

Salad Recipes

Salmon and Avocado Salad

The Mediterranean diet has had the most consistently positive results when studied for health benefits, compared to any other diet pattern. This is largely attributed to the healthy fats eaten in the Mediterranean region – salmon, avocados, and olive oil to name a few. Patients often complain that fresh, quality salmon is difficult to find or very expensive, so this recipe serves as a solution to those issues and is a better tasting and healthy substitute for a traditional tuna salad. Look for canned, wild Alaskan salmon in a BPA free can (such as “Wild Planet” brand).

2 ounces canned or cooked salmon (preferably wild Alaskan)
½ ripe avocado
¼ teaspoon lemon juice
Extra virgin olive oil
Salt and pepper

Mash the avocado and lemon juice with a fork. Add the salmon, and mix until well combined, adding olive oil if the mixture is dry. Sprinkle with salt and pepper to taste. Serve salmon salad on a bed of arugula or as an open faced sandwich.

Broccoli and Avocado Salad

(Adapted from *The Healthy Kitchen* by Andrew Weil and Rosie Daley)

1 pound broccoli
1 ripe avocado
2 tablespoons extra virgin olive oil
2 tablespoons fresh lemon juice
1 tablespoon grainy mustard

Wash and trim the broccoli into bite-sized pieces. Bring ½ cup of water to boil in a large pan. Add the broccoli, cover, and steam until the broccoli becomes bright green in color (~3 minutes). Strain and cool. Cut the avocado into cubes and carefully mix with the cooled broccoli. In a separate container, whisk together the olive oil, lemon juice, and mustard. Toss with broccoli and avocado, and serve!

Mediterranean Chopped Salad

Three heads romaine lettuce, chopped
½ medium red onion, diced
1/3 cup pitted kalamata olives, quartered
1 14-oz can garbanzo beans, drained and rinsed (Eden brand has BPA-free canned beans)
1 large cucumber, chopped
2 large bell peppers, chopped
1 cup grape tomatoes, halved
½ cup pitted dates, chopped
Dried thyme and oregano to taste
Tahini Dressing: ¼ cup tahini, 1/3 cup water, ¼ teaspoon each of salt and pepper, 3 tablespoons fresh lemon juice

Divide the romaine lettuce among 4 bowls. In a separate bowl, combine the onion, olives, beans, peppers, tomatoes, dates and spices. Place the mixture on top of the romaine, in each of the 4 bowls, preserving any leftovers for another meal. Combine all ingredients of the tahini dressing, dress salads as desired, and enjoy!