

# Curried Chickpea Salad

## INGREDIENTS

- 2 teaspoons apple cider vinegar
- 2 tablespoons lime juice
- 4 tablespoons olive oil
- 2 teaspoons curry powder
- 2 teaspoons maple syrup
- 1/2 teaspoon salt
- 1/2 cup raisins
- 4 cups cooked chickpeas or  
2 15-ounce cans, rinsed and  
drained
- 1 red bell pepper, chopped
- 2/3 cup red onion, finely chopped
- 1/2 cup cilantro or parsley,  
chopped
- 2 teaspoons cumin seeds

## DIRECTIONS

1. In a small mixing bowl, stir together vinegar, lime juice, olive oil, curry powder, maple syrup and salt. Add raisins and set aside.
2. Combine chickpeas, bell pepper, onion and cilantro in a medium bowl.
3. Heat a small skillet over medium-high heat and toast cumin seeds until slightly browned and fragrant, about 1 minute. Stir cumin seeds along with dressing-raisin mixture into chickpea salad.
4. Season with additional salt, if desired.



# Southwestern Bean Salad

## INGREDIENTS

- 1/4 cup olive oil, divided
- 2 cups frozen corn
- 4 scallions, thinly sliced
- 3 limes, juiced
- 1 teaspoon honey
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 15-ounce cans black beans, rinsed and drained
- 2 avocados, chopped
- 2 tomatoes, cored and chopped
- 1/4 cup chopped cilantro

## DIRECTIONS

1. In a medium skillet, heat 2 tablespoons of olive oil over medium-high heat. Add the corn and cook until brown spots appear, approximately 5 minutes. Set aside to cool.
2. Stir together scallions, lime juice, honey, smoked paprika, salt, and pepper together in a large bowl. Slowly whisk in remaining olive oil.
3. Add beans, avocado, tomatoes, cilantro, and corn and toss to combine. Season with salt and pepper to taste. Serve.



# Nutty Edamame Salad

## INGREDIENTS

### SALAD

- 1 1/2 cups cooked brown rice
- 1 pound shelled edamame, cooked
- 1 1/2 cup shredded red cabbage
- 2 cups finely chopped kale
- 1 large carrots, grated
- 3 scallions, finely chopped
- 1/2 cup chopped cilantro
- 1/2 cup roasted cashews, chopped
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### DRESSING

- 3 tablespoons nut butter
- 2 tablespoons rice vinegar
- 2 tablespoons honey
- 1 tablespoon toasted sesame oil
- 2 tablespoons soy sauce
- 1 clove garlic, pressed
- 2 teaspoons sriracha
- 2-4 tablespoons water

## DIRECTIONS

1. Allow the cooked rice and edamame to cool for 10 minutes before using in the salad.
2. In a medium bowl, whisk together all of the dressing ingredients, except the water. If dressing is thick, add 1 tablespoon of water at a time until dressing is a good consistency to easily coat the salad.
3. In a large bowl, combine all of the salad ingredients, except the cashews. Mix well.
4. Pour the dressing over the salad and stir to coat. Sprinkle with chopped cashews before serving.



# Mediterranean Lentil Salad

## INGREDIENTS

- 3 tablespoons red wine vinegar
- 1/2 lemon, juiced
- 1 teaspoon Dijon mustard
- 1 teaspoon dried oregano
- 1/2 teaspoon sea salt
- 1/4 cup extra virgin olive oil
- 1 1/2 cups cooked French or Beluga lentils, drained
- 1 cup cherry tomatoes, halved
- 1 cup chopped English cucumbers
- 1 cup diced red or yellow bell peppers
- 1/2 cup Kalamata olives, chopped
- 1 small red onion, thinly sliced
- 1/2 cup crumbled Feta cheese
- 1/4 cup Italian parsley, chopped

## DIRECTIONS

1. Prepare the dressing in a small bowl. Add vinegar, lemon juice, mustard, oregano, and salt. Slowly whisk in the olive oil until combined. Set aside.
2. In a large salad bowl, add cooked lentils, tomatoes, cucumbers, bell pepper, olives, onions, cheese, and parsley.
3. Gently stir in enough vinaigrette to coat vegetables well without being runny. Cover and refrigerate or enjoy right away.
4. Serve with Feta cheese sprinkled on top.

