

# Salads

## Light and Simple Salad

**Ingredients:**

4-6 large handfuls of mesclun salad mix  
1/4 cup roasted sunflower or pumpkin seeds  
6 red radishes, thinly sliced

Prep Time: 5 minutes

Yield: 4-6 servings

**Directions:**

1. Toss all ingredients.
2. Serve with the dressing of your choice.

**Variations:**

Add grated carrot, thinly sliced cucumber or celery.

## Carrot and Raisin Salad

**Ingredients:**

1 pound carrots, grated  
2/3 cup raisins  
1 1/2 cups orange juice  
1 tbsp freshly grated ginger root

Prep Time: 5 minutes

Yield: 4 servings

**Directions:**

1. Soak raisins in orange juice for 1 hour (overnight is fine).
2. Mix all ingredients in a bowl and marinate for 1 hour or overnight.

## Sprout Salad

**Ingredients:**

1 cup mung bean sprouts  
1 cup alfalfa or radish sprouts  
1/2 cup each daikon and carrots, cut into matchsticks or grated, mixed with a pinch of salt  
1 bunch watercress or arugula, washed and chopped

**Dressing:**

2 tbsp tahini  
1 tbsp umeboshi paste (find it in the Japanese/Asian food section)  
2 tbsp lemon juice  
1 tbsp mellow white miso

Prep Time: 10 minutes

Yield: 4 servings

**Directions:**

1. Prepare carrots and daikon with salt and let sit while you prepare the rest of the ingredients.
2. Wash the sprouts well.
3. Combine the dressing ingredients.
4. Mix the vegetables with the dressing and serve.

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## Tricolor Salad With Creamy Raspberry Dressing

**Ingredients:**

2 Belgium endives or white part of curly chicory  
1 radicchio  
1 bunch arugula

Prep Time: 10 minutes

Yield: 2 cups, serves 4

**Dressing:**

1 package Mori-Nu silken tofu or 10 ounces silken tofu  
4-6 tbsp raspberry jam  
2 tbsp canola oil  
3 tbsp raspberry or umeboshi vinegar  
1/4 cup water  
1/2 tsp sea salt

**Directions:**

1. Wash and dry salad greens. Arrange them over the individual salad platters.
2. Combine dressing ingredients in a blender and process until smooth.
3. Drizzle dressing over the greens and serve.

## Minty Fresh Cucumber Salad

**Ingredients:**

2 cucumbers  
1 green apple  
1 handful fresh mint  
1-3 pinches of sea salt  
juice of 1/2 lemon

Prep Time: 10 minutes

Cooking Time: 30 minutes

Yield: 4 servings

**Directions:**

1. Peel stripes on the cucumbers.
2. Thinly slice the cucumbers and apple - the thinner the better!
3. Rub the salt into the slices.
4. Finely chop the mint and mix it into the salad.
5. Press gently for 30 minutes
6. Add the lemon juice and serve garnished with a few whole mint leaves.

**Note:**

You can rinse the salt off if you want to, after pressing. You don't need to press this salad. You can let it sit and marinate for an hour instead—just use a little extra salt.

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