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1. Spicy Carrot Salad: Microwave grated carrots and minced garlic in 1/4 cup water until crisp-tender. Drain; toss with lemon juice, olive oil, salt, red pepper flakes and parsley. 2. Asian Apple

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25 Salad Recipes Hearty Enough for Dinner. These full-fledged meals are about more than just lettuce.

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Delicious Salad Recipes Real Simple

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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These salad recipes are perfect for summer cookouts and easy family dinners, and are some of the best ways to use the season's delicious fruits and veggies.

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Find healthy, delicious salad recipes including fruit salads, chicken, egg and potato salads, and healthy salad dressings. Healthier Recipes, from the food and nutrition experts at EatingWell. Filled with brown rice, beans, cheese and fresh veggies and served with lime wedges and fresh salsa, it has

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36 Healthy Salad Recipes Dinner at the Zoo

These healthy salad recipes are perfect for anyone looking to add a little more nutrition to their diet! There s a wide variety of green salads, chopped salads, detox salads, colorful fruit salads, chicken salads, seafood salads and plenty more healthy offerings!

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20 Epic Salad Recipes Cookie and Kate

2) Chickpea Salad with Carrots and Dill Gluten free and vegan Love this recipe! It is great for meal prepping and easily doubles or triples. I make one big container full and it lasts my husband and I all week.

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