



## Vegan Salad Recipes

Vegan Mexican Chopped Salad from Happy Kitchen Rocks

Rainbow Noodle Salad from Salt and Lavender

Golden Beet White Bean Orange Salad from Hello Fun Seekers

Green Kale Salad wth Spicy Roasted Chickpeas from Fit Foodie Nutter

Healthy Vegan Greek Salad from Yummy Mummy Kitchen

### Produce

- corn (1 ear, or can)
- bell peppers (2) (1 red, 1 yellow)
- tomatoes (4) (4)
- red onion (1/2)
- scallions (2)
- avocado (2) (1)
- lime (1 T juice) (1-2)
- salad greens (2-4 C)
- small beets (2)
- zucchini (1 medium)
- carrots (2 large)
- granny smith apple (1)
- garlic cloves (1)
- beets (1 lb)
- orange (1 large)
- shallot (1)
- Romaine lettuce (1 head)
- kale leaves (2 C)

- lemon (2)
- mixed greens (2 C)
- cucumber (1) (1 English)
- radishes (handful)
- red onion (1 small)

### Herbs

- chives (1/2 T)
- Italian parsley (1 T)
- fresh herbs (1 C)
- dried oregano (1 t)

### Spices

- cumin (1/4 t) (1/2 t)
- sesame seeds (optional garnish)
- turmeric (1/2 t)
- coriander (1/2 t)
- paprika (1/2 t)

### Nuts

- peanuts (1/4 C)
- pistachios (3 T)

### Beans

- black beans (1 C)
- white beans (1 C)
- chickpeas (1/2 can) (1 can)

### Pantry Items

- olive oil (2 t + 2 T) (4 T) (1/4 C)
- soy sauce (1 t)
- sesame oil (1/4 C)
- rice vinegar (1 t)
- brown sugar (1 t)
- white balsamic vinegar (1 T)
- wholegrain mustard (2 t)
- maple syrup (2 t)
- kalamata olives (1 C, pitted)
- red wine vinegar (3 T)