

Eat to Live



Salads

We have such an aversion to vegetables that we come up with ways to hide them in other food. But before you totally turn your nose up at the idea, there's a lot about a raw food diet that you might not know. Eating more fresh, raw foods is a great way to increase your immune function, feel satisfied, diversify your menu, and supercharge your diet.

Salads are a great way to consume fresh, whole, unrefined, living, plant-based foods including fruits, vegetables, leafy greens, nuts, and seeds, which are consumed in their natural state, without cooking or steaming.

Did you know that you can get enough protein and fat from nuts, seeds, vegetables, legumes, fruits and superfoods? We have put together a diversity of salads containing many of these raw ingredients, enjoy!

Use the 10-day Eat To Live Plan and swap some of the ideas we have given you with these delicious recipes. They can be eaten on their own, or you can add a salad with it, for a variety of nutrients from cooked and raw foods.

Another idea is to use the [wrap recipes](#) and make a delicious vegan wrapped salad.

“To remember a successful salad is generally to remember a successful dinner; at all events, the perfect dinner necessarily includes the perfect salad.” – Silver Palate Cookbook

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Ingredients

1 kg potatoes, cut in chunks
1 cup cooked corn kernels
1 large tomato, chopped
1 bunch scallions, chopped
½ cup fresh salsa – see home-made recipe at the end
2 tablespoons fresh lime juice
2 tablespoons chopped fresh cilantro or parsley
Freshly ground pepper

Mexican Potato Salad

Preparation Time: 15 minutes (need prepared salsa) | Cooking Time: 30 minutes

Directions

1. Place the potatoes in a large pot and cover with water.
2. Bring to a boil, reduce heat, cover, and cook 30 minutes, or until just tender. (Don't let them get too soft).
3. Remove from the heat, drain, and place in a large bowl.
4. Add the corn, tomato, and scallions.
5. Combine the salsa and lime juice.
6. Pour over the salad and mix well.
7. Add the cilantro or parsley and a few twists of pepper.
8. Mix gently and serve at once.

HINT:

*This salad can also be chilled before serving,
Substitute: barley for corn*



Ingredients

3 15-ounce cans chickpeas beans, drained and rinsed. Or 1 kg cooked chickpeas
2 cups loosely packed chopped fresh spinach
½ cup chopped red bell pepper
½ cup chopped yellow bell pepper
3 green onions, finely chopped
½ cup oil-free salad dressing
Several twists fresh ground pepper

Chickpea & Spinach Salad

Preparation Time: 15 minutes | Chilling Time: 1-2 hours | Servings: 4-6

Directions

1. Combine beans and vegetables in a bowl.
2. Pour dressing over and toss to mix. Season with fresh ground pepper.
3. Refrigerate for 1-2 hours for best flavour.



Tomato Vegetable Salad

Preparation Time: 30 minutes | Chilling Time: 1-2 hours |
Servings: 6

Directions

1. Combine all the ingredients and toss well to mix.
2. Chill before serving.

Ingredients

6 tomatoes, chopped
2 cups fresh cooked corn kernels non-gmo
2 zucchini, julienned
½ cucumber, finely chopped
½ cup celery thinly sliced
4 shallots, finely chopped
1 tablespoon, chopped fresh parsley
1 teaspoon chopped fresh basil
½ teaspoon minced fresh oregano
½ teaspoon minced fresh tarragon
½ cup oil-free dressing

HINT:

Serve with a herb soup

*Add some freshly chopped herbs as garnish to soup
before serving for some additional 'greens'.*

*Substitute: swap the corn kernels for barley or
chickpeas*



Picnic Lentil Salad

Preparation Time: 15 minutes | Cooking Time: 30 minutes | Chilling Time: 3 hours | Servings: 6
Make at least 3 hours before you plan to serve it to allow time for the flavours to blend.

Directions

1. Place the lentils and water in a medium pot.
2. Bring to a boil, reduce heat, cover and cook for about 30 minutes, until tender but still firm.
3. Meanwhile, prepare remaining vegetables.
4. Combine vinegar, water, mustard, oregano, and pepper in a small container and mix well. Set aside.
5. Drain lentils. Place in a bowl.
6. Add carrot, onion, parsley, and garlic. Mix well.
7. Pour dressing over and mix again. Cover and refrigerate for at least 3 hours before serving.

Ingredients

1 cup dry brown lentils
4 cups water
1 cup grated carrots
½ cup chopped sweet onion
½ cup chopped fresh parsley
½ teaspoon crushed fresh garlic
2 tablespoons of apple cider vinegar
1 tablespoon water
2 teaspoons Dijon-style mustard
½ teaspoon ground oregano
Several twists freshly ground pepper

HINT:

*Serve this delicious salad with a cauliflower wrap or
a cauliflower tortilla.*



Spinach Vegetable Salad

Preparation Time: 30 minutes | Servings: 4

Directions

1. Place all the ingredients in a large bowl and mix well.
2. Serve with your oil-free dressing.

Ingredients

6 cups loosely packed washed and dried fresh spinach leaves
 ½ pound mushrooms, sliced
 2 carrots, thinly sliced
 1 cucumber, thinly sliced
 1 tomato, thinly sliced
 1 cup sprouts
 Oil-free dressing to taste



Barbecued Bean Salad

Preparation Time: 15 minutes | Chilling Time: 2 hours | Servings: 4-6

This is a fast and delicious salad that can be served in many different ways. It can be eaten plain as a side dish, as a topping for chilled greens, such as spinach or lettuce, stuffed into home-made pita bread (if you are allowed wheat) with some fresh chopped greens, or rolled up in a wrap plain (if you are allowed wheat), or with greens.

To use home cooked beans in this recipe, cook your beans in a pressure cooker or on the stove and use about 1 ½ cups cooked beans for each can of beans called for. This may also be made with other variations of beans, choose all one kind or a mixture of different beans.

Directions

1. Place beans in a large bowl.
2. Add vegetables and mix well.
3. Add remaining ingredients and toss again to mix.
4. Refrigerate to blend flavours.

Ingredients

1 ½ cups black beans, cooked and drained
 1 ½ cups pinto beans, cooked and drained
 1 ½ cups white beans, cooked and drained
 ½ cup diced sweet onion
 1 stalk celery, diced
 1 medium red bell pepper, diced
 1 cup cooked non-gmo corn kernels
 ½ cup bottled oil-free barbecue sauce
 1 tablespoon apple cider vinegar
 2 teaspoons Dijon mustard
 Dash salt

HINT:

To use fresh corn instead of frozen, cook 2 ears of corn until tender. Cool. Slice from cob and use as directed above. This method can be used throughout these recipes where corn is called for. Make sure it is non-GMO corn. Or, switch corn for barley. Serve in a delicious cauliflower wrap or tortilla or serve with a hearty soup.
Substitute: substitute barley for corn if you cannot get non-gmo corn



Three Bean Salad

Preparation Time: 15 minutes | Chilling Time: at least 1 hour | Servings: 6

Directions

1. Combine beans and vegetables in a large bowl.
2. Place the salsa in a small container, then add the lime juice and chili powder.
3. Stir or shake to combine.
4. Pour over the bean mixture and toss to mix.
5. Refrigerate at least 1 hour to allow flavours to blend.

Ingredients

Approximately 425g black beans, cooked and drained (see substitute)
Approximately 425g kidney beans, cooked and drained (see substitute)
Approximately 425g chickpeas, cooked and drained
1 small, mild, sweet onion, thinly sliced
2 stalks celery, sliced
1 tomato, chopped
1 cup salsa, (see home-made recipe at the end)
2 tablespoons lime juice (see substitute)
1 teaspoon chili powder (optional)

SUBSTITUTE:

- *Lemons for limes*
- *Black beans for brown; Kidney beans for green beans - In fact, you can use any beans, as long as you have two types plus your chickpeas.*