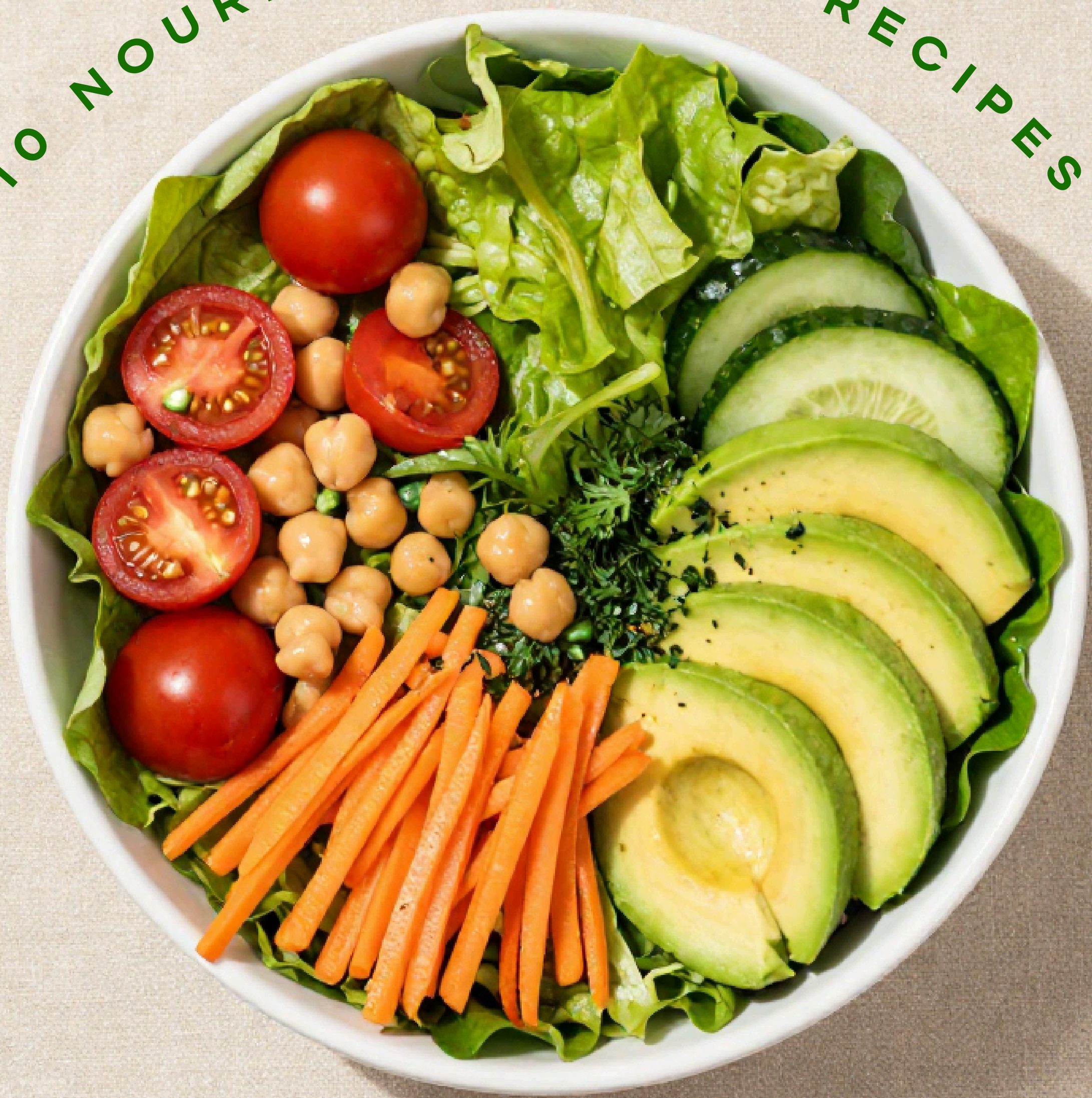
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THE HIGH-FIBRE VEGETABLE SALADS

10 NOURISHING SALAD RECIPES



Chickpea & Crunchy Kachumber Salad

Ingredients (1 Serving):

¾ cup cooked chickpeas,
½ cup cucumber, diced,
½ cup tomato, diced,
¼ cup carrot, grated,
¼ cup onion, finely chopped,
¼ cup cabbage, shredded,
1 tbsp coriander,
1 tbsp pumpkin seeds,
½ lemon, juiced,
Roasted cumin powder, salt & pepper.

Method:

Combine chickpeas and vegetables. Add pumpkin seeds, lemon juice and seasoning. Toss well and serve.

Moong Sprout & Vegetable Salad

Ingredients (1 Serving):

1 cup whole green moong sprouts,
½ cup cucumber,
½ cup tomato,
½ cup grated carrot,
¼ cup capsicum,
¼ cup cabbage,
1 tbsp coriander,
1 tbsp sunflower seeds,
½ lemon,
Chaat masala & pepper.

Method:

Combine all ingredients and toss with lemon and seasoning.

Rajma & Corn Rainbow Salad

Ingredients (1 Serving):

½ cup cooked rajma,
½ cup sweet corn,
½ cup cucumber,
½ cup tomato,
¼ cup capsicum,
¼ cup onion,
¼ cup grated carrot,
1 tbsp coriander,
1 tbsp pumpkin seeds,
Lemon juice,
Roasted cumin, chilli flakes & salt.

Method:

Mix the cooked rajma and vegetables.
Add corn and pumpkin seeds.
Finish with lemon and seasoning.

Black Chana & Vegetable Salad

Ingredients (1 Serving):

¾ cup cooked black chana;
½ cup cucumber;
½ cup tomato;
¼ cup carrot;
¼ cup cabbage;
¼ cup onion;
¼ cup capsicum;
1 tbsp coriander;
1 tbsp sesame seeds;
½ lemon;
Salt, pepper & cumin powder.

Method:

Toss black chana with the vegetables. Add sesame seeds, lemon and seasoning.

Lentil & Mediterranean Vegetable Salad

Ingredients (1 Serving):

¾ cup cooked whole masoor,
½ cup cucumber,
½ cup tomato,
¼ cup capsicum,
¼ cup carrot,
¼ cup onion,
1 cup lettuce,
1 tbsp pumpkin seeds,
1 tsp olive oil,
½ lemon,
Oregano, pepper & salt.

Method:

Cool and drain the cooked lentils thoroughly. Add vegetables and lettuce. Dress with lemon, olive oil and oregano.

Sweet Potato & Chickpea Salad

Ingredients (1 Serving):

½ cup cooked chickpeas,
½ cup cooked sweet potato, cubed,
½ cup cucumber,
½ cup tomato,
½ cup spinach or lettuce,
¼ cup capsicum,
1 tbsp pumpkin seeds,
1 tbsp coriander,
½ lemon, juiced,
Cumin powder, chilli flakes & salt.

Method:

Combine cooled sweet potato and chickpeas with the vegetables.
Add seeds, lemon and seasoning.
Toss well and serve.

Green Peas & Vegetable Salad

Ingredients (1 Serving):
1 cup cooked green peas,
½ cup cucumber,
½ cup tomato,
½ cup cabbage,
¼ cup carrot,
¼ cup capsicum,
¼ cup onion,
1 tbsp flaxseed powder,
1 tbsp coriander,
½ lemon,
Pepper & salt.

Method:
Combine peas and vegetables. Add ground flaxseed, lemon and seasoning. Toss well.

Soya Bean & Crunchy Vegetable Salad

Ingredients (1 Serving):

¾ cup cooked whole soya beans,
½ cup cucumber,
½ cup tomato,
¼ cup carrot,
¼ cup purple cabbage,
¼ cup capsicum,
¼ cup onion,
1 tbsp sesame seeds,
1 tbsp coriander,
½ lemon,
Pepper & a little soy sauce (optional)

Method:

Combine cooked soya beans with all vegetables. Add sesame seeds and dressing. Toss gently.

Avocado, Black Bean & Vegetable Salad

Ingredients (1 Serving):

½ cup cooked black beans;
½ small avocado, diced;
½ cup tomato;
½ cup cucumber;
½ cup lettuce;
¼ cup capsicum;
¼ cup onion;
1 tbsp pumpkin seeds;
½ lemon;
Chilli flakes, pepper & salt.

Method:

Add beans and vegetables to a bowl. Gently fold in avocado. Top with pumpkin seeds and lemon dressing.

Mixed Bean & Vegetable Salad

Ingredients (1 Serving):

¼ cup cooked chickpeas,
¼ cup cooked rajma,
¼ cup cooked black chana,
½ cup cucumber,
½ cup tomato,
¼ cup carrot,
¼ cup cabbage,
¼ cup capsicum,
1 tbsp pumpkin seeds,
1 tbsp coriander,
½ lemon,
Roasted cumin powder, pepper & salt.

Method:

Combine all the cooked beans and vegetables. Add pumpkin seeds, coriander, lemon and seasoning. Toss well.