



# *Summertime Salads*

Curated by LifeScape Integrative & Functional Dietitian, Dana Bosselmann



"We are more than what we eat, we are what we absorb." - Dana Bosselmann



# Cherry Almond Quinoa Salad

## INGREDIENTS

1 cup quinoa, rinsed  
2 cups water  
½ tsp salt divided  
¼ cup apple cider vinegar  
¼ cup olive oil  
¼ tsp pepper  
2 cups cherries, pitted and halved  
½ cup feta cheese crumbles  
1/3 cup slivered almonds  
¼ cup red onion, finely diced  
2 tbsp chopped fresh mint

## DIRECTIONS

Cherries are in season! Take advantage of these yummys while they are still in season! They are a good source of vitamin C, vitamin A, iron and potassium to keep our body functioning well. They are also a good source of antioxidants. This salad which combines cherries, quinoa and almonds is great as a light lunch or as a side dish with chicken, beef or pork.

Combine quinoa and water and ¼ tsp salt in medium saucepan. Add quinoa, cover and simmer for 20-25 minutes under quinoa is tender. Fluff with fork and set aside to cool. Whisk vinegar, oil, pepper and remaining ¼ tsp salt in a large bowl. Add cherries, feta cheese, almonds, onion mint and quinoa. Chill for 2-3 hours and serve.





# Riced Broccoli Pineapple Salad

## INGREDIENTS

2 cups riced broccoli  
1 pineapple, cubed  
1 cup carrots, slivered  
2 cups purple cabbage, thinly sliced  
1 red bell pepper, diced  
1 cup red onion, diced  
2 tbsp green onion, sliced (additional for garnish)  
1 cup Tessemae's Organic Green Goddess Dressing  
1 tsp honey (agave nectar for vegan option)  
Salt & pepper to taste

## DIRECTIONS

In a large serving bowl, combine Riced Broccoli, pineapple, carrots, cabbage, bell pepper, red onion and green onion. Add Tessemae's Organic Green Goddess Dressing and toss to coat. Add salt & pepper to taste, then drizzle honey over the top. Garnish with remaining green onion and enjoy!

Adapted from: [cecesveggieco.com/recipe/green-goddess-riced-broccoli-pineapple-salad](https://cecesveggieco.com/recipe/green-goddess-riced-broccoli-pineapple-salad)





# Strawberry, Fennel & Arugula Salad

## INGREDIENTS

- 4 Cups Tightly Packed Baby Arugula, rinsed
- 1 Cup Fennel, thinly sliced
- 12 Organic Strawberries, sliced
- 2 Tbs Fresh Mint, chopped
- 6 Tbs Lemony Balsamic Vinaigrette
- 1/4 Cup Sliced Almonds, toasted

## DIRECTIONS

Place a small skillet over low flame and add almonds. Toast, stirring often, until slightly golden and nutty smelling, about 2 minutes. Remove to a plate and set aside.

Put the arugula, fennel, strawberries, and mint in a large bowl and toss gently to combine. Drizzle the vinaigrette over the top and toss again. Scatter the almonds over the top.





# Mediterranean Lentil Salad

## INGREDIENTS

1 cup dried lentils  
3 cups vegetable broth  
2 bay leaves  
1 clove garlic, peeled  
1/4 teaspoon dried oregano  
1 cinnamon stick  
1/2 teaspoon sea salt (used when cooking the lentils)  
1/4 cup extra virgin olive oil  
3 tablespoons lemon juice  
1 teaspoon lemon zest  
1/2 teaspoon ground cumin  
1/2 teaspoon sea salt  
1 medium red bell pepper, seeded and finely diced  
1 small cucumber, seeded and diced small  
1/4 cup Kalamata olives, rinsed and sliced  
3 tablespoons chopped mint  
3 tablespoons chopped parsley  
2 ounces feta cheese, (optional)

## DIRECTIONS

Rinse the lentils well and place in a saucepan with bay leaves, 1 garlic clove, oregano and cinnamon stick. Cover with vegetable broth and add a big pinch of sea salt. Bring to a boil, reduce the heat to low, add more sea salt and simmer until the lentils are tender, 20-25 minutes. Drain.

In a small bowl whisk together the olive oil, lemon juice, zest, cumin and salt in a small bowl.

In a mixing bowl, toss the vinaigrette with the lentils, red bell pepper, cucumbers, olives, feta cheese if using, mint and parsley.

Combine all by transferring to a large serving bowl.





# End of Summer Salad with Watermelon & Cherry Tomatoes

## INGREDIENTS

- 4 cups watermelon, cubed
- 1 cup halved cherry tomatoes
- 2 tablespoons coarsely chopped mint
- 2 tablespoons coarsely chopped cilantro
- 2 tablespoons lime juice
- 1 teaspoon lime zest
- 1 tablespoon extra-virgin olive oil
- 1/8 teaspoon freshly ground black pepper
- 1/4 teaspoon sea salt
- 1/4 cup crumbled feta cheese (optional)
- 1 tablespoon pumpkin seeds, toasted

## DIRECTIONS

Combine the watermelon, tomatoes, mint, cilantro, lime juice and zest, olive oil, and black pepper in a bowl and toss lightly with a fork. Stir in the salt just before serving. Top with the feta and pumpkin seeds and serve.





# Lemony Balsamic Vinaigrette

## INGREDIENTS

2 tablespoons Balsamic Vinegar  
2 tablespoons freshly squeezed lemon juice  
1/2 teaspoon lemon zest  
1/2 teaspoon sea salt  
1/2 teaspoon black pepper  
1/4 cup extra virgin olive oil

## DIRECTIONS

Combine all of the ingredients in the order in which they are written. Whisk until thoroughly blended.

