



# Salad Recipes

## Chicken Coleslaw

Serves 1

### Ingredients:

- 1 palm-size portion of chicken breast, steamed and finely sliced
- 3 C cabbage, shredded broccoli and red onion, finely chopped
- ¼ C chopped parsley, chives
- 2 Tbsp olive oil

### Instructions:

1. Combine all ingredients in a bowl, mix thoroughly and serve.

Calories per serving: 457

Protein: 20g

Carbohydrates: 12g

Total Fat: 36g

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## Citrus Chicken Salad

Serves 2

### Ingredients:

- 2 palm-size portions of chicken breast, steamed and finely sliced
- ½ C celery, sliced
- ½ C red peppers, sliced
- 1 C green beans
- 2 C lettuce
- ½ avocado, sliced
- 1 tomato, cut into wedges
- 1 Lemon, squeezed
- Dash seasoning salt
- 1 Tbsp lemon infused olive oil

### Instructions:

1. Combine all ingredients together, dress with lemon juice, pepper and olive oil. Serve immediately.

Calories per serving: 323

Protein: 19g

Carbohydrates: 14g

Total Fat: 21g

# Korean Chicken Salad

Serves 2

## Ingredients:

- 2 palm-size portions of chicken breast

### Marinade

- 2 Tbsp soy sauce
- 1 Tbsp olive oil
- ¼ tsp ground ginger
- ¼ tsp cinnamon
- 1 clove garlic, finely chopped

### Salad

- 2 C lettuce, shredded
- 1 cucumber, thinly sliced
- 1 C capsicum, thinly sliced
- ½ C red onion, chopped
- ½ C green beans
- 1 C bean sprouts
- 1 Tbsp slivered almonds, toasted and salted
- 1 Tbsp sesame seeds, toasted

### Dressing

- ½ tsp dry mustard
- ½ tsp salt
- ½ tsp Tabasco sauce
- 1 Tbsp soy sauce
- 1 Tbsp sesame oil
- 4 tsp lemon juice

## Instructions:

1. Cut chicken breast in half.
2. Combine marinade ingredients and thoroughly coat chicken pieces.
3. Place chicken in shallow roasting pan, pour remainder of marinade over the top and cook uncovered at 375°F for 15 to 20 minutes, turning at half time.
4. Cool cooked chicken and cut into thin strips.
5. Prepare salad vegetables and place in large bowl.
6. Combine dressing ingredients and just before serving toss the chicken, salad and dressing with sesame seeds and slivered almonds.

Calories per serving: 439

Protein: 48g

Carbohydrates: 55g

Total Fat: 55g

## Avocado Shrimp Salad

Serves 1

### Ingredients:

- ½ avocado, sliced
- 3 C of mixed salad greens
- 1 Tbsp cilantro
- 1 palm-size portion of large shrimp (approximately 6 shrimp), cooked and peeled
- Juice of ½ a lime
- Dash chili pepper

### Instructions:

1. Cover plate of greens with prawns. Garnish with thin slices of avocado. Dress with lime juice, cilantro and chili pepper.

Calories per serving: 257

Protein: 27g

Carbohydrates: 11g

Total Fat: 12g

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## Mediterranean Salad

Serves 1

### Ingredients:

- 2 C of salad greens
- 1 egg, hardboiled and sliced
- 1 C mixed red onion and cucumber, sliced
- ½ can of tuna, in spring water
- 1 Tbsp olive oil (lemon infused if available)
- 1 Tbsp vinegar or lemon juice (apple cider, red wine or balsamic)

**Optional extras to add variety:** Blanched green beans, asparagus, oven roasted capsicum or eggplant strips, marinated mushrooms. (Use 1 handful to replace 1 handful of greens)

### Instructions:

1. Dressing: toss salad with lemon infused extra virgin olive oil and sprinkle with vinegar or lemon juice.

## Salmon Nicosia

Serves 2

### Ingredients:

- 1 palm-size portion of red salmon, tinned in brine or spring water, drained and chunked
- 2 eggs, hardboiled and cut in quarters
- 2 C romaine lettuce, leaves torn
- 1 handful cucumber or zucchini, shredded or julienne
- 1 ½ handfuls broccoli sprouts
- ½ handful small sweet pepper
- ½ handful avocado, peeled and cut into cubes
- ½ tsp dijon mustard
- 1 Tbsp olive oil
- Lemon wedges, garnish

### Instructions:

1. Arrange lettuce on large serving platter. Arrange mounds of the other ingredients over the platter.
  2. Spritz with a splash of lemon juice, dash of salt and olive oil
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## 360 Tuna Salad

Serves 1

### Ingredients:

- ½ palm-size portion of tuna  
\*In spring water
- 1 egg
- 3 C of mixed shredded lettuce, celery, shallots, and thinly sliced fresh mushrooms
- 1 tablespoon fresh herbs
- Juice of 1 lemon
- Ground pepper and sea salt to taste
- Olive oil

### Instructions:

1. Shallow fry sesame seeds until lightly browned, put aside to cool
2. Add olive oil to a non-stick frying pan. Break up tuna in a small mixing bowl. Mix with raw egg and black pepper. Cook tuna mix over moderate heat for 8 to 10 minutes. Stir frequently, breaking up larger clumps until light golden brown and flaky. Set aside to cool.
3. Add salad and vegetables to salad bowl. Drizzle with olive oil, add lemon juice and fresh herbs. Gently toss cooled flaky tuna and egg mixture into salad.

## Rotisserie Chicken Salad

### Ingredients:

- 1 C spinach
- 1 C romaine lettuce
- 1 palm-size portion of rotisserie chicken off the bone and skin off
- 1 hard boiled egg sliced
- 1 C steamed broccoli
- 2 Tbsp lemon olive oil
- Dash sea salt

### Instructions:

1. Mix lettuce, steamed broccoli, hard boiled egg and chicken in a bowl.
  2. Drizzle olive oil and add dash of salt for seasoning.
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## Smoked Trout Salad

### Ingredients:

- ½ can smoked trout (can be found at Trader Joe's)
- 3 C baby greens
- 1 egg chopped
- ½ C sliced hearts of palm
- Salt and pepper to taste

### Instructions:

1. Arrange lettuce on bottom
2. Slice egg and hearts of palm and arrange over lettuce with smoked trout on top. If desired drizzle with lemon juice or olive oil.
3. Season to taste with salt and pepper.