

7 Salad Recipes

FOR
EVERY DAY OF THE WEEK

SHRISTI PATNI





Photo by rawpixel.com

Introduction



In this book, I have compiled seven healthy yet easy-to-make salad recipes for all those of you who are looking to add some more nutrition to your diet.



There's a fine variety of colourful fruit salads, chopped salads, green salads, and other healthy offerings.

Shruti Patni

If you're leaning towards a healthier, better you, try these healthy salad recipes.





Photo by SOCIAL.CUT

Introduction cont.

BY SHRISTI PATNI



Personally, I enjoy eating salads and am guilty of looking for healthy recipes all the time. Some of these salad recipes in the book will redefine the term 'salad' and leave you hungry for more.

I can literally eat them for seven days straight and after trying these recipes, so will you!





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Stuffed Pear Salad



A pleasing combination of grapes, cream cheese, and pears.

Preparation time: 30 minutes - No cooking - Serves: 6

Ingredients:

Lettuce leaves

A pinch of salt

1 tsp powdered sugar

1 tbsp fresh cream

3 teacups fresh yoghurt

150 g black grapes

6 fresh pears (large) or a small can (450 g) of pears





Photo by Ella Olsson

Method:

1. Put the yoghurt in a muslin cloth. Tie and hang for at least 3 hours to remove excess water.
2. Peel, halve and core the pears.
3. Slice the grapes and remove the pips.
4. Add salt, sugar and cream to the yoghurt.
5. Fill the pears with the yoghurt mixture. You can also put this mixture in between the grapes.
6. Arrange each half of the pear on a crisp lettuce leaf before topping it with a grape.
7. Serve cold.





Cucumber and Banana Noodle Salad



A surprising combination of boiled noodles, cucumber and bananas tossed in together with carrots and lettuce make for a delicious salad.

Preparation time: 30 minutes - No cooking - Serves: 8

Ingredients:

2 tbsp chopped walnuts

2 carrots, grated

1 lettuce, chopped

Salt

Pepper

Salad cream

2 teacups boiled spaghetti or noodles

4 cucumbers

6 ripe bananas (large)





Photo by Jez Timms

Method:

1. Slice the bananas.
2. Cut the cucumber into bite-sized pieces.
3. Mix pepper, salt, salad cream, noodles, cucumber and banana.
4. Chill in the refrigerator.
5. Place the lettuce leaves and carrots in cold water for 10 minutes.
6. Fill the salad bowl with the chilled salad.
7. Decorate with lettuce and carrots.
8. Sprinkle walnuts on top before serving.





Melon Polka Dot Salad



An interesting way to replenish our electrolytes and water with this rich salad.

Preparation time: 20 minutes - Cooking time: 40 minutes - Serves: 8-10

Ingredients:

- 1 packet of strawberry jelly
- 3 celery sticks
- 2 apples
- 1 white melon (small)
- 1 watermelon (medium)
- Sugar, to taste
- Salt, to taste
- Pepper, to taste
- Salad cream





Method:

7. Add ½ teacups melon balls, celery and apples to the remaining jelly. Pour this mixture over the set jelly and put to set in the refrigerator again.
8. Dip the mould in hot water for a couple of seconds to loosen the sides and unmould on a plate before serving.
9. Fill the centre with salad cream or melon balls.
10. Decorate with remaining melon balls and lettuce leaves.
11. Serve cold.





Hawaiian Salad



This extraordinary salad requires coconut water to bring out the delightful flavours.

Preparation time: 30 minutes - Cooking time: 30 minutes - Serves: 10

Ingredients:

Sugar

Salt

1 tbsp cornflour

1 tsp mustard powder

4-5 tsp powdered sugar

5 tbsp refined oil

200 g fresh cream

1 teacup boiled spaghetti or egg noodles

1 large can of pineapple slices





2 teacups vegetables of your choice (peas, carrots, french beans, etc.)

1 coconut (drinking that has thick cream)

To decorate:

Glaze cherries

Pineapple slices

Lettuce leaves

1 carrot, grated

Method:

1. Begin by finely cutting the carrots and french beans. Boil them along with peas.
2. Take out coconut water and keep aside.
3. Scrape the coconut and thinly slice the meat.
4. Cut long strips of pineapple.





Photo by Hector Bermudez

5. Mix cornflour in $\frac{3}{4}$ teacup coconut water and cook till a thick mixture is obtained. Stir continuously so that no lumps are formed.
6. Remove from heat and allow to cool.
7. Mix salt, mustard powder, powdered sugar, refined oil and cream.
8. Toss in sugar, salt, coconut slices, pineapple strips, coconut cream, prepared cream, noodles, and vegetables.
9. Pack it in a jelly mould tin and press well.
10. Chill in the refrigerator.
11. Before serving, invert on a serving plate.
12. Decorate with glace cherries, pineapple slices, lettuce leaves, and grated carrot.





Hot Fruit Salad



This unusual salad is perfect for chilly winters.
Preparation time: 10 minutes - Cooking time: 15 minutes -
Serves: 10

Ingredients:

- 1/2 tsp cinnamon powder
- 1 tbsp butter
- 4 tbsp brown sugar
- 6 bananas
- 1 small can of pineapple slices
- 1 large can of peaches





Photo by Hermes Rivera

Method:

1. Drain the pineapple and peaches and store the syrup in different vessels.
2. Chop the peaches and pineapples into bite-sized peaches.
3. Chop the bananas in a slanting manner.
4. Mix cinnamon powder, butter and brown sugar.
5. Arrange all the fruits in a greased baking tin.
6. Stir in $\frac{1}{2}$ teacup fruit syrup before adding the sugar mixture.
7. In a preheated oven at 225°C for 8-10 minutes.
8. Serve immediately.





Pineapple, Apple and Cottage Cheese Salad



You will never go wrong with this salad.

Preparation time: 30 minutes - No cooking - Serves: 10

Ingredients:

Sugar

Salt

2 tsp tomato ketchup

4 tsp sugar

200 g fresh cream

1 teacup thick fresh yoghurt

2 tbsp chopped walnuts

1 ½ teacups grapes, seedless

2 cucumbers

1 small can of pineapple slices





2 apples
225 g cottage cheese

To decorate:

1 head lettuce
2 carrots, grated

Method:

1. Slice the cucumbers, grapes, apples, pineapple and cottage cheese.
2. Beat the cream and add tomato ketchup, sugar and yoghurt. Chill.
3. Thoroughly drain the fruits.
4. Mix salt, sugar, walnuts, cucumbers, cottage cheese and fruits.
5. Add chilled dressing to it and mix thoroughly.





Photo by Taylor Kiser

Method:

6. Pile the salad in the centre of a serving dish.
7. Decorate with lettuce leaves and grated carrots.
8. Serve chilled.





Cabbage and Carrot Tower



An attractive moulded salad.

Preparation time: 20 minutes - Cooking time: 30 minutes -

Serves: 10

Ingredients:

Thousand Island dressing

Salad cream

2 tbsp celery, chopped

$\frac{3}{4}$ teacup carrots, grated

1 teacup cabbage, shredded

$\frac{1}{4}$ tsp salt

3 tbsp orange squash

1 tbsp lemon juice

2 teacups orange juice





1 packet strong gelatine

To decorate:

Pear halves or salad leaves

Method:

1. Keep the celery, carrots and cabbage in cold water for 30 minutes.
2. Dissolve the gelatine in 1 teacup of boiling water before adding salt, orange squash and fruit juices.
3. Allow to cool and put to set in the refrigerator.
4. Once the gelatine is partially set, add the vegetables and again put to set in either small individual moulds or a big mould.
5. When set, dip the mould in hot water and unmould on a plate.





Photo by Monika Grabkowska

Method:

6. Surround with pear halves and salad leaves or any other fruit of your choice.
7. Serve with Thousand Island dressing or salad cream.





Photo by Brooke Lark

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Photo on cover page by Monika Grabkowska.

