

Healthy Vegan Salad Recipes



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Asian Style Salad with Tofu



Ingredients

- 1 small cucumber
- 100 gm tofu
- 2 small carrots
- 2 spring onions
- 4 sprigs of coriander
- 4 tbsp sprouts
- [Asian style dressing](#)

Method

Marinate the tofu in the asian style dressing for 2 hours. Wash the cucumber and cut into thin slices. Grate the carrots, slice the spring onions and chop the coriander. Wash the sprouts and put all the ingredients in a salad bowl. Add the marinated tofu and mix together.

Serves 2-3

Beetroot & Vegan Cheese Salad



Ingredients

- 2 beetroots, chopped in cubes
- 60 gm black olives, halved and pitted
- 40 gm salad leaves (lettuce or rocket)
- 60 gm vegan cheese ([tofu ricotta](#))

For the dressing

- juice of 2 lemons
- 1 garlic clove, crushed
- salt and pepper to taste

Method

Steam the chopped beetroot until they are tender. In a bowl mix the beetroot, olives and salad leaves. Prepare dressing in a separate bowl by mixing the ingredients. Add the dressing to the salad veggies and mix well. Top with vegan cheese. Serves 3-4

Beetroot and Cucumber Salad

Ingredients

- 1/2 inch beetroot cubes,
- 1/2 inch onion cubes
- 1/2 inch cucumber, cubes
- salt and pepper to taste
- lime juice

Method

Mix all the ingredients together and serve. Adjust the seasoning as per taste.

Serves 2

Beetroot Spring Onion Salad with Sunflower Seeds and Lettuce



Ingredients

- 2 cups beetroot chopped into 1cm cubes and steamed.
- 1/3 cup spring onions, chopped fine
- 1/4 cup sunflower seeds
- lettuce or salad greens for the bed

Method

Put the beetroot, spring onions and sunflower seeds in a salad bowl and add the dressing of your choice to it. Mix well and place on a bed of lettuce or salad greens.

Serves 2–4

Beetroot with a Zing



Ingredients

- 4 medium sized beetroots
- 2 tbsp onions, chopped fine
- 1 tbsp celery, chopped fine
- 1 tbsp wholegrain mustard
- 1 cup [peanut yogurt](#), lightly whipped
- 1 small raw mango, chopped fine (optional)
- salt to taste
- 1/4 tsp red chili powder
- raw onion rings (optional)

Method

Steam the beetroots with the skin until tender. Cool completely and cut into 1 inch cubes. Mix the remaining ingredients in a bowl, add the beetroot and mix well. Can be served with raw onion rings.

Serve at room temperature because in the fridge, the yogurt will cake through

Better-Than-Tuna Salad



Ingredients

- 1 cup boiled garbanzo beans (chickpeas) or 1 cup tinned chickpeas
- ¼ medium sized onion chopped
- 2 tbsp finely chopped capsicum – red or green
- 2 tbsp finely chopped celery
- 5 – 6 tbsp [vegan mayonnaise](#)
- lemon juice to taste
- salt and pepper to taste
- parsley for garnish (optional)

Method

Press the garbanzo beans between your fingers or a fork to flatten them, avoid smashing them. Add the other ingredients. Mix well. Garnish with parsley and serve.

Serves 6-8

Broccoli Salad



This recipe was demonstrated by [Lisa Pitman](#) during her Eating without Heating demos in India.

Ingredients

- 5 cups broccoli florets
- ½ cup sunflower seeds
- ¼ chopped red or sweet onion
- ½ cup raisins

Dressing

- ½ cup cashews, soaked (4-6 hours) and drained
- 2 dates
- 1 tbsp apple cider vinegar
- ⅛ tsp sea salt
- 6 tbsp water

Method

In a large mixing bowl, toss together the broccoli, sunflower seeds, red onion and raisins. In a blender, combine the dressing ingredients and blend until smooth.

Pour the dressing over the salad ingredients and toss to coat.

Serves 4-6

Butter Beans Salad

You need to begin preparation a day in advance.

Ingredients

- 1 cup dry large flat beans (they are called butter beans / french beans / vaal – they may be white or red and white. The red and white ones are best for this if you can get them)
- 2 tomatoes
- 1 medium onion
- sage
- oregano
- salt
- lemon juice
- olives

Method

Soak the beans overnight and let them cook till they are well done, or cook in a pressure cooker for 2 whistles depending on the cooker.

When the beans are cool mix with the other ingredients and let them stand a while before serving to let the herbs blend their flavours in.

Serves 6-8

Cabbage Greens Salad



Ingredients

- 1 kg cabbage
- 500 gm spinach
- 200 gm mint
- 200 gm dill
- tomatoes for garnish (optional)

Dressing

- juice of 4 limes
- salt to taste
- ½ tsp cumin, coarsely powdered
- 1 tsp chopped garlic
- ½ tsp pepper

Method

Mix together the dressing ingredients and keep aside.

Shred the cabbage and spinach. Add the mint and dill sprigs.

Marinate with dressing.

Serves 10-12

Cabbage Rolls



Ingredients

- 1 large cabbage
- 1/2 kg carrots
- 1/2 kg beetroot
- 1 large onion, grated.
- 1 grated fresh coconut
- salt to taste
- ginger chili paste to taste

Method

Peel off the cabbage leaves one by one, keeping them whole. Boil water in a large pot. Turn off the heat and dip the leaves in the water and leave them for a few minutes.

Wash and grate the carrots and beets. Mix all these ingredients and add salt and ginger chili paste to taste.

Flatten the cabbage leaves and cut off any hard stems. Spread the carrot beetroot mixture over the cabbage leaves and roll tightly. Cut into 2 inch pieces and serve.

Serves 10-15

Cabbage Salad

Ingredients

- 1/2 kg cabbage, shredded fine
- 1/2 cup roasted peanuts, ground coarsely
- 1/2 cup lemon juice
- 1 green chili (optional)
- sea salt to taste
- coriander leaves

Method

Mix all the ingredients thoroughly and refrigerate. Add salt and coriander leaves to garnish just before serving.

Serves 6-8

Caribbean Sweet Potato Salad



Ingredients

- ½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp chili powder
- dash or two of nutmeg
- 1 tsp mixed herbs
- 2 small sweet potatoes(with skin), diced
- 1-2 tsp [dates paste](#) with a little water
- lime juice
- salt and pepper to taste

Method

Preheat oven to 200°C / 400°F. Line a tray with parchment paper and set aside.

Mix the spices and herbs together. Mix the potatoes with the spices so they are well coated. Use more spices if required.

Put sweet potatoes on baking tray and bake for 10-20 mins till fork tender and crisp.

Before serving, squeeze lime juice on top and season lightly with salt and black pepper, if required

Carrot Beetroot Kanji



Ingredients

- 1 cup carrots cut into 1 inch sticks
- 1 cup beetroot cut into 1 inch sticks
- 2 tbsp ground mustard powder
- ½ tsp kashmiri chili powder
- 4 – 5 cups of water

Method

Put all the ingredients into a big glass jar. Cover with a lid or a muslin cloth and keep the jar in the sun for 3-4 days. Stir the contents of the jar, with a wooden spoon everyday. Kanji is ready to drink when it tastes sour. Fermentation might take longer in winter so you may need to leave the jar in the sun longer.

It has a sour pungent taste.

Serves 4-5

Carrot, Peanut, Raisin Salad



Ingredients

- 500 gm juicy carrots, unpeeled and grated
- 1/2 cup raisins
- 1/2 cup roasted and coarsely chopped peanuts
- 2 tbsp chopped coriander
- 2 tbsp roasted sesame seeds

For the dressing

- 1 cup orange juice
- 1/2 cup lime juice
- 2 cloves garlic, crushed
- 1 tsp [date paste](#)
- 1 tsp whole cumin seeds, roasted and coarsely crushed
- salt and pepper to taste

Method

Soak the raisins in water till plump. If in a hurry, soak for a few minutes in warm water. Mix all the ingredients. Good to have this salad chilled. One variation is to julienne the carrots (cut into matchsticks like in chinese cooking), steam and chill them before mixing with the rest of the ingredients.

Serves 6

Child Friendly Beetroot Salad

Beetroot salad with candied spicy cashew nuts and fresh mint.

Ingredients

- 2 beetroots
- 1 lemon
- salt
- [Date paste](#)
- cashew nuts
- whole black pepper
- cloves
- fresh mint, chopped

Method

Mix lemon juice, salt and the chopped mint to make a sauce.

Grind the whole black pepper and the cloves to a powder. Cut the cashew nuts into small pieces and mix them with the spices and date paste. Heat an iron plate and cook cashew nuts, spices and the date mixture on a very low flame to get the spicy candied cashew nuts. Grate the beetroots and mix them with the sauce. Decorate the salad with the cashew nuts before serving.

Serves 4-6

Child Friendly Carrot Salad

Carrot salad with candied peanuts and fresh parsley.

Ingredients

- 6 carrots
- 1 lemon
- salt
- [Date paste](#)
- peanuts
- parsley

Method

Mix lemon juice and salt to make a sauce.

Chop the peanuts into small pieces and mix them with date paste. Heat an iron plate and cook the mixture on very low flame to get candied peanut pieces.

Grate the carrots and mix them with the lemon juice and salt sauce.

Decorate the salad with the peanuts and parsley before serving.

Serves 4-6

Coleslaw



Ingredients

- 1 green cabbage, finely sliced
- 2 carrots, grated
- 1 red onion, grated
- 1 cup finely sliced red cabbage (optional)
- herbs of choice (parsley, dill)
- about ½ cup [vegan cashew mayonnaise](#)
- salt and pepper to taste

Method

Mix all the ingredients together. Chill for about ½ hour in a glass bowl. Serve.

Serves 5-6

Cucumber & Tomato Salad with Peanuts

Ingredients

- 1 cup cubed cucumber
- 1 cup cubed tomatoes
- ¼ cup crushed roasted peanuts
- salt to taste
- ½ tsp [date paste](#)
- thai chili powder to taste
- lemon juice to taste

Method

Mix all the ingredients and serve.

Serves 2

Cucumber Salad with Peanuts and Coconut



Ingredients

- 4 unpeeled cucumbers, chopped into tiny cubes
- ¼ cup grated coconut
- ¼ cup roasted crushed peanuts
- juice of 1 lime
- salt to taste
- green chilies, finely chopped
- a tiny amount of [date paste](#)
- chopped fresh coriander for garnishing

Method

Mix all the ingredients together. Adjust the salt, date paste and lime juice to taste. Garnish with coriander and serve.

Serves 8-10

Cucumber Sesame Salad



This easy-to-make salad is great when served alone or with chilled soba noodles.

Ingredients

- 4 cucumbers
- 2 tbsp sesame seeds, toasted
- 3 tbsp soy sauce
- 2 tsp rice vinegar
- 1 tsp [date paste](#)

Method

Cut the cucumber lengthwise into thick strips. Place them into a bowl and set aside.

Place the soy sauce, rice vinegar and date paste into a small container with a secure lid. Put the lid on and shake to create the vinaigrette dressing. Pour the vinaigrette over the cucumber, toss to coat, cover and marinate for 1 hour, stirring once or twice.

Just before serving, sprinkle the toasted sesame seeds on top.

Serves 6-8

Cucumber Summer Rolls with Ginger Peanut Sauce (Raw)



This recipe was demonstrated by [Lisa Pitman](#) during her Eating without Heating demos in India.

Ingredients for rolls	Ingredients for sauce
<ul style="list-style-type: none">• 8 leaves of lettuce (any variety with soft leaves, e.g. butterhead)• 1 medium cucumber, seeded and julienned• 1/2 cup carrot, shredded• 1/2 cup beetroot, shredded• 1/4 cup thinly sliced onion• 1/4 cup fresh basil, julienned• 1/4 cup fresh cilantro, julienned• 1/4 cup fresh mint leaves	<ul style="list-style-type: none">• 1/2 cup water• 1 kefir lime leaf• 1/2 cup almond butter• 1 date, pitted• 2 tbsp lime juice• 1 tsp sea salt• pinch of cayenne pepper• 1/4 tsp garlic, minced• 1 tsp ginger, minced

Method

Arrange lettuce leaves on a flat surface. Evenly distribute cucumber, carrot, beet, onion and herbs among the 8 leaves.

Roll up the lettuce leaves. Let them rest, seam side down.

Serve with dipping sauce on the side.

Eggless Egg Salad



Ingredients

- 1 cup crumbled firm tofu
- ¼ medium sized onion, chopped
- 2 tbsp finely chopped capsicum – red or green
- 2 tbsp finely chopped celery
- 5-6 tbsp [vegan mayonnaise](#)
- lemon juice to taste
- salt and pepper to taste
- parsley for garnish optional

Method

Mix all the ingredients well. Garnish with parsley and serve.

Serves 3-4

Eggplant Salad



Ingredients

- 500 gm large eggplants/baingan
- 1 tbsp garlic, finely chopped
- salt to taste
- 2 tbsp lemon juice
- ¼ cup onion, grated
- ¼ cup tomato, de-seeded and chopped fine
- ¼ tsp powdered black pepper
- 2 tbsp parsley or coriander
- 2 tbsp white sesame seeds (til)

Method

Cook the eggplant over a direct flame or under a grill till dark on the outside and cooked inside.

Alternatively put the eggplant in the oven till it begins to shrink. Cut open and scoop out the flesh leaving behind the skin. Chop fine or blend in a blender. Mix in the garlic, salt, lemon juice, onion, tomato, pepper, parsley and sesame seeds.

Serves 6-8

Variation

You can eliminate salt and add soy sauce. You can also add other vegetables like capsicum, scallions.

French Bean & Tomato Salad with Lemon Dressing



Ingredients

- 200 gm french beans washed, steamed and halved
- 2 tomatoes, finely chopped
- ¼ cup peanuts, roasted

Dressing

- juice of 1 lime
- ¼ tsp finely grated ginger
- salt to taste
- pepper to taste
- 1 clove garlic

Method

Mix all the ingredients of the salad in a bowl.

Blend the ingredients of the dressing. Pour the dressing over the salad. Serves 3-4

Garden Salad



Vegetables

- steamed carrots, beans, broccoli
- lettuce
- tomatoes
- cucumber
- black olives
- celery leaves
- baby spinach
- chopped gherkins
- cherry tomatoes
- avocado

Seeds

- pumpkin seeds
- sunflower seeds
- watermelon seeds
- sesame seeds

Ingredients for the salad

Ingredients for the dressing

- lemon juice
- mustard sauce
- salt and pepper

Above are some suggestions for this very attractive ‘Garden Salad’. Use whatever is available (Choose the vegetables, few seeds and any dressing) and pour the dressing over the salad just before serving. Dressing can also be made to taste.

Ginger Almond Pate with Lettuce Wraps (Raw)



This recipe was demonstrated by [Lisa Pitman](#) during her Eating without Heating demos in India.

Ingredients

For pate

- 2 tbsp grated fresh ginger
- 2 cloves garlic
- 1 tsp sea salt
- 2 cups almonds
- juice of 2 lemons (4 tbsp)
- ½ cup water, as needed

For wraps

- 6 large lettuce leaves (boston, romaine, etc.)
- 1 red bell pepper, julienned
- 2 medium carrots, julienned
- 1 tbsp sesame seed

Method

For pate

In a food processor, combine ginger, garlic and salt. Blend until well combined. Add the almonds and process into a fine meal. Add the lemon juice. Slowly add the water, 2 tbsp at a time, until a thick hummus-like texture is achieved.

For Wrap

Add 2-3 tbsp of pate to each lettuce leaf. Top with julienned vegetables and sprinkle of sesame seeds. Tuck in the sides and roll up each lettuce leaf into a tight-wrap. Slice in half.

Serves 6

Greek Salad with Tofu Ricotta

Ingredients

- tomatoes, cut into cubes
- cucumber, cut into cubes
- lettuce leaves
- onion, cut in small cubes
- [tofu ricotta](#)
- salt
- lemon juice
- few walnuts
- parsley
- mint

Method

Mix cubes of tomatoes and cucumber with the tofu ricotta. Add salt, lemon juice and garnish with parsley and mint.

Green Bean Salad with Peanuts

Ingredients

- ½ kg washed and chopped green beans
- 1 tsp salt
- 2 tbsp lemon juice
- salt and pepper to taste
- ½ cup of roasted peanuts, walnuts or raisins

Method

Steam the washed and chopped green beans. Add 1 tsp of salt. Once cooked, remove and strain. Add the rest of the ingredients while the beans are still warm. Mix together and serve.

Serves 4-6

Greens and Walnut Salad



Ingredients

For the salad

- 250 gm salad greens – (rucola would be great)
- ¼ cup walnuts

For the dressing

- 1/3 cup cashews soaked (4-6 hours) and drained
- juice of 1 orange
- juice of 1/2 lime
- ginger to taste
- salt

Method

Mix the salad ingredients in a big bowl.

For the dressing, put the soaked cashews (discard water) in the grinder and make a paste. Add other ingredients. Pour the dressing as needed on top of the salad just before serving. Serves 3-4

Indian Carrot Salad



Ingredients

- 5 carrots washed and grated
- ½ tsp mustard seeds
- dash of asafoetida
- 8 – 10 curry leaves
- ½ green chili, split longitudinally and seeds removed
- ½ tsp salt,
- juice of ½ a lime
- finely chopped coriander for garnishing
- grated coconut (optional)

Method

Heat the pan on a medium flame. When it is hot, put in the mustard seeds. When they start to sputter, lower the flame to the minimum and add the asafoetida, curry leaves and chili. Turn off the flame within seconds. Add the carrots, salt, lime juice and coriander. A dash of date paste may be added. Mix and serve.

Serves 2-3

Variation

You can replace the carrots with grated cabbage and tomatoes

Indian Stuffed Tomatoes



Ingredients

- 6 tomatoes (firm, red and medium size)
- 1 katori or 50 gm groundnuts soaked for 4 hours
- 1 tsp green chili paste
- 1 tsp jeera powder
- 1 tbsp [date paste](#) (optional)
- 1 tbsp coriander, chopped
- mix of grated vegetables like cabbage
- 1 cup carrots

Method

Cut tomatoes into half and scoop out the flesh. Rub salt on the inner rim and set aside to drain. Crush soaked groundnuts and mix with remaining seasoning but do not add salt. Stuff the tomatoes with the groundnut masala. Serve on a bed of grated vegetables in which some groundnut masala is mixed. Substitute groundnuts with grated carrots or crushed corn.

Serves 3-4

Indian Tossed Salad



Ingredients

- 2 cucumbers, chopped
- 1 onion, chopped
- 3-4 tomatoes, chopped
- 1 steamed potato, chopped
- 1 tbsp grated coconut
- 2 tbsp roasted and roughly crushed peanuts
- 1-2 tbsp lime juice
- 1 tbsp coriander (optional)
- rock salt to taste

Method

Mix and toss to combine all the ingredients thoroughly.

Serves 4

Indonesian Gado Gado Salad



Ingredients

- 400 gm cubed cabbage, tomato, potato, carrot, french beans or haricot, cucumber, capsicum, cauliflower
- broccoli, baby corn, red and yellow peppers (optional).

For the Dressing

- 100 gm roasted peanuts
- roasted chili powder as per taste
- 3 tsp [date paste](#)
- 1 tbsp tamarind paste
- salt to taste

Method

Steam the potatoes and beans. Mix the ingredients for the sauce and blend by adding little water to make a smooth paste.

Pour the sauce over the vegetables and serve.

Serves 4-6

Israeli Yellow Mixed Pickles



Ingredients

- 1 small cabbage
- 1 cucumber
- 1 small cauliflower
- 2 carrots
- 1 red capsicum
- 3 limes
- 18 cloves garlic, peeled and mashed
- 1 green chili
- ½ cup vinegar
- 1/3 cup rock salt
- 10 grains english pepper
- 1 tsp turmeric
- 4 bay leaves

Method

Its best to use a bowl or jar with a lid, which can be pressed to make a vacuum. This should be sterilized by cleaning with boiling water and then allowing to dry.

In another bowl mix salt with a bit of boiling water. Then add 2 liters normal water. Keep aside.

In the vacuum jar or a bowl make layers of vegetables adding the leaves in the middle. Add vinegar, peppers, turmeric, and then add water till all the vegetables are covered. Turn over the contents of the jar everyday. It will be ready in approximately 3 days depending on the temperature. It can be stored in the fridge once ready.

Variation

A similar pickle can be made by using the larger green chilies.

Lettuce Leaf Rolls

Ingredients

- 1/2 cup steamed corn kernels
- 1 cup sprouted whole green moong
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 2 green chilies, finely chopped
- fresh green coriander, finely chopped
- ½ cup [cashew cream](#)
- salt to taste
- lettuce leaves to make rolls/cups
- mint leaves to garnish

Method:

Mix all ingredients other than the lettuce leaves. Put mixture in refrigerator. At the time of serving, use lettuce leaves as cups and pour some mixture of the prepared salad, garnish with mint leaves and serve.

Serves 4

Katchumber



Ingredients

- 1 cup sliced onions
- 1 cup sliced tomatoes
- finely sliced green chilies to taste
- salt to taste
- juice of half lime
- coriander to garnish

Mix all the ingredients together and serve.

Variations: Sprinkle with roasted peanuts or coconut.

Serves 2

Kimchi



Ingredients

- 2 bowls chopped radish or 1 head of cabbage with leaves separated or 1 cup white raddish, cut into match sticks
- spring onions, trimmed and cut into 1 inch pieces
- 2 tbsp salt
- 10 cloves of garlic
- 1 tsp grated ginger
- 1 tsp [date paste](#)
- 1 tsp kashmiri chili powder

Method

Salt the radish or cabbage and keep aside for 2 hours. Throw out the water and wash thoroughly. Add the spring onions.

Make a paste of the remaining ingredients. Spread this paste on to the cabbage leaves or radish and store in a jar, covered loosely for 2 days till bubbles form.

Transfer to the fridge and enjoy as a pickled salad.

Kosumbri



Ingredients

- 1 cup grated carrot
- 1 cup grated cabbage
- 1 cup soaked yellow moong dal
- ¼ tsp salt
- ½ lime juice
- ¼ cup grated coconut
- ½ tsp mustard seeds
- a few curry leaves
- pinch asafoetida
- finely chopped green chilies or whole dry red chilies as per taste (optional)
- coriander for garnish (optional)

Method

Dry roast the mustard seeds, curry leaves and red chilies if you are using them. Turn off the stove and add asafoetida. Add it to the rest of the ingredients, and serve.

Variation

Add steamed corn kernels

Lemony Carrot Salad with Dill



Ingredients

- 4 grated carrots
- 2 tbsp chopped spring onion
- 3 tbsp dill leaves
- juice of 1/2 lemon
- 2 cloves chopped garlic
- salt to taste
- ¼ tsp pepper powder

Method

Combine the lemon juice, garlic, salt and pepper in a medium bowl. Add carrots, dill and spring onions. Toss well and serve.

Serves 2-3

Mediterranean Eggplant Salad With Yogurt Dressing



Ingredients

- 4 cucumbers
- 2-3 long thin eggplant
- salt, red chili powder, dry mango powder (to taste)
- dried oregano or lebanese seasoning (zataar) (optional)
- a few sprigs of fresh chopped mint leaves (optional)
- handful of pumpkin seeds
- handful of broken cashew nuts
- black sesame seeds for sprinkling

Yogurt Dressing

- ½ cup peanut rice milk curd
- 2 tsp crushed garlic
- rock salt to taste
- lemon juice to taste

Method

Slice eggplant, add salt, red chili powder, raw mango powder, dried oregano and roast evenly on both the sides till lightly roasted. Mix curd, garlic, salt, mint leaves and lemon juice in a bowl. Cut cucumbers using spiralizer or julienne peeler. In a serving bowl, place cucumber juliennes, prepared eggplant slices, pour yogurt dressing, sprinkle pumpkin seeds, broken cashews and black sesame seeds.

If using lebanese seasoning (zataar), omit raw mango powder as the salad may become very sour.

Variation: You can grate cucumber instead of making juliennes.

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Serves 2-3

Millet & Vegetable Salad with Raisins



Ingredients

- 2 cups foxtail millet
- 2 1/2 cup boiled water
- 1/4 cup black raisins
- 1/2 cup red and green bell peppers
- 1/4 cup white onion, minced
- 1/2 cup boiled green peas
- 1/4 celery, finely chopped
- 1/4 cup of fresh chopped mint leaves
- 1/4 cup of fresh chopped parsley
- 1 tbsp lemon juice
- 1/2 tsp crushed black pepper
- olives (optional)
- salt to taste
- 50 gm romaine lettuce for garnishing on serving plate
- 2 spring onions or shallots for garnishing on serving plate

Method

Soak the millet in water overnight, drain the water and pressure cook the millet with 4 cups of water. (It should not be mushy). Mix all other ingredients and fluff with a fork. Add the cooked millet. Garnish with romaine lettuce and spring onions or shallots on serving plate.

Serves 4

Mixed Sprouts & Greens with Peanut Sauce



Ingredients

- 2 cucumbers, chopped in cubes
- 20 gm bean sprouts
- 20 gm moong sprouts
- 1 green pepper, cut in thin strips
- 2 tsp toasted sesame
- 150 gm tofu, cut in cubes (optional)

Peanut Sauce

- 1 cup raw peanuts (without skin)
- 1/2 tsp red chili powder
- salt to taste
- 2 garlic cloves, crushed
- 1 tsp [date paste](#)
- 1/2 tsp soy sauce

- 1/2 cup water

Method

Place all the chopped salad vegetables and sprouts in a bowl and mix.

Roast the peanuts and grind them into a powder. In a saucepan, sauté the crushed garlic. Add the soy sauce, date paste, chili powder, water and bring to boil. Put the peanut powder and stir on low heat. Add salt. The consistency of the sauce should be like the 'Thousand Island Sauce'.

Serve salad vegetables and pour the peanut sauce on top as per taste.

Serves 6-8

Mixed Vegetable Salad With Coconut Mustard Dressing



Ingredients

- 2 cucumbers
- 1 small piece yellow pumpkin 2" X 4"
- 15 – 20 tender tindori/tendli
- 1 green bell pepper
- 1 yellow bell pepper
- 1 red bell pepper
- 1 large carrot or 2 small ones
- 1 medium white radish (Optional)
- 2 zucchini

Method

Chop all the vegetables into small cubes. Cut the tindori into diagonal discs.

Dressing

Ingredients

- 1 ½ cup grated coconut
- 1 ¼ tbsp ground mustard
- ¼ tsp pepper
- lemon juice
- salt

Method

Grind all the ingredients into a smooth paste

To serve

Mix the dressing with the salad veggies. Garnish with finely chopped coriander leaves

Serves 8

Pad Thai Salad

This recipe was demonstrated by [Lisa Pitman](#) during her Eating without Heating demos in India.

Ingredients

- 2 medium zucchini, julienned
- 1 medium carrot, julienned
- 2 medium red bell peppers, julienned
- 1 cup red cabbage, julienned
- 1 cucumber, julienned
- ¼ cup fresh basil, finely sliced
- 1 tbsp fresh mint, finely sliced
- 1 tbsp fresh coriander, finely sliced
- ¼ cup raw peanuts, finely chopped

For dressing

- ½ to ¾ cup water
- ½ cup [peanut butter](#)

- 2 large dates, pitted
- 2 tbsp lime juice
- 1 tsp sea salt
- pinch of cayenne pepper
- ¼ tsp garlic, minced
- 1 tsp ginger, minced
- 2 tsp tamarind paste

Method

In a large bowl combine the salad ingredients, except the raw peanuts and fresh herbs.

In a blender combine the dressing ingredients starting with only ½ cup of water but adding more, if needed, to blend into a smooth dressing.

Pour the dressing over the salad and toss to coat.

Garnish with raw peanuts and fresh herbs.

Serves 4-6

Papaya and Greens Salad

Fruits are not meant to be mixed with meals but this delicious salad made with fresh fruit can be enjoyed as a meal in itself.

Ingredients

- 1 small ripe papaya
- spinach or other greens
- ¼ cup grated fresh coconut
- juice of 1 lime
- salt to taste

Method

Wash the greens and make a bed of them in a large salad bowl. Peel, seed and chop the papaya in ½ inch cubes and place them on the bed. Sprinkle salt, lime juice and coconut on top to serve.

Serves 2

Pasta Salad



This is a delicious summertime salad. Make this a day before you plan to serve it to allow the flavours to blend.

Ingredients

- 6 cups (cooked) whole wheat elbow macaroni pasta
- 1 cup [tofu mayonnaise](#)/ [cashew mayonnaise](#)
- 1 tsp mustard
- 2 tbsp chopped fresh parsley
- ½ tsp fresh dill
- a dash of salt
- freshly ground pepper to taste
- 1/2 cup chopped broccoli
- 1 cup chopped celery
- 1 cup chopped red bell pepper
- 1 cup chopped green bell pepper
- ¼ cup chopped green onions
- ¼ cup shredded carrots

Method

Cook macaroni according to package directions. Drain and set aside.

Meanwhile, combine the tofu mayonnaise, mustard and mix well. Add the seasonings and stir to combine. Set aside. Add the chopped vegetables to the cooked macaroni, mix and add the mayonnaise mixture. Toss gently to combine. Refrigerate before serving.

Variations

Use other vegetables as desired in this salad. Small broccoli florets are a nice addition.

Serves 8-10

Potato Salad with Mayonnaise



Ingredients

- 2 large potatoes, unpeeled, diced and steamed.
- 3 – 5 spring onions, finely chopped or ½ onion, finely chopped
- 1 stalk of celery, finely chopped
- ¼ cup capsicum, finely chopped
- 5 – 6 tbsp [tofu mayonnaise](#)/ [cashew mayonnaise](#)
- ½ tsp freshly ground pepper
- ½ tsp mustard

Method

Mix all the above ingredients together. Add a little salt and lemon if needed. Serve.

Serves 2

Potato, French Bean & Walnut Salad with Mayonnaise



Ingredients

- equal quantities potatoes and french beans
- some walnuts
- finely chopped celery and spring onions
- [cashew mayonnaise](#), as desired
- lettuce
- parsley

Method

Steam the potatoes. Chop into small cubes. Steam the french beans and cut long. Add finely chopped celery, spring onions and walnuts. Stir in the cashew mayonnaise and mix well. Serve on a bed of lettuce and dress with parsley.

Pumpkin Mushroom with Cubed Cheese and Rocket

Ingredients

- 1 kg pumpkin cut into cubes (with the peel)
- 4 cloves of garlic
- 300 gm mushrooms
- 250 gm rocket, watercress or blanched spinach
- 150 gm shreddable cheese, cubed
- salt
- pepper
- sage leaves
- balsamic vinegar
- sesame seeds (roasted)
- mixed herbs

Method

Steam the pumpkin to be half cooked. Then add salt, pepper, sage leaves and put in a baking dish. Place it in the oven for 30 mins until it looks roasted with a bit of color.

Cut the mushrooms in large cubes and pan fry with salt, pepper and some herbs for 2 minutes.

Arrange the pumpkin, mushrooms with the cheese and rocket, watercress or spinach on a platter. Add the balsamic vinegar. Sprinkle sesame seeds on top. Serve.

Serves 2

Rainbow Pad Thai

Ingredients

- 1 zucchini
- ½ red bell pepper
- 1 carrot
- ¼ cup purple cabbage
- ¼ cup chinese bean sprouts
- 1 tbsp toasted pistachios broken

For the dressing

- 1 tbsp tahini ([sesame butter](#))
- ¼ cup tamarind paste
- 1 tbsp [date paste](#)
- ½ tsp grated ginger (unpeeled)
- ½ tsp grated garlic
- salt to taste

Method

Thinly slice the bell pepper and purple cabbage. Julienne the carrot, spiralize the zucchini to make noodles. Mix all salad ingredients together except pistachios.

Mix all the dressing ingredients together till smooth. Toss the salad into the dressing till it is well mixed. Sprinkle pistachios on top. Serve immediately.

Serves 1

Rainbow Salad with Creamy Balsamic Vinegar Dressing



This colourful and healthy salad is sure to get your taste buds popping.

Ingredients

- 1 cup shredded green cabbage
- 1 cup shredded purple cabbage
- 1 cup chopped romaine lettuce
- 1/4 cup each shredded red, green and yellow bell peppers
- 1/4 cup grated carrots
- 1/4 cup coiled green peas
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped spring onions
- 1/4 cup each finely chopped white and red horse radish
- 1/4 cup each finely chopped green and yellow zucchini
- 1/4 cup each red and yellow cherry tomato halves

Dressing

- 1/2 cup silken tofu
- 2 tbsp grated ginger
- 2 tbsp balsamic vinegar
- 2 tbsp lime juice
- 1 tbsp [date paste](#)
- 1 tsp ground black pepper
- sea salt to taste

Garnish with

- 1/4 cup chopped parsley

- 2 tbsp sunflower seeds

Method

Combine all the salad ingredients in a large bowl and chill for 1 hour. Mix all the dressing ingredients in a blender with a little water to get the dressing consistency. Toss the salad with the dressing and garnish with chopped parsley and sunflower seeds and serve.

Serves 10-15

Raita



Ingredients

- 5 cups [peanut yogurt](#)
- 1 cup grated beetroot
- ½ tsp roasted cumin powder
- chopped coriander leaves
- black salt to taste
- optional – 1 tbsp of lime juice

Method

Whip the peanut yogurt in a blender to make it a smooth and pourable consistency. Mix in all the remaining ingredients to make a pretty pink raita, keeping some coriander aside for the garnish. Garnish with coriander on top. Add lime juice, if you require a sour taste in the yogurt as peanut yogurt is not naturally sour.

Variation

You can replace the beetroot with grated cucumber, steamed pumpkin, steamed potato or finely chopped tomatoes and onion.

Mint leaves can also be incorporated for added flavor.

Serves 6

Raita With A Difference



Ingredients

- 1 cup [peanut curd](#)
- 1 cup bottle gourd, grated (any other vegetable like pumpkin, brinjal, other gourds or cucumber can be used, cucumber need not be steamed)
- ¼ cup grated coconut
- 1 medium onion, finely chopped

For Tempering

- 1 small green chili, deseeded and chopped
- 4 or 5 curry leaves, crushed
- 1 tbsp coriander leaves, chopped
- ½ tsp ginger, chopped fine
- ¼ tsp mustard seeds
- salt to taste

Method

Steam the grated bottle gourd for 3 minutes.

Mix together the peanut curd, steamed gourd, chopped onions and grated coconut. The consistency should be like a thick batter but easy flowing. If it is too thick, add 1- 2 tsp of water.

Heat a pan and roast the mustard seeds. When the seeds splutter, add ginger and green chili and ‘fry’ for 1 minute. Then add the curry leaves and coriander leaves. Stir quickly and remove from the fire. Add this to the curd – gourd mixture. Finally add salt (rock salt can be used) and mix well.

‘Raita with a Difference’ is ready to be served.

Serves 3-4

Raw Banana Stem Salad



Ingredients

- 6” piece banana stem, chopped into pieces. Soak in water, post chopping
- 2 tomatoes, chopped
- 1 medium sized onion, chopped
- ½ green chili, cut fine
- 1” piece grated ginger (adjust according to taste)
- a little chat masala
- coriander and mint leaves to garnish
- salt to taste

Method

Mix all ingredients in a bowl and sprinkle chat masala. Garnish with coriander and mint leaves. Add salt, if required

Variation

Add any other vegetables of your choice

Serves 4

Raw Raita



Ingredients

For the curds

- ½ cup sunflower seeds
- ½ cup [coconut milk](#)
- 10 curry leaves
- ginger chili paste to taste
- salt
- juice of ½ lime

Vegetables and Garnish

- 1 cup chopped or grated veggies of your choice
- coriander as garnish

Method

Blend all curd ingredients together to make a smooth creamy curd.

Mix in veggies of your choice and garnish.

Serves 3-4

Raw Zucchini and Beetroot Salad with Lime Avocado Dressing

Ingredients

- ½ yellow zucchini julienned
- ½ green zucchini julienned
- ½ beetroot julienned
- 1 carrot julienned
- ½ avocado pitted, peeled and chopped
- a few walnuts chopped
- kafir lime leaves
- lemongrass paste
- [lime Avocado dressing](#)

Method

Combine all ingredients and top with dressing. Mix well. Garnish with chopped walnuts. Serve chilled.

Serves 2

Rocket And Sweet Potato Salad

Ingredients

- 100 gm arugula leaves
- 250 – 300 gm steamed or roasted (unpeeled) sweet potatoes chopped in 1 inch pieces
- 1 large onion finely sliced
- 2 tomatoes thinly sliced
- salt and pepper to taste
- juice of 1/2 lime

Method

Mix all the ingredients in a bowl and serve!

Serves 1

Salad Nicoise



Modified from the original by ISA CHANDA MOSKOWITZ/APPETITE FOR REDUCTION Salad Nicoise is steamed potatoes, crisp green beans and salty Nicoise olives dunked in a lush dressing. Traditionally it is served with tuna which is replaced here with mashed chickpeas. Green Goddess Garlic Dressing is a perfect accompaniment, but you can also serve it with a more traditional balsamic vinaigrette, if you prefer. Tiny red potatoes work best here, but if you can't find any, then chop up regular ones into 1-inch pieces.

Ingredients

- 1 ½ cups cooked chickpeas
- 2 tbsp capers
- ¼ kg small, whole red potatoes
- ¼ kg green beans, stems removed
- 1/2 small red onion, cut into thin strips
- 1/3 cup nicoise olives (kalamata olives work, too)
- 8 cups chopped red leaf lettuce
- 1 cup cherry tomatoes (orange ones if you can get them)
- fresh parsley and chopped chives, for garnish
- about 3/4 cup [Green Goddess Garlic Dressing](#)

Method

Steam the potatoes for 10 to 15 minutes; they should be pierced easily with a fork. Meanwhile, prepare an ice bath by filling a mixing bowl halfway with ice water. Add the green beans to the steamer and steam for 2 minutes, until the beans are bright green. Transfer the potatoes and green beans to the ice bath immediately. Let them cool while you prepare everything else. Place the chickpeas in a mixing bowl and use a small potato masher or fork to mash them. There should be no whole chickpeas left, but they shouldn't be completely smooth like hummus, either; you want some texture. Add the capers and 2 tbsp of the dressing. Mix well and set aside. To assemble, place the lettuce in wide bowls.

In a Salad Nicoise, usually all the components are kept together, instead of tossed. Place a handful each of potatoes and green beans in piles on the lettuce, along with a wedge of sliced onion and a handful of tomatoes. Place a scoop of the chickpea mixture in the center and top with the olives. Garnish with fresh herbs and serve with the dressing on the side.

Serves 10-15

Salad with Kaffir Lime Dressing



Ingredients

- 2 carrots
- 1/4 broccoli, chopped
- 1/2 zucchini, chopped
- 2-3 cucumbers
- 8-10 beans
- kaffir lime (only to add flavor, thin long slices)
- 1 cup of boiled chickpeas
- yellow and red bell peppers – 1/2 cup each

For the Dressing

- 5–10 cashews soaked for 4 hours and drained
- 1/3 cup boiled chickpeas
- 1 tsp mustard sauce
- juice of 1/2 lime
- black pepper as per taste
- 1 green chili
- 1 date

Method

Dice all the vegetables in chunky cubes. Lightly steam the broccoli, carrots and beans.

For the Dressing

In a blender, add the soaked cashews, chickpeas, 1 green chili, 1 date and make it into a fine paste by adding lemon juice and some water. Add salt to taste.

Add the mustard sauce and crush some black pepper with a pepper mill.

Mix all the ingredients together.

Serves 2

Sauerkraut



Ingredients

- 2 kg shredded cabbage
- about 3 tbsp salt

Method

Shred cabbage finely, put it in a large pan. Rub salt with your hands into the cabbage. Pack gently with hands or potato masher in a large sterilized glass container (sterilize the jar by rinsing with boiling water). Cover with a plate and put a weight on it (a heavy stone will do) to press down the plate and compress the mixture. Depending on the temperature, fermentation will be complete in 2 – 4 days.

Taste it on the 4th day. If it is sour enough, it is done. Otherwise leave it for a day or two more. When ready, refrigerate.

Serves 20

Seaweed Salad



Ingredients

- 1/3 pack seaweed
- 300 gm radish, sliced thin with a peeler
- 300 gm carrots, sliced thin with a peeler
- 300 gm cucumber, sliced thin with a peeler
- 150 gm onion, sliced
- 30 gm garlic, ground
- 2 tsp kombucha vinegar or juice of 1 lime
- 2 tsp salt
- 1/2 tsp [date paste](#)
- 1 tsp mustard
- pepper to taste

Method

Soak seaweed in water for 20 minutes and drain. Mix all the ingredients gently with fingers to avoid tearing. Serve.

Serves 8

Spicy Warm Salad



By Vaidehi Mody on Pre-Diwali Potluck, Mumbai

Ingredients

- 1/2 cup cauliflower florets
- 1/2 cup cut french beans
- 1/2 cup carrot roundels
- 1/2 cup sliced button mushrooms
- 1/2 cup green capsicum julians
- 1 large red tomato.
- 1 cup boiled chickpeas

Spicy Peanut Dressing

- 1 cup roasted unsalted peanuts
- 1/2 cup tamarind pulp
- 3 pieces of garlic
- 1 tbsp red chili powder
- 1/2 tsp black pepper
- 1 tbsp [date paste](#)
- salt to taste

Method:

Lightly steam cauliflower, carrots, french beans. Chop the tomato, capsicum and thinly slice the mushrooms.

For dressing, soak the tamarind in hot water for 30 minutes and take out the pulp. Add the rest of the ingredients. Grind all the ingredients together with little water. Later add more water as per the consistency desired for the dressing.

Take a large bowl and assemble all the veggies. Pour the peanut dressing enough to thickly coat the vegetables. Please take 2 to 3 cups of any salad leaves, like lettuce and tear them with your hands. Add the chickpeas to the salad and serve it with oodles of love.

Serves 5-6

Sprout Salad



Please read the method first as the sprouts need to be made in advance. You can mix other vegetables of your choice but they should be soft, otherwise the salad will be too crunchy!

Ingredients

- 50 gm whole moong
- 50 gm whole brown lentils (masoor)
- 100 gm raw peanuts
- 100 gm whole sesame
- 50 gm whole fenugreek
- 250 gm finely chopped chinese cabbage
- 200 gm grated carrots
- 100 gm grated beetroots
- 150 gm raisins

Dressing

- juice of 3 lemons
- 2 tsp cumin powder
- 10 ml soy sauce
- himalayan salt to taste

Method

Sprout the moong and lentils for 2 – 3 days and the sesame and fenugreek for 2 days. Soak the peanuts over night. Soak the raisins for ½ an hour in just enough water. Drain and keep the extra water.

Mix all the salad ingredients in a large bowl.

Dressing

In a small bowl mix the lemon juice, the soy sauce, cumin powder and the raisin water, slowly stirring in. Pour over the salad.

Serves 8-10

Sprouts Chaat



Ingredients

- 2 cups moong sprouts or brown chana (sprouts made at home or small sprouts – not the long ones used in chinese food)
- ½ cup chopped tomatoes
- ¼ cup chopped onions
- ½ cup chopped steamed potatoes with the peel
- ½ cup chopped coriander
- juice of ½ lime
- ¼ tsp turmeric
- ¼ tsp black salt
- chaat masala (optional and as desired)
- ½ tsp grated ginger
- ½ tsp minced green chilies or as per taste
- date and tamarind chutney as per taste

Method

Steam the moong sprouts or chana with a little turmeric so that they are cooked but crunchy. Mix with the onions, tomatoes, potatoes, coriander, and lime juice. Mix in the black salt, date chutney, chaat masala, ginger and green chilies to taste.

Serves 2 – 3

Steamed Pumpkin and Spinach with Tahini dressing



Ingredients

- 250 gm red pumpkin chopped into bite size pieces(with peels)
- 150 gm spinach leaves
- [Tahini dressing](#)

Method

Steam the pumpkin. Blanch the spinach. Pour the tahini dressing over the steamed pumpkin and spinach.
Serve warm.

Serves 1

Sweet Corn Salad



Ingredients

- 1 bunch washed and steamed spinach leaves, cut in large strips
- 1 – 2 cups sweet corn kernels
- lemon juice to taste
- salt and pepper to taste

Method

Mix all the ingredients together and serve.

Serves 2-3

Sweet Potato and Broccoli with Cumin and Yogurt Dressing

Ingredients

- 3 medium sweet potatoes unpeeled, sliced thickly
- 2 cups broccoli florets
- 2 large brown onions, sliced thinly
- 2 cloves garlic, crushed
- 2 tsp red chili paste (mix 1 tbsp lemon juice with chili to taste)
- 1 recipe [cumin yogurt dressing](#)

Method

Steam sweet potatoes and broccoli separately, until almost tender, drain.

Stir-fry the onions, garlic and red chili paste with a little water until the onion is browned lightly. Add the sweet potato and broccoli, and stir fry, tossing until vegetables are heated through. Just before serving, drizzle with cumin yogurt dressing.

Serves 2

Tabbouli Salad



Ingredients

- ¼ cup sesame seeds soaked in water, or ½ cup of cooked quinoa or tennai
- ½ white onion
- 1 bunch of fresh parsley
- 4 tomatoes
- 2 spring onions or shallots
- ½ bunch of mint leaves

Dressing

- juice of 1 lemon
- salt
- black pepper

Method

Chop fine the vegetables and herbs and mix all the ingredients well. The quinoa or tennai should not be overcooked for this recipe. Prepare the dressing with your taste in salt, then pour it over the salad.

Serves 3-4

Tamarind Walnut Salad



Ingredients

- 1 bunch dark green lettuce
- 1/2 head iceberg lettuce
- 10 cherry tomatoes
- 1 unpeeled, thinly sliced cucumber
- 10 walnut halves

Dressing

- 4 pitted dates
- 1 tsp freshly-grated ginger
- 2 tbsp tamarind paste
- salt to taste

Method

Wash, dry and hand break the lettuce into a bowl. Toss in the other vegetables and walnuts.

Blend together all the dressing ingredients, adding a little water if required. Dress the salad and serve.

Serves 2

Thai Cucumber & Tomato Salad



Ingredients

- ½ white onion
- 1 bunch of fresh parsley
- 4 tomatoes
- 3 cucumbers
- 2 spring onions or shallots
- ½ bunch of mint leaves
- kaffir lime leaves

Dressing

- juice of 1 lemon
- salt
- black pepper

Method

Chop all the ingredients fine and mix well. Prepare the dressing with salt to your taste, and pour it over the salad.

Serves 5-6

Thai Lettuce Springrolls With Peanut Satay

Ingredients

- lettuce leaves (for the cups)
- ¼ cup chopped spinach
- ½ cup chopped tomatoes
- ½ cup chopped cucumbers
- ½ cup chopped cabbage

Tangy Peanut Sauce

- ¾ cup roasted peanuts
- ⅓ cup dried dates (powdered)
- 2 roasted red chili whole
- ¼ cup tamarind
- ½ tsp rock salt

Method

Grind all the dressing ingredients in a grinder, along with a bit of water till you have a smooth creamy pink colored dressing. Massage this into the chopped vegetables, till nicely mixed. Put spoonfuls on the lettuce leaves.

Enjoy.

Serves 1

Thai Peanut Salad



Ingredients

- 1 cup of shredded cabbage, red or chinese
- 2 cups of grated carrots
- 1/2 onion, finely sliced
- 1 large apple, grated

Dressing

- 1/4 cup of [peanut butter](#)
- 1/4 cup of water
- 2 cloves of finely minced garlic
- 2 tbsp of lemon juice
- 2 tbsp of soy sauce
- salt and pepper to taste

Method

Toss the salad ingredients together in a large bowl. Make the dressing separately and then pour it over the salad.

Serves 6-8

Thai Raw Papaya Salad



Ingredients

- 2-3 raw papayas, peeled and grated
- 6-8 long green beans, chopped and steamed (you can use french beans instead)
- 4-3 chopped ripe tomatoes
- ½ cup peanuts, crushed
- kaffir lime leaves

Dressing

- green chilies to taste
- 1 tsp grated ginger
- juice of 1 lime
- 1 tbsp [date paste](#)
- 1/3 cup chopped coriander

Method:

Mix all the ingredients and serve.

Serves 8-10

The Complete Meal Salad



Ingredients

- salad greens of your choice – lettuce, rucola, etc.
- herbs of your choice – dill, parsely, basil, spring onions
- chopped red vegetables of your choice – red capsicum, tomatoes, red cabbage
- chopped yellow and orange vegetables of your choice – yellow capsicum, carrots
- onions thinly sliced (optional)
- boiled potatoes, cubed
- chickpeas soaked overnight, boiled and cooled

Dressing

- 2 tbsp of [date paste](#)
- 1-2 tbsp grated fresh ginger
- juice of 3 limes
- 1 tsp salt
- a little water
- pepper to taste

Method

Mix all the salad ingredients together in a large salad bowl. Mix the dressing ingredients together and toss over the salad and serve.

Variation

The chickpeas and potatoes are what makes the salad filling. The chickpeas can be replaced with other beans – butter beans, boiled kidney beans, etc.

The potatoes can be replaced with boiled sweetcorn kernels, sweet potato or even steamed green beans, steamed cubed beetroot or whole wheat bread croutons etc.

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- boiled potatoes, cubed
- chickpeas soaked overnight, boiled and cooled

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- 1 tsp salt
- a little water
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Tomato & Basil with Balsamic Dressing



Ingredients

- 6-8 ripe tomatoes
- bunch of basil leaves
- ½ tsp balsamic vinegar
- cubes of [swiss cheese](#) (optional)

Method

Slice ripe tomatoes, tear basil and sprinkle over the tomato slices. Basil has a better aroma and taste if it is not cut with a knife. Arrange on a plate, add the cheese if using, drizzle over balsamic vinegar.

Serves 4-5

Tomato Salad with Peanuts and Coconut



Ingredients

- 1 cup chopped tomatoes (about 1 sq cm pieces)
- 2 tbsp roasted groundnuts, crushed coarsely
- 1 tbsp grated coconut
- 2 tbsp fresh chopped coriander
- green chilies, finely chopped
- salt to taste
- a little [date paste](#) (optional)

Method

Mix all the ingredients together. Serve.

Serves 1

Tomato Salad with Sesame Paste & Fresh Basil



Ingredients

- 3 tomatoes
- salt
- sesame (ground to paste)
- ground pepper
- garlic crushed
- fresh basil
- lemon juice

Method

Mix lemon juice, sesame, salt and garlic to make the dressing. Cut the tomatoes into slices and pour the dressing over it.

Decorate the salad with the chopped fresh basil before serving.

Serves 4-6

Tri-Coloured Salad



Ingredients

- 1/4 red cabbage, julienned
- 2 julienned carrots
- 1 julienned raw mango
- 1 lettuce head
- 1 sprig mint

Dressing

- 6 tbsp tamarind juice
- 2 red chilies chopped
- salt to taste

Method

Arrange a bed of lettuce on a dish. Pile the red cabbage, carrots and raw mango one on top of the other so it looks pretty. Mix the ingredients of the dressing according to taste and pour over the salad. Top with a sprig of mint.

Serves 4

Tropical Tornado



Ingredients

- 250 gm cabbage
- 250 gm pumpkin
- 250 gm capsicum
- 250 gm cucumber
- 1 lime
- 50 gm raisins
- salt and pepper to taste

Method

Shred all the vegetables lengthwise. Mix the dressing (lime, salt and pepper). Combine all the ingredients and let it soak for 15 minutes.

Serves 10-15

Tzatziki



This is a garlicky Greek salad that is cool and refreshing.

Ingredients

- 4 medium cucumbers grated
- 1 – 1.5 cups [vegan yogurt](#)
- 1 tsp minced garlic
- ½ tsp salt or to taste
- pepper to taste

Method

Mix all the ingredients together and serve chilled.

Serves 4–6

Vegan Caesar Salad



Ingredients

- 1 large head romaine lettuce, chopped or any available lettuce
- fresh herbs – chives or spring onions, celery, parsley and coriander
- freshly cracked black pepper
- toasted whole wheat baguette or toasted whole wheat bread croutons
- [Caesar dressing](#)

Method

To assemble the salad, place in a large bowl 2 to 3 cups of lettuce/greens per individual serving (amount depending on whether it's a side dish or an entree). Ladle on 1/3 cup of the dressing (or more or less to taste), and use kitchen tongs to toss the greens and coat them with dressing. Serve on some toasted baguette or sprinkle croutons on top. Sprinkle with a little freshly cracked pepper.

Variation– You can add chickpeas and tofu

Vietnamese Rolls With Spicy Peanut Sauce



Ingredients

- 5 rice paper sheets
- 1 cup carrot, thinly sliced
- 1 cup bell peppers thinly sliced
- cucumbers, zucchini, or any other vegetable of your choice thinly sliced and 3 inches in length.
- cabbage
- 1 cup rice vermicelli (optional)
- bunch of coriander
- [Spicy Peanut Sauce](#)

Method

Soak the vermicelli in water for approximately 10 minutes till it softens. Drain and keep aside.

Take one rice sheet at a time. Submerge it in water for 30 seconds. Remove and place on a towel/dry cloth. Place coriander leaves and small amounts of other ingredients down the center of the sheet. Top it with dollops of the dressing. Close the sheet from the side and then roll the opposite side to make rolls. Repeat for all rolls.

Serves 1