

Summer Salad Recipes



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Let's face it, your life isn't boring and so your food shouldn't be either!!

In honor of that, I have created eight (yes 8) delicious and filling salad recipes that will keep you satisfied, energized and hydrated all summer long.

Chinese Chicken Salad

Asian Style Dressing

2 tbsp light sesame oil

1/3 cup Rice Vinegar

1/4 cup Mrs. Braggs Amino Acids or coconut aminos or lite soy sauce

1/2 tsp ground ginger

1/4 tsp ground garlic

Ingredients

1 pound chicken cooked and cubed

8 cups Napa Cabbage finely shredded

4 tbsp fresh cilantro

4 tbsp slivered Almonds

Directions

1) Cook chicken and chop, allow to cool

2) Combine ingredients 3-7 in a small bowl and whisk – set aside

3) In a large bowl, combine 2 cups cabbage, 4 oz chilled chicken, 1 tbsp each of cilantro and slivered almonds and top with homemade 1/4 of Asian dressing,

4) Eat and enjoy! ☐

Serves 4

Blue Cheese Vinaigrette Cucumber Chicken Salad

Ingredients:

1/2 English Cucumber, Washed and Diced

2/3 cup cooked chicken, diced

1/2 cup cooked quinoa

6 cherry tomatoes, halved

2 tbsp BlotHouse Farms Blue Cheese Yogurt Dressing (or make your own, see Buffalo Chicken Salad Recipe)

1 tbsp Newman's Own Lite Italian

Directions:

1) Put all ingredients into a bowl and toss

2) Either serve immediately or eat within a couple hours

Serves 1

Buffalo Chicken Salad

Blue Cheese Dressing (Make ahead – needs to chill for 5 hours)

- 1) ¼ cup mayo
- 2) ¼ cup non-fat plain Greek Yogurt
- 3) 2 tbsp buttermilk
- 4) 2 tsp fresh squeezed lemon juice
- 5) ½ tsp Franks Red Hot or Tabasco
- 6) ½ cup crumbled reduced fat blue cheese
- 7) 1 tsp Worcestershire
- 8) Sea salt & pepper to taste

Directions

- 1) Mix ingredients 1-5 in a medium bowl until smooth and well combines with a whisk or fork
- 2) Stir in Blue Cheese until well combined
- 3) Chill for at least 5 hours

Salad Ingredients

- 1) 8 oz Chicken breasts
- 2) 2 tbsp Frank's Red Hot
- 3) 1 tbsp butter or coconut/avocado oil
- 4) 4 cups romaine lettuce diced and finely chopped
- 5) 2 cup chopped celery including leaves

Directions

- 1) Grill chicken, allow to cool, slice
- 2) While chicken is cooking wash lettuce celery and chop
- 3) Heat butter and Frank's Red hot in sauce pan until butter is just melted, toss in chicken strips and get them evenly coated, add additional hot sauce if necessary – leave the chicken in the pan until salads ready (divide into 2 servings)
- 4) In a large bowl put in lettuce and celery, mix in dressing and toss, divide into two bowls and top each bowl with ½ the chicken mixture. Drizzle with additional hot sauce if desired.
- 5) Eat and Enjoy

Serves 2

Roasted Sweet Potato Chicken Salad w/ Apple Cider Vinaigrette

Ingredients:

1 lb grilled chicken breast
1 cup sweet potato (cut into 1" cubes)
1 cup brussels sprouts halved
1 cup cooked quinoa
8 cups shredded Romaine Lettuce
4 cups shredded Brussels Sprouts
8 tbsp raw pumpkins seeds

Dressing

1/4 cup Apple Cider Vinegar
1 tsp Dijon Mustard
1/2 tsp Sea Salt
Pepper to taste
1 1/2 tbsp Maple Syrup
5 tbsp Olive Oil

Directions:

- 1) Grill Chicken
- 2) Rinse and cook quinoa (boil and then simmer over medium low 1 cup quinoa in 2 cups water covered for about 15 minutes, make sure you rinse the quinoa well before cooking or you risk a bitter taste.)
- 3) Put sweet potatoes and halved Brussels Sprouts and roast at 375 until tender
- 4) Mix dressing ingredients together and set aside
- 5) Allow chicken, quinoa and Sweet Potatoes to chill before making salad

To Make Salad

Add 2 cups lettuce, 1 cup shredded brussels sprouts, 1/2 cup sweet potato & brussels sprouts mix, 1/4 cup quinoa, 4oz chicken and 2 tbsp raw pumpkins seeds to a bowl and then top with 1/4 dressing mix and enjoy

Serves 4

Strawberry Cucumber Chicken Salad with Poppysseed Dressing

Poppysseed Dressing:

1/4 cup White Vinegar
2 tbsp extra virgin olive oil
1.5 tbsp honey
2 tbsp plain Greek Yogurt
Juice from 1 lemon
2 tsp Poppy Seeds
1 tsp sea salt
1 tsp xylitol
10 drops of plain Stevia
1/2 tbsp gelatin (to thicken the sauce)
— Mix all ingredients together and allow to chill.

Salad Ingredients:

2 English Cucumbers (spiralized with flat attachment or slice extremely thin)
2 cups Strawberries, quartered
4 oz Feta Cheese
1 lb grilled chicken, diced (make sure cooled before putting in salad)

To Make Salad:

Put cucumbers, strawberries, chicken and feta cheese. Top with dressing and stir well. Serve immediately or refrigerate.

Serves 4 (this recipe was adapted from CleanFoodCrush)

Maple Mustard Chicken Quinoa and Avocado Salad

Ingredients:

3 Cups Chopped Romaine Lettuce
2/3 cups chopped grilled chicken
1/2 cup quinoa
1/4 avocado diced
6 cherry tomatoes halved
1 serving Maple Mustard Dressing from PaleoChef (order online at Steve's Paleo Goods or you can buy at Whole Foods)

Serves 1

Kale, Quinoa and Chicken Salad w/ Lemon Vinaigrette

Lemon Vinaigrette

- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 2 garlic cloves minced
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp oregano
- 1 tsp honey
- Combine all ingredients mix together and set aside

Salad Ingredients

- 1 cup cooked quinoa
- 1lb grilled chicken breast, diced and cooled
- 8 cups curly kale, chopped very small
- 4 tbsp raw sunflower seeds
- 4 tbsp dried cranberries

Combine 2 cups kale, 4 oz grilled chicken, 1/4 cup quinoa, 1 tbsp sunflower seeds and 1 tbsp dried cranberries then top with 1/4 lemon Vinaigrette

Serves 4

Balsamic Chicken Asparagus, Tomato and Feta Salad

Ingredients:

- 4-6 oz grilled chicken breast, chopped
- 1.5 cup grilled asparagus chopped into 2 inch pieces*
- .5 cup grilled zucchini or yellow squash, chopped*
- 10 cherry tomatoes halved
- 1 oz feta cheese
- 2 tbsp Balsamic Dressing, your favorite type

*chop after grilled to desired tenderness

Put all ingredients into a bowl, mix and enjoy

Serves 1