup dressing over salad. Toss lightly.

Place the carrots in the center of the Romaine. Garnish with walnut halves and serve.

Simple Summer Salad

- 1 cup tomatoes, washed and diced
- 1 cup zucchini squash, peeled and sliced
- 1 cup cucumber, peeled and sliced
- 1/4 cup cilantro or basil, washed and chopped
- 1 tablespoons garlic, minced
- 2 tablespoons olive oil
- 3 tablespoon apple cider vinegar
- sea salt, to taste

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- pepper, to taste

Combine vegetables, cilantro, and garlic. Combine olive oil, vinegar, salt, and pepper and stir to combine.

Add dressing to salad. Toss to coat. Chill for 30 minutes before serving.

Spinach Salad

- 3 cups spinach, washed and spun dry
- 1/2 red onion, peeled and thinly sliced
- 1/2 red bell pepper, washed and thinly sliced
- 1 cucumber, sliced
- 8-10 cherry tomatoes, washed and halved
- dressing of choice

Combine spinach, onion, red bell pepper, cucumber and tomatoes in a medium bowl. Toss to combine.

Serve with dressing of choice.

Spinach and Mushroom Salad with Cucumber Dressing

DRESSING

- 1 teaspoon garlic, minced
- 1/4 cup olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon tamari
- 2 inch slices of cucumber, peeled and peeled
- 1/2 teaspoon sea salt
- 1/8 teaspoon pepper

SALAD

- 2-3 handfuls spinach, washed and spun dry
- 6 medium mushrooms, washed and sliced

Soak the garlic in the olive oil for 30 minutes. Place spinach leaves and mushrooms in a large salad bowl. Remove the garlic from the oil and discard the garlic.

In a blender combine olive oil mixture, vinegar, tamari, cucumber, salt and pepper. Blend on high until creamy. Pour in a serving container.

Combine the spinach and mushrooms. Toss to combine. Serve with dressing on the side.

Spinach and Mushroom Salad with Vinaigrette Dressing

- 5 ounces baby spinach, washed and spun dry
- 4 ounces mushrooms, washed and sliced
- 1 carrot, peeled and shredded
- 1 red onion, sliced
- 2 tablespoons olive oil
- 1/4 cup balsamic vinegar
- 2 cloves garlic, minced
- 1 teaspoon cane sugar

- 1/3 teaspoon pepper
- 1/4 teaspoon sea salt

Combine spinach, mushrooms and carrots in a medium bowl.

Sauté onions on olive oil. Add vinegar and garlic. Sprinkle with sugar and cook until liquid evaporates. Pour the vinaigrette dressing over the salad. Toss to coat vegetables.

Spinach and Orange Salad§

- 2 handfuls spinach, washed and spun dry
- 2 halo or Clementine oranges, peeled and cut into sections
- 1 red onion, thinly sliced into rings and then cut in half
- 1 pound fresh strawberries, sliced, with 1 cup of berries held aside for **Strawberry Dressing**
- **Strawberry Dressing**

Arrange spinach leaves in a salad bowl.

Top with, onions and strawberries.

Serve with **Strawberry Dressing** on side.

Spinach and Strawberry Salad with Lemon Dressing§

DRESSING

- 1 tablespoon olive oil
- 3 tablespoons cane sugar
- pepper, to taste
- 2 lemons, juiced
- 1 teaspoon lemon zest

SALADS

- 10 ounces spinach, washed and spun dry
- 2 cups strawberries, hulled, washed and sliced
- 1/2 cup red onion, sliced
- 1 tablespoon **Vegan Parmesan ‘Cheese’ Substitute**, optional

Combine olive oil, sugar, pepper, lemon juice and lemon zest to make dressing.

Combine spinach, strawberries and red onion in a large salad bowl.

Optionally, top with **Vegan Parmesan ‘Cheese’ Substitute** when serving.

Spinach, Broccoli, Orange and Arugula Salad with Dressing

Originally “Spinach, Broccoli, Orange and Arugula (Australian Rocket) Salad with Dressing”.
<http://www.rebootwithjoe.com/spinach-broccoli-orange-and-arugula-australian-rocket->

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salad-with-dressing/

SALAD

- 4 cups spinach, washed and spun dry
- 3 cups broccoli florets, washed and diced
- 3 cups arugula, washed and spun dry
- 4 oranges, peeled and cut into sections

DRESSING

- 1/4 cup apple cider vinegar
- 2 tablespoon rice vinegar
- 1 tablespoon olive oil
- 2 tablespoon honey
- 1 teaspoon dry mustard
- 1/4 tablespoon sea salt
- 1/8 tablespoon pepper

Combine SALAD ingredients in a large bowl. Toss to combine.

Add DRESSING ingredients to a blender and blend until smooth.

Serve salad with dressing on the side.

Spring Citrus Kale Salad

http://www.yummly.com/recipe/Spring-Kale-Salad-1049886?prm-v1&utm_medium=email&utm_source=seasonal&utm_campaign=Spring_It_On?prm-v1

SALAD

- 6 dates, pitted and quartered
- 4 cups kale, with stems removed, chopped
- 1 orange, sliced
- 1 tomato, diced, optional
- 1 apples, peeled and thinly sliced
- 1/2 cups walnuts or pecans, chopped
- 1/4 cups feta cheese, crumbled

DRESSING

- 1 1/2 tablespoons olive oil
- 4 tablespoons orange juice
- 2 tablespoons honey
- 1 tablespoon Bragg's apple cider vinegar
- 1 pinch kosher salt

Combine the DRESSING ingredients in a blender and blend on high until smooth and creamy.

Place kale in a large bowl. Add dressing and toss to coat.

Top the salad with the remaining SALAD ingredients.

Spring Veggie and Burrata Salad

http://www.yummly.com/recipe/Spring-Veggie-_-Burrata-Salad-1577236?prm-v1&utm_medium=email&utm_source=seasonal&utm_campaign=Spring_It_On&prm-v1

DRESSING

- 1 teaspoon lemon zest

- 1 tablespoon honey
- kosher salt, to taste
- pepper, to taste

SALAD

- 1 cups sugar snap peas, trimmed with strings removed
- 1 cup green beans, trimmed
- 1 cup carrots, shredded
- 2 cups baby arugula
- 1/4 cup fresh basil leaves, washed and chopped
- 1/4 cup fresh mint leaves, washed and chopped
- 1/2 pound mozzarella or feta cheese, crumbled
- 1/2 cup pistachios, roughly chopped

The original recipe called for Burrata, a kind of Italian cheese. Mozzarella cheese was suggested as an alternate. I added feta cheese which I personally think works better in salads.

Whisk together DRESSING ingredients.

Add peas, green beans, carrots, arugula, basil and mint in the bowl and toss with the dressing.

Top salad with cheese and pistachios to serve.

Springtime Veggie Salad

SALAD

- 2 cups frozen corn
- 3 cups arugula, washed and spun dry
- 1 cup grape or cherry tomatoes, washed and halved

DRESSING

- 2 tablespoons cilantro, chopped
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- sea salt, to taste
- pepper, to taste

In a large bowl, combine corn kernels, arugula, tomatoes, cilantro, lime juice, and garlic, tossing gently to coat. Season to taste with salt and pepper.

Serve immediately.

Strawberry Spinach Salad

DRESSING

- 2 tablespoons sesame seeds
- 1 teaspoons poppy seeds
- 1/2 cup cane sugar
- 1/2 cup olive oil
- 1/4 cup white vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce

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- 1 tablespoon onion, minced

SALAD

- 10 ounces spinach, washed and spun dry
- 1 quart strawberries, hulled, washed and sliced
- 1/4 cup slivered almonds

In a blender, combine sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Place in a covered serving container. Cover and chill for one hour.

In a large bowl, combine the spinach, strawberries and almonds. Cover and chill in refrigerator for at least 1 hour.

Serve with dressing on the side, stirred, before serving.

Super Easy Spinach and Red Pepper Salad

http://allrecipes.com/recipe/30067/super-easy-spinach-and-red-pepper-salad/?prop26=dailydish&prop28=sides%20you%27ll%20love_3_1&prop29=photo&prop25=84286&prop27=2016-10-13&did=84286&eaid=14480543

- 1 6 ounce package baby spinach, washed and spun dry
- 1 red pepper, washed and chopped
- 1/2 cup **Vegan Parmesan ‘Cheese’ Substitute**
- 1/4 cup olive oil
- 1/4 cup rice vinegar
- stevia, to taste, optional

In a large bowl, mix the baby spinach, red bell pepper, and **Vegan Parmesan ‘Cheese’ Substitute**.

In a small bowl, mix the olive oil and rice vinegar. Optionally, sweeten with stevia to taste,

Toss with the baby spinach mixture, and serve.

Sweet Restaurant Slaw

- 4 cups coleslaw mix, or equivalent cabbage, shredded
- 2 carrots, peeled and shredded
- 2 tablespoons onions, minced
- 2/3 cups mayonnaise
- 3 tablespoons vegetable oil
- 1/2 cup cane sugar
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon sea salt
- 1/2 teaspoon poppy seeds

This is an excellent coleslaw. It's both sweet and juicy while being mild without coleslaw's typical 'bite'.

Combine the cabbage, carrots and onion in a large bowl.

Whisk together the mayonnaise, vegetable oil, sugar, vinegar, salt, and poppy seeds in a medium bowl; blend thoroughly. Pour dressing mixture over coleslaw mix

and toss to coat. Cover and chill at least 2 hours before serving.

Sweet Summer Salad 1

DRESSING

- 4 oranges, juiced
- 1 pint strawberries, hulled and washed
- 8 ounces raspberries, thawed

SALAD

- 3 medium peaches, peeled, pitted and diced
- 2 oranges, peeled and diced
- 2-4 pounds mixed greens, torn into bite sized pieces
- 3 small carrots, peeled and shredded
- 2 medium Navel oranges, peeled and thinly sliced

Combine strawberries, orange juice from 4 oranges and raspberries in a blender. Blend to puree.

Combine the peaches, greens and carrots in a bowl and toss to combine. Add dressing and toss to combine.

Garnish with sliced oranges.

Tasty Tahini Chopped Salad

Originally "Tasty Tahini Chopped Salad Recipe". http://kimberlysnider.com/blog/2017/03/28/tasty-tahini-chopped-salad-recipe/?utm_medium=email&utm_source=ksblog&utm_campaign=tahinichoppedsalad

SALAD

- 1 head of Romaine lettuce, washed and chopped
- 1 avocado, peeled, pitted and cubed
- 1 tomato, washed and diced
- 1 red pepper, about 1 cup, diced

DRESSING

- 1 tablespoons nutritional yeast
- 1 tablespoons Tahini
- 1/2 lemon, juiced
- 1 teaspoon Bragg's Liquid Aminos
- kosher salt, to taste, optional

Toss SALAD ingredients together.

Whisk nutritional yeast, tahini, lemon juice, Braggs and sea salt together.

Toss salad with dressing and serve immediately.

Three Green Salad

- 2 cups red leaf lettuce, torn into bite sized pieces and washed and spun dry
- 2 cups Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 4 florets broccoli, washed and diced
- 1 carrot, peeled and diced
- 2 florets cauliflower, washed and diced

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- 1 stalk celery, washed and sliced
- 1/2 medium cucumber, peeled and sliced
- 3 mayonnaise, washed and sliced
- 3 green onions, washed and sliced
- 3 radishes, washed and sliced
- 2 cups spinach, washed and spun dry
- **Italian Dressing**
- **Vegan Parmesan ‘Cheese’ Substitute**

In a large salad bowl, toss the greens and vegetables. Cover and chill.

Just before serving, add dressing and **Vegan Parmesan ‘Cheese’ Substitute**. Toss and serve.

Three-Ingredient Kale Salad

Juice It to Lose It, by Joe Cross

SALAD

- 16 leaves kale, or 4 cups of spinach, or a combination of the two, washed and spun dry
- 2 oranges, peeled and diced
- 1/2 cup cashews

DRESSING

- 1 teaspoon Dijon mustard
- 2 teaspoons lemon zest
- 3 teaspoons lemon juice
- 6 tablespoons olive oil
- sea salt, to taste
- pepper, to taste

Separate the kale leaves and save the hard stems for juicing. Tear the leaves into bite-sized pieces and place in a large bowl.

Put the cashews into a small frying pan (skillet) over low heat and toast gently for 3 minutes, or until fragrant.

Combine the nuts and all the remaining ingredients with the kale.

Put all the dressing ingredients into a small bowl and whisk together until thick and creamy.

Pour the dressing over the salad and toss well. Season with salt and pepper.

Chill before serving.

Tomato Rose Salad

- 2 cups spinach
- 2 tomatoes, washed and cut into six sections
- 1 1/4 cups celery, minced
- 2 tablespoons onion, minced
- dressing of choice

On a serving plate, layer spinach leaves.

Arrange tomato sections around the spinach in a circle. In the center place the minced celery and onion.

Serve with dressing of choice.

Tomato-Cucumber Salad

- 3-4 cups tomatoes, diced
- 3-4 cups cucumbers, peeled and diced
- 1/4 red onion, sliced
- sea salt, to taste
- pepper, to taste
- 3 tablespoons olive oil
- 1 tablespoons red or white wine vinegar
- 1/4 cup fresh herbs, chopped

Combine the tomatoes, cucumbers and onion in a salad bowl. Season with salt and pepper.

Add the oil and vinegar and toss gently. Add the chopped herbs and toss gently.

Let stand for 10 minutes before serving.

Warm Mushroom Salad

- 8 cups arugula, washed and spun dry
- 4 tablespoons olive oil
- 2 teaspoons lemon juice
- sea salt, to taste
- pepper, to taste
- 1 pound mayonnaise, washed and quartered and cut into wedges
- 2 cloves garlic, minced
- 1/2 teaspoon dried thyme
- 1 tablespoon red wine vinegar
- **Vegan Parmesan ‘Cheese’ Substitute**

Put the arugula in a large salad bowl. Drizzle in 2 tablespoons of the olive oil and the lemon juice. Toss to coat. Season to taste with salt and pepper. Divide among a large platter.

Heat the remaining 2 tablespoons oil in a large skillet over medium high heat. Add the mushrooms and let cook undisturbed until golden on the bottoms, about 4 minutes. Add the garlic and thyme, stir, and continue to cook until the mushrooms are tender throughout, about 4 minutes longer. Stir in the vinegar and let cook until the vinegar is mostly absorbed. Season to taste with more salt and pepper.

Spoon the mushroom mixture over the arugula.

Top with a little **Vegan Parmesan ‘Cheese’ Substitute**. Serve immediately.

White Mushroom Salad

- 1 1/2 pounds mayonnaise, well washed, and dried
- sea salt, to taste

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- pepper, to taste
- 1/2 cup **Tarragon Cream Dressing**

Trim mushrooms setting aside darken stems (use the dark stems for other recipes requiring mushrooms).

Cut mushrooms in half and then into 1/8 inch slices. Place the sliced mushrooms in a salad bowl. Lightly season with salt and pepper.

Add the dressing, a little at a time and toss gently. Serve immediately.

Winter Fruit Salad with Lemon Poppy Seed Dressing

DRESSING

- 1/4 cup cane sugar
- 1/4 cup lemon juice
- 1 teaspoon onion, diced
- 1/2 teaspoon prepared mustard
- 1/4 teaspoon sea salt
- 1/3 cup olive oil
- 1-1/2 teaspoons poppy seeds

SALAD

- 1/2 head Romaine lettuce, torn into bite sized pieces and washed and spun dry
- 1/2 cup cashews
- 2 tablespoons dried cranberries
- 1/2 apple, peeled, cored and diced
- 1/2 pear, peeled, cored and diced

In a blender or food processor, combine sugar, lemon juice, onion, mustard, and salt. Process until well blended. With machine still running, add oil in a slow, steady stream until mixture is thick and smooth. Add poppy seeds, and process just a few seconds more to mix.

In a large serving bowl, toss together the Romaine lettuce, shredded Swiss cheese, cashews, dried cranberries, apple, and pear. Serve salad with dressing on the side.

Winter Green Salad

<http://allrecipes.com/recipe/230766/winter-green-salad/?prop26=dailydish&prop25=109591&prop27=2016-12-14&did=109591-20161214>

SALAD

- 2 leaves collard greens, washed, trimmed and finely chopped
- 2 leaves kale, washed, trimmed and chopped
- 1/2 head Romaine lettuce, washed and chopped
- 1/4 small head red cabbage, washed and chopped
- 1 Bosc pear, cored and cubed
- 1/2 Bermuda onion, finely diced
- 1/2 orange bell pepper, washed, seeded and diced
- 1/2 avocado, peeled, pitted, and diced

- 1/2 carrot, peeled and grated
- 5 cherry, tomatoes
- 7 walnut halves, crushed
- 2 tablespoons raisins, or to taste

DRESSING

- 6 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 teaspoon dried oregano
- 1 1/2 teaspoons chili powder
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pepper

The original recipe called for a huge amount of greens. I reduced the collard greens, kale and lettuce to half what the original recipe called for.

Mix collard greens, kale, romaine, cabbage, pear, onion, orange bell pepper, avocado, carrot, tomatoes, walnuts, and raisins together in a large bowl.

Combine olive oil, vinegar, honey, oregano, chili powder, mustard, garlic, salt, and black pepper in a glass jar with a lid. Cover jar with lid and shake vigorously until dressing is well mixed. Pour dressing over salad. Toss to coat.

Woodstock Peace Salad with Tahini Dressing

SALAD

- 1 package mixed greens, torn into bite sized pieces and washed and spun dry
- 1 cucumbers, peeled and diced
- 1 red bell pepper, washed and seeded and diced
- 2 carrots, peeled and shredded
- 1 cup broccoli florets, washed and diced
- 1/2 red onion, diced
- 1/4 head purple cabbage, washed and shredded
- 1-2 cups sprouts of choice, well rinsed and spun dry
- 1 avocado, peeled, pitted and diced
- 1/2 cup olives, optional
- 1-2 tablespoon hemp seeds, optional

TAHINI DRESSING

- 1/2 cup **Tahini**
- 1/4 cup lemon juice
- 1 clove garlic, minced
- filtered water, as needed
- sea salt, to taste
- pepper, to taste

Prepare the salad ingredients of and toss them together.

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Combine together the DRESSING ingredients in a blender, adding water 1 tablespoon at a time, until smooth and the desired consistency is reached.

Add dressing to salad and toss to combine. Serve chilled.

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