

## [EASY RECIPES SALADS](#)



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Watermelon-Feta Salad, Jicama-Mango Slaw, Spanish and Orzo Salad 1. Spicy Carrot Salad: Microwave grated carrots and minced garlic in 1/4 cup water until crisp-tender.

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The cannellini beans in the salad provide plenty of protein; to make it even heartier, try adding sliced turkey. Get the recipe.

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### **Quick and Easy Salad Recipes Cooking Light**

By including a variety of ingredients, salads are often a nutritional powerhouse: This recipe provides lots of antioxidants from the grapes, healthy fats and vitamin E from the sunflower seeds and grapeseed oil, and folate and vitamin A from the arugula.

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1. Clean and dry greens well. The best way to do this is to break out your salad spinner and use this technique: Fill it with cold water, add greens to the basket (figure on 1 cups of greens per person for a first course or a side salad), and swish around.

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Really? A recipe for fruit salad? Yes, you need it. Because this dressing takes strawberries, raspberries, and mangoes to a whole new level.

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### **Easy Cucumber Salad Recipe Light Healthy and Delicious**

Quick and Easy Cucumber Salad. To make this cucumber and onion salad, just slice thinly the cucumbers and the onion, and stir everything together. Even though the cucumber salad is very quick and easy, it doesn't lack on flavor. The simple dressing brings all the delicious and refreshing flavor of the cucumbers.

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### **Easy Pasta Salad Recipe a Holiday Favorite Lil' Luna**

Easy and delicious Italian Pasta Salad recipe that includes Rotini pasta, olives, tomatoes, & cheese in Italian dressing! It takes minutes to make and is perfect for any get together including BBQs and holidays. Best Pasta Salad. I feel like the summer is almost over, and I'm wondering how in the world it flew by so quick.

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