

SALADS THAT SATISFY

your foolproof guide to making salads
a part of your every meal



15 vegetarian salad recipes by
ayseguil sanford



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foolproof living



healthy and seasonal recipes made without
the use of refined sugars

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WELCOME

Whether this is your first visit to Foolproof Living or you have been a reader for a long time, welcome.

I am Aysegul, the person behind everything you see on this blog. I started Foolproof Living back in 2013 as an outlet to share my favorite recipes with absolutely no agenda. To my surprise, now 5 years into it, it has turned into a resource for people who are looking for healthy and seasonal recipes made without the use of refined sugars.

I grew up in Turkey as the apprentice of a mother who loved cooking immensely. To this day, some of my earliest memories in life are about those days when my mom and I met in the kitchen to make a 3-course meal every day. It was what I looked forward to the most after a long day at school. It wasn't until I left the house for college that I realized that having a 3-course meal every night was not the norm for most people.

I learned the art of making a really good salad in those days. Even at a very young age, I was responsible for constructing the first course of our meal. To me, this was the most important task of the day and one that I took very seriously. Putting together various fresh ingredients to create flavorful, meal-worthy salads was my creative outlet.

Now, years later, I continue with the tradition and make a salad for dinner every night. I find that starting the meal with a big bowl of salad made with whatever is in season is a way to celebrate the seasons and what nature has to offer. That is why I chose to gift you with this collection of my favorite salad recipes that I make over and over again in my own kitchen.

In this e-book, you will find some of the knowledge I gathered from making salads every day along with 15 of my favorite salad recipes that I've perfected over the years. My goal is to help you create your own salad tradition, to help you make healthy and flavorful salads a part of your meals, and to give you a glimpse of my cooking style.

I hope that once you cook through these recipes, you will come back to the blog to dig into the archives for more healthy and seasonal recipes that I created for you at Foolproof Living.

Thank you so much for being here. Now, let's dig in.

Aysegul Sanford

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Equipment : Tools That Will Make Salad Making a Breeze

Let's face it, you don't need much to make a great salad. However, if you are planning to make salads a daily habit, it doesn't hurt to get help from a few kitchen tools.

Below are my favorite ones. If you want to see my favorite brands for each tool, feel free to check out my shop page.

SALAD SPINNER: In order for the dressing to stick to the leaves, you need to make sure that your salad greens are fully dried. This is when a salad spinner becomes super handy.

CUTTING BOARD: A sturdy cutting board will come in handy when you need to chop and dice vegetables.

MASON JARS: I find that the best way to make dressings is in small jars. Simply put all the ingredients in a mason jar, put the lid on, and give it a good shake. Plus, you can always store the leftover dressing in the same jar.



[Click here to check out my favorite brands on my shop page](#)



MICROPLANE GRATER: By far, this is the best tool for grating lemon zest and even small amounts of cheese.

VEGETABLE PEELER: Useful when peeling carrots, sweet potatoes, and even for shaving Parmesan or Pecorino to scatter over the top of a salad.

SALAD TONGS: Most people use silverware to mix salads, but I encourage you to invest in salad tongs. They are incredibly helpful when it comes to mixing salad greens without bruising them.

KITCHEN KNIVES: A basic chef's knife is usually enough for all of your chopping needs, but I also recommend investing in a serrated knife for slicing vegetables like tomatoes and radishes easily.

[Click here to check out my favorite brands on my shop page](#)

Best Way to Store Salad Greens

Come summer time, our farmer's market is bursting with all kinds of leafy salad greens - arugula, frisée, and butter lettuce, just to name a few. I find it very hard to choose, so I usually buy a few different ones.

Sadly, if these fragile leaves are not stored properly, they will not last more than a day. So I use the method I learned from Martha Stewart to store them. Depending on the type of greens, following these steps will extend their life for one or two days. Below are her steps:

- * Soak the leaves in a kitchen sink filled with cold water and let them sit there for 5-10 minutes. The debris should sink in the bottom.
- * Transfer them to a salad spinner and dry thoroughly.
- * Spread greens on large kitchen towels in one layer and roll them loosely and store in the fridge.

For some additional flavor, she also adds in a few leaves of endive and radicchio leaves.



Should I wash pre-washed supermarket salad greens?

It is no secret that pre-washed salad greens make it a breeze to make salads quickly. Their packaging usually says that they are triple-washed. Plus, they are fully dried and ready for dressing.

But have you ever wondered if they are truly safe to serve to your family? If you are anything like me, you probably get a packet and re-wash them before you make your salad.

Well, I have some good news for you! You no longer need to wash pre-washed greens. The following comes from an article in Cook's Illustrated Magazine - published on September 2009. (SOURCE)

"To kill off bacteria, packagers of prewashed organic and conventional lettuce first rinse the greens with water and then typically spray them with a diluted chlorine solution.

Despite these measures, E. coli outbreaks associated with prewashed bagged lettuce and spinach have been reported.

Nonetheless, the U.S. Food and Drug Administration and many other food safety experts take the position that prewashed lettuce can be used without further washing.

Here's why: Prewashed produce is likely to have fewer bacteria (or none at all) than your kitchen sink or counter, and washing the greens may actually introduce bacteria. (We found this to be the case when we took swabs from prewashed lettuce straight from the bag and swabs from lettuce we "rewashed" in the test kitchen.

The rewashed lettuce grew bacteria in a petri dish, while the untouched prewashed greens did not.) Furthermore, according to Trevor Suslow, a microbiologist specializing in food safety research at the University of California, Davis, if pathogens such as E. coli or Salmonella are actually present, rewashing removes very few cells and may actually spread contamination."

You can read the full article on their website in [this link](#).





How To Create Your Own Healthy Vegetarian Salads in 6 Steps

While there are probably a million ingredient combinations when it comes to creating a vegetarian green salad, below you will find the ingredients I use most often along with my 6-step formula to get you started on building your own healthy salads.

Step 1: Choose your greens

Consider the greens the body of your salad. The darker the leaves, the more nutritious they are. Feel free to mix and match.

Kale
Arugula
Spring Mix
Butter Lettuce
Fresh Herbs: Parsley, dill, basil, cilantro
Sprouted greens

Step 2: Choose your vegetables

You can use raw or cooked/roasted vegetables in your salad. Colorful veggies not only add extra nutrients, but also feed your eyes by making them visually appealing.

Bell Peppers
Onions - Scallions and Red onions
Celery
Cucumber
Tomatoes
Sauteed Mushrooms
Roasted colorful beets
Roasted sweet potatoes or butternut squash
Steamed vegetables like broccoli, green beans, and cauliflower



Step 3: Choose your protein

I find that green salads are much more filling when they are flavored with a variety of healthy plant-based protein.

Beans (Black, Garbanzo, Cannellini, Navy, etc.): I cook beans in my Instant Pot so that I have control over the amount of salt used in the cooking process. If you decide to use canned beans, be sure to rinse them well under cold water before adding to your salads.

- Roasted chickpeas
- Cooked quinoa
- Hard boiled eggs
- Shelled edamame beans
- Cooked green lentils

Step 4: Choose your fat

I don't know about you, but I don't think any food tastes good without some sort of a fat added to it. Luckily, there are so many healthy fats you can incorporate into your green salads. I usually use them in my salads dressings and as toppings to enhance the flavors of the overall salad.

With that being said, they should be used conservatively as more of a flavoring agent and a splurge. Below are my go-to healthy fats:

Nuts: Sliced or slivered Almonds, walnuts, hazelnuts, pine nuts

Seeds: Sunflower, poppy, and pumpkin

Avocados

Tahini and nut butters

Olive Oil

Avocado Oil

Egg Yolk

Plain yogurt

Cheese: Feta Cheese, fresh mozzarella, goat cheese, parmesan

Step 5: Choose your acid

Mostly used in salad dressings, acidic ingredients help with brightening flavors and in certain cases, trigger chemical reactions that change the color and texture of the overall salad.

That is why, unless otherwise recommended, I usually add the salad dressing to the salad at the very last minute.

Lemon, Orange, and Lime Juice - Always freshly squeezed
Vinegars - Apple Cider, Red Wine, White Wine and White Distilled Vinegar

Mustard - Dijon or Grainy mustard

Step 6: Seasoning and spices

I think the most important ingredient in any recipe is salt. It is the easiest way to take a dish's flavor from good to great. In green salads, I usually add salt to the dressing and when I am roasting vegetables. Below are the salts and other spices I use to flavor green salads:

Kosher Salt

Flaky salt (fleur de sel) - mostly used for finishing

Black pepper - freshly ground

Sumac - a Middle Eastern spice that taste similar to lemon

Ground Cumin



Dressing Salads for Perfection!

Let's face it. There is nothing worse than a green salad that is not dressed properly.

But how do you actually get an evenly dressed salad that makes everyone finish everything on their plate to the last bite?

Here is how I do it.



Start Clean

Fill a large bowl or clean sink with cold tap water. Add the greens and agitate gently to remove the grit. Let it sit for a few minutes, lift out, and shake off excess water.



Dry It Thoroughly

Place greens in a salad spinner and spin several times until the leaves are dried as much as possible.



Half of The Dressing

Bring out an empty large salad bowl and pour half of your dressing in it.
PS: This is the magical move!



Add In The Greens

Toss the salad greens gently using salad tongs to coat them with the dressing as much as possible.



Top It Off

Add in the rest of the ingredients (aka all the goodies)



Drizzle It Again

Drizzle your salad with the rest of the dressing.



One Last Toss

Using kitchen tongs, give it a one last gentle toss



Serve

Transfer the salad into a clean bowl (or not) and serve.



on to the recipes...



TURKISH SHEPHERD'S SALAD



GF & VEGAN



15 MIN



8 SERVES 4

This was the very first dish that my mother thought me how to make. Come summertime, as soon as the summer tomatoes are out, I would start making this as an appetizer for dinner. It is traditional to sprinkle it with sumac, a Middle Eastern spice that has a lemony flavor. If you can't find it, you can omit it.

INGREDIENTS

For The Dressing:

- * 3 tablespoons olive oil
- * 2 tablespoons freshly squeezed lemon juice
- * 1/2 teaspoon kosher salt
- * 1/4 teaspoon black pepper

For The Salad:

- * 2 cups cherry tomatoes, sliced
- * 1 cucumber, peeled and cut into cubes
- * 1/4 cup thinly sliced red onion
- * 1 stalk of scallions, thinly sliced
- * 8-10 Kalamata olives, pitted and chopped
- * 1/2 cup fresh Italian parsley, chopped
- * 1 tablespoon sumac

METHOD

1. To make the dressing: Whisk together the olive oil, lemon juice, and salt and pepper in a small cup.
2. To make the salad: Place tomatoes, cucumber, red onion, scallions, olives, and parsley in a small salad bowl.
3. Drizzle it with the dressing, taste for seasoning and add in if necessary.
4. If using, sprinkle it with sumac and serve.



ROASTED CARROT SALAD WITH ARUGULA AND FETA



GF & VEGETARIAN



35 MIN



SERVES 4

If you have never tried the combination of roasted carrots, chickpeas, tahini, and feta, you are missing out on so much in life. This recipe is adapted from my Roasted Carrot Hummus recipe on the blog. Same ingredients turned into a salad instead.

INGREDIENTS

For The Roasted Carrots:

- * 8-10 small to medium carrots, scrubbed well and cut into big chunks
- * 2 tablespoons of olive oil
- * ½ teaspoon kosher salt
- * ¼ teaspoon black pepper, freshly ground

For The Tahini Dressing:

- * 2 tablespoons tahini (sesame paste)
- * 3 tablespoons of Extra Virgin Olive Oil
- * 2 tablespoons lemon juice, freshly squeezed
- * 2 cloves of garlic, minced
- * 2 tablespoons of water, more if needed
- * ½ teaspoon kosher salt
- * ¼ teaspoon black pepper

For The Salad:

- * 4 cups of arugula, rinsed and spin dried
- * 1 cup cooked chickpeas, rinsed and drained
- * ¼ cup walnuts, chopped
- * 3 tablespoons feta cheese, crumbled

METHOD

1. To Roast the carrots: Preheat the oven to 400 F (204 C) degrees and line a sheet pan with parchment paper. Place carrots in a single layer. Drizzle with olive oil and sprinkle it with salt and pepper. Roast for 25-30 minutes. Set aside to cool.

2. To make the tahini dressing: Place all ingredients in a mason jar, put the lid on and give it a good shake. If it is too thick, add in a few tablespoons of water to thin it out.

3. To assemble the salad: Drizzle half of the dressing in a large salad bowl. Add in the arugula. Using thongs, give it a gentle mix.

4. Top it off with roasted carrots, chickpeas, and walnuts. Drizzle it with the rest of the dressing and toss.

5. Garnish with feta cheese and serve.



WHITE BEAN AND ARUGULA SALAD



GF & VEGETARIAN



20 MIN



SERVES 4

This is one of the most popular salads on Foolproof Living. In the original recipe, I cooked the beans from scratch and mixed everything while they were still warm. Here, to save on time, I used canned beans. Mixed with the arugula-almond pesto, this salad is a show stopper.

INGREDIENTS

For The Salad:

- * 2 cans of Cannelini (or Navy) beans, rinsed
- * 3 cups arugula, rinsed and spin-dried
- * 1 small red onion, chopped
- * 2 tablespoons sliced almonds, as garnish
- * 1 slice of GF bread, (optional)

For The Arugula Almond Pesto:

- * 2 cups arugula, rinsed and spin-dried
- * 1/3 cup sliced almonds
- * 1/4 cup Parmesan cheese, cut into small chunks - more as garnish
- * 2 tablespoons lemon juice, freshly squeezed
- * 2 cloves of garlic, minced
- * 1/4 teaspoon Kosher salt
- * 1/4 teaspoon black pepper
- * 1/3 cup extra virgin olive oil

METHOD

1. Place beans, arugula, and onion in a salad bowl. Set aside.
2. To make the arugula almond pesto: Place the arugula, almonds, Parmesan cheese, lemon juice, garlic, salt and pepper in the bowl of a food processor. Process until everything is finely chopped. While the machine is running, drizzle the olive oil over the tube slowly.
3. Pour the pesto over the beans and give it a gentle mix making sure to not break the beans. If desired, add in some torn bread.
4. Garnish with almonds and parmesan. Serve.



CITRUSY KALE SALAD WITH ROASTED BEETS



GF & VEGETARIAN



30 MIN



SERVES 4

This is my take on the classic roasted beet-walnut-goat cheese salad we all love. In this recipe, I added some kale for additional nutrition and sliced oranges for natural sweetness.

INGREDIENTS

For The Beets:

- * 4 medium (or 2 large) beets
- * 2 tablespoons olive oil
- * ½ teaspoon salt
- * ½ teaspoon black pepper

For The Dressing:

- * ¼ cup olive oil
- * ¼ cup orange juice, freshly squeezed
- * 1 clove of garlic, minced
- * ½ teaspoon salt
- * ¼ teaspoon black pepper

For The Salad:

- * 1 bunch (4-5 cups) kale, stems removed and roughly chopped
- * ½ cup walnuts, roughly chopped
- * 1 small orange, sliced
- * ½ cup crumbled goat cheese

METHOD

1. Preheat the oven to 400 degrees.
2. Scrub beets thoroughly. Cut each beat in half. Place 4 halves (2 beets) in a sheet of aluminum foil and drizzle them with half of the oil, salt and pepper. Wrap loosely. Repeat it for the second set of beets.
3. Place on a sheet pan and roast for 25-30 minutes or until a knife slides easily to the center of the beet. Let it cool a few minutes before peeling.
4. To make the dressing: Place all dressing ingredients in a jar, put the lid on, and give it a good shake.
5. To assemble the salad: Pour half of the dressing into a large salad bowl. Add in the kale and give it a toss.
6. Cut beets into small chunks. Top the kale with beets, walnuts, and orange slices. Drizzle it with the rest of the dressing and give it a gentle toss.
7. Garnish with the cheese and serve.



MEDITERRANEAN ARTICHOKE SALAD WITH ARUGULA



GF & VEGETARIAN



30 MIN



SERVES 4

If you are a fan of Mediterranean flavors, you will love this recipe. Artichoke hearts mixed in with olives, roasted red peppers, and feta drizzled with a simple lemon vinaigrette is so delicious. I used arugula here, but you can swap it with whatever salad greens you have on hand.

INGREDIENTS

For The Dressing:

- * 3 tablespoons olive oil
- * 2 tablespoons lemon juice
- * 1 clove of garlic, finely minced
- * ¼ teaspoon black pepper
- * salt (read note)

For The Salad:

- * 5 cups arugula, washed and spin dried
- * 1 (15 oz.) can of artichoke hearts, drained
- * 1 cup cooked chickpeas
- * 6 whole roasted red pepper, sliced 1 inch strips
- * 8-10 Kalamata olives, pits removed and roughly chopped
- * ½ cup crumbled feta cheese

METHOD

1. To make the dressing, whisk together the oil, lemon juice, garlic, and pepper in a small cup.
 2. Place arugula in a salad bowl and drizzle it with the dressing. Give it a gentle toss using thongs.
 3. Top it off with artichoke hearts, chickpeas, red pepper, olives, and feta cheese. Give it a gentle mix.
 4. Taste for seasoning and add it if necessary. Serve.
- ** NOTE: Taste your olives and feta cheese before adding salt into your dressing and adjust it accordingly.



RADISH AND AVOCADO SALAD WITH BUTTER LETTUCE



GF & VEGAN



20 MIN



SERVES 4

I am a big fan of colorful radishes and love incorporating them in my salads. This salad is a celebration of radishes when they are in season. If you have a mandolin, it comes handy to speed up the slicing, but a pairing knife would also do the trick.

INGREDIENTS

For The Dressing:

- * 3 tablespoons olive oil
- * Zest of a small lime
- * ¼ cup lime juice, freshly squeezed
- * ½ teaspoon salt
- * ¼ teaspoon black pepper

For The Salad

- * 20 small colorful radishes, sliced ¼-inch thick
- * ½ small red onion, sliced thinly
- * 1 jalapeno, seeded and chopped
- * 1 head of butter lettuce, washed and spin dried
- * 1 ripe avocado, cut into small cubes
- * ½ cup cilantro, chopped

METHOD

1. To make the salad dressing: Place all the ingredients in a mason jar, put the lid on and give it a good shake. Pour into a medium sized bowl.
2. Place the sliced radishes, red onion, and jalapenos in the bowl with the dressing and let it marinate for a few minutes.
3. Place the butter lettuce in another salad bowl and top it off with the radishes-red onion-jalapeno mix with all the juices.
4. Add in the avocado and cilantro. Give it a gentle toss and serve.



TABBOULEH HERB SALAD WITH BULGUR



VEGAN



20 MIN



SERVES 4

Growing up, tabbouleh was my favorite salad. My mom's best friend, Tezer, would make it on special days. This recipe is from her cookbook.

Some people add fresh tomatoes in tabbouleh, but she says the traditional tabbouleh is made without tomatoes.

Though if you are a fan, feel free to add a handful of chopped cherry tomatoes.

INGREDIENTS

To Cook The Bulgur:

- * 2 tablespoons tomato paste
- * 2 + 3/4 cups boiling water - divided
- * 1 cup fine grain bulgur
- * 1 teaspoon kosher salt

For The Dressing:

- * 1/2 cup olive oil
- * 1/4 cup lemon juice, freshly squeezed
- * 1/2 teaspoon salt
- * 1/2 teaspoon black pepper
- * 1 teaspoon sumac (optional)

For The Tabbouleh:

- * 1 cup chopped fresh dill
- * 1 cup chopped fresh Italian parsley
- * 1/2 cup chopped fresh mint
- * 3-4 stalks of green onions, chopped both white and green parts

METHOD

1. Whisk together 1/2 cup boiling water with tomato paste in a cup.

2. Place bulgur in a large salad bowl (the bowl that you plan to make and serve the salad in). Drizzle it with the rest of the boiling water and the tomato paste. Do not mix. Set aside and let it cook on the counter as you prep the rest of the ingredients, 15-20 min.

3. To make the dressing: Whisk together all the ingredients (except sumac) in a mason jar and give it a good shake.

4. Once the bulgur is cooked (on the counter), fluff it with a fork. Add in the herbs and onions. Drizzle it with the dressing.

5. Give it a taste and add more salt if needed. If using, sprinkle it with sumac and serve.



BUTTERNUT SQUASH AND LENTIL SALAD



VEGAN



20 MIN



SERVES 4

This is my favorite autumn salad that I make often as soon as the weather starts cooling down and varies types of squash becomes available. To save on time, I usually roast the veggies over the weekend and keep them in an airtight container to put it together in no time. However, it can also be enjoyed while the veggies are still warm when they come right out of the oven.

INGREDIENTS

For The Salad

- * 1 lbs butternut squash, peeled and sliced
- * ½ lbs carrot, sliced into 1-inch slices
- * 1 small red onion, peeled and cut into 10 wedges
- * ¼ cup olive oil
- * ½ teaspoon cumin
- * ½ teaspoon salt
- * 3 cups arugula
- * 1 cup cooked green lentils
- * ¼ cup pomegranate arils (optional)

For The Tahini-Yogurt Dressing:

- * 2 tablespoons tahini
- * 4 tablespoons whole milk yogurt
- * 2 tablespoons lemon juice
- * 2 cloves of garlic, minced
- * ½ teaspoon salt
- * ¼ teaspoon black pepper

METHOD

1. Preheat the oven to 425 F (218 C) degrees. Line a sheet pan with parchment paper.

2. Place squash, carrots, and red onion onto the sheet pan in a single layer. Drizzle them with olive oil, cumin, and salt. Roast for 20-25 minutes.

3. To make the dressing, whisk together the tahini, yogurt, lemon juice, garlic, and salt and pepper in a cup. Taste for seasoning and add in if necessary. Feel free to add in a few tablespoons of yogurt juice (or water) if it is too thick.

4. To assemble the salad: Spoon half of the dressing into the salad bowl. Add in arugula and give it a toss to make sure that arugula leaves are coated with the dressing. Top it off with the roasted vegetables and cooked lentil. Drizzle the salad with the rest of the dressing. Give it a gentle toss.

5. If preferred, garnish with pomegranate arils. Serve.



ROASTED SWEET POTATO AND KALE SALAD WITH LENTILS



VEGAN



30 MIN



SERVES 4

This salad is my go-to lunch during the cooler months. Roasted sweet potatoes combined with earthy lentils served on a bed of balsamic flavored kale makes a meal-worthy and delicious salad.

INGREDIENTS

For Roasting The Sweet Potato:

- * 1 large sweet potato, peeled and cut into 1-inch cubes
- * 1 tablespoon olive oil
- * ½ teaspoon kosher salt
- * ¼ teaspoon black pepper
- * 1 teaspoon maple syrup

For The Balsamic Salad Dressing:

- * 4 tablespoons olive oil
- * 3 tablespoons balsamic vinegar
- * 1 clove of garlic, peeled and minced
- * ½ teaspoon kosher salt, more if needed at the end
- * ¼ teaspoon black pepper

For The Salad:

- * 6 cups kale, washed and spin dried
- * 1 cup cooked green lentils
- * ¼ cup red onion
- * ¼ cup pumpkin seeds, lightly toasted
- * ¼ cup of pomegranate arils

METHOD

1. To roast the sweet potatoes: Pre-heat oven to 400 F (200 C) degrees. Place sweet potatoes on a sheet pan lined with parchment paper. Drizzle with olive oil and sprinkle with salt and pepper. Give it a toss. Bake 20-25 minutes or until sweet potatoes are lightly browned. While they are still hot drizzle them with the maple syrup. Give it a mix and set aside to cool.

2. To make the dressing: Place all the ingredients in a mason jar and give it a good shake.

3. To make the salad: Drizzle the bottom of a large salad bowl with half of the dressing. Add in the kale. Using thongs, give it a toss to make sure that the kale is coated with the dressing as much as possible.

4. Add in the lentils, sweet potatoes, red onion, pumpkin seeds, pomegranate arils and drizzle it with the rest of the dressing.

5. Give it a toss and serve.



MEDITERRANEAN QUINOA SALAD WITH TAHINI DRESSING



GF & VEGETARIAN



15 MIN



SERVES 2

I don't know if a salad gets any easier than this. I usually cook the quinoa and lentils over the weekend and keep them in the fridge to make this dish in less than 15 minutes. I used arugula here, but you can also use spring mix or any other salad greens you have on hand.

INGREDIENTS

For The Tahini Dressing:

- * 1 tablespoons tahini (sesame paste)
- * 2 tablespoons of Extra Virgin Olive Oil
- * 1 tablespoons lemon juice, freshly squeezed
- * ½ teaspoon kosher salt
- * ¼ teaspoon black pepper

For The Salad:

- * 5-6 cups of arugula, washed and spin dried
- * 2 small or 1 large cucumber, peeled and sliced
- * 1 cup cherry tomatoes, sliced
- * ¼ cup chopped red onion or 2 stalks of thinly sliced scallions
- * 1 cup cooked quinoa
- * 1 cup cooked lentils
- * ¼ cup feta cheese, crumbled *more as garnish

METHOD

1. To make the dressing: Place all the ingredients in a mason jar and give it a good shake.
2. To make the salad: Drizzle the bottom of a large salad bowl with half of the dressing. Add in the arugula. Using thongs, give it a toss and make sure that all the leaves are coated with the dressing as much as possible.
3. Add in the cucumber, tomatoes, red onion, quinoa, lentils, and feta cheese. Drizzle it with the rest of the dressing. Give it a gentle toss.
4. If preferred, garnish with more crumbled feta and serve.



KALE POWER SALAD WITH AVOCADO DRESSING



GF & VEGETARIAN



30 MIN



SERVES 4

Have you ever massaged your kale before?

If you are new to the concept, this is a great recipe to try. In this recipe, I massaged kale and red cabbage with creamy avocado dressing and topped it off with roasted chickpeas, peas, and sautéed mushrooms for a meal-worthy salad.

INGREDIENTS

* 1 cup roasted chickpeas (recipe follows on the next page)

For The Avocado Dressing:

- * 1 ripe avocado, cut into small chunks
- * 1 scallion, chopped roughly both white and green parts
- * 3 tablespoons lime juice
- * $\frac{3}{4}$ teaspoon kosher salt
- * $\frac{1}{4}$ teaspoon black pepper

For The Kale Salad:

- * 4 cups (1 bunch) kale, stems removed, rinsed and spin dried
- * 1 cup red cabbage, sliced thinly
- * 1 cup cooked green peas*

For Sautéed Mushrooms:

- * 1 tablespoon unsalted butter
- * $\frac{1}{2}$ pound shiitake mushrooms, rinsed and trimmed
- * $\frac{1}{2}$ teaspoon kosher salt
- * $\frac{1}{4}$ teaspoon black pepper

METHOD

1. Roast the chickpeas following the directions on the next page.

2. While chickpeas are roasting, make the avocado dressing: Place avocado in a food processor along with scallions, lime juice and salt and pepper. Process until pureed.

3. Place kale and red cabbage in a salad bowl and drizzle with the dressing. Using your clean hands, massage kale with the dressing until all the leaves are coated and slightly softened. Let it rest on the counter while you are sautéing the mushrooms.

4. To make the sautéed mushrooms: Heat a large skillet over medium high heat. Melt the butter and add in the mushrooms. Using a wooden spatula, cook until softened, 5-7 minutes. Season with salt and pepper and remove from the heat.

5. To assemble the salad: Add in the roasted chickpeas, sautéed mushrooms, peas (if using) into the kale and cabbage mix. Give it a toss. Taste for seasoning and add in if necessary. Serve.



OVEN ROASTED CHICKPEAS



GF & VEGAN



30 MIN



YIELDS 1 1/2 CUPS

In addition to being a nutritious and healthy topping for salads and soups, I usually serve roasted chickpeas as a healthy midday snack.

In the recipe below, I used chili powder but you can swap it with cumin, coriander, or even sumac based on the dish you are using them in.

INGREDIENTS

- * 1 (15 oz.) can Chickpeas, drained and rinsed
- * 1 tablespoon olive oil
- * ¼ teaspoon chili powder
- * ¼ teaspoon kosher salt
- * ¼ teaspoon black pepper

METHOD

1. Pre-heat the oven to 375 F (190 Celcius) degrees. Place the chickpeas on a single layer on a sheet pan lined with parchment paper.
2. Drizzle them with olive oil and sprinkle them with chili powder, salt and pepper. Give it a toss and roast for 25-30 minutes stopping to shake the pan once in the middle.
3. Allow it to cool for a few minutes before serving.



WATERMELON AVOCADO SALAD WITH FETA CHEESE



GF & VEGETARIAN



30 MIN



SERVES 4

My mom was known for serving watermelon and feta salad for lunch during the scorchingly hot days of the Mediterranean summers. I continued the tradition after I moved to the US, but added a ripe avocado into the mix as I believe avocado makes everything taste better. And this salad is not an exception to that rule.

INGREDIENTS

For The Salad

- * 4 cups of cut watermelon, 1 inch cubes
- * 1 ripe avocado, cut into small slices or cubes
- * 1/2 red onion, thinly sliced
- * 1/2 cup fresh mint, chopped
- * 1/2 cup feta cheese, crumbled

For The Dressing:

- * 2 tablespoons olive oil
- * 1 tablespoon lime juice, freshly squeezed
- * 1 teaspoon coarse sea salt
- * 1/4 teaspoon black pepper

METHOD

1. For the salad: Place watermelon, avocado, red onion slices, and mint in a large salad bowl.
2. To make the dressing: Whisk together olive oil, lime juice, salt and pepper.
3. Drizzle the dressing over the salad. Gently toss to combine.
4. Cover it with stretch film and let it marinate in the fridge for 15 minutes.
5. When ready to serve, sprinkle crumbled feta cheese on top.



STRAWBERRY AND SPINACH SALAD WITH POPPY SEED DRESSING



GF & VEGETARIAN



20 MIN



SERVES 4

Come spring, as soon as the strawberries are out, I make this strawberry and spinach salad with poppy seed dressing. My version of the dressing here is a much lighter version of most poppy seed dressings found on supermarket shelves.

INGREDIENTS

For The Poppy Seed Dressing:

- * 1 small shallot, chopped
- * 2 tablespoons white wine vinegar
- * 2 tablespoons maple syrup
- * 1 tablespoon whole milk yogurt or mayonnaise
- * 1/4 cup extra virgin olive oil
- * 1 tablespoon poppy seeds
- * 1/2 teaspoon salt

For The Salad:

- * 5 cups baby spinach, washed and spin-dried
- * 2 cups strawberries, washed and sliced
- * 1/4 cup of sliced almonds

METHOD

1. To make the poppy seed dressing: Place all the dressing ingredients in a small jar, put the lid on and shake.
2. To make the salad: Place spinach in a salad bowl and drizzle it with the dressing. Give it a gentle toss using tongs to make sure that all leaves are coated with the dressing.
3. Top it off with strawberries and sliced almonds. Give it a gentle mix and serve.



SHREDDED BRUSSELS SPROUT SALAD WITH APPLES



GF & VEGETARIAN



30 MIN



SERVES 4

This is one of my go-to holiday season salad recipes. Shredded brussels sprouts mixed in with sweet apples and cranberries, creamy goat cheese, and earthy walnuts are just to die for. You can shred the brussels sprouts by hand with a knife, or do what I do and shred them using the shredding blade of your food processor to make the process faster.

INGREDIENTS

For The Dressing:

- * 2 tablespoons white wine vinegar
- * 3 tablespoons lemon juice, freshly squeezed
- * 1 small shallot, chopped
- * 4 tablespoons olive oil
- * 1 teaspoon salt
- * ¼ teaspoon black pepper

For The Salad:

- * 1 pound Brussels Sprouts, shredded
- * 1 apple, thinly sliced
- * ½ cup dried cranberries
- * ½ cup walnuts, lightly roasted
- * ⅔ cup goat cheese, crumbled

METHOD

1. To make the dressing, whisk together all the dressing ingredients in bowl.
2. Place the shaved brussels sprouts in a large salad bowl and drizzle it with the dressing. Give it a toss. Cover with stretch film and let it sit for 30 minutes.
3. Add in the slices of apples, cranberries, and walnuts. Gently toss.
4. Top it off with crumbled goat cheese and serve.



BRUSSELS SPROUT AND KALE SALAD



GF & VEGETARIAN



30 MIN



SERVES 4

Since the first time I published this recipe on the blog, it has been a reader favorite. With its festive and colorful look, it is one of the most popular recipes on the blog during the holiday season.

INGREDIENTS

For The Maple Candied Nuts:

- * 1 cup pecans (or walnuts)
- * 3 tablespoons maple syrup
- * ¼ teaspoon flaky salt (or kosher salt)

For The Dressing:

- * 1/2 cup extra virgin olive oil
- * 3 teaspoons white wine vinegar
- * 3 tablespoons lemon juice, freshly squeezed
- * 2 small shallots, peeled chopped
- * 2 cloves of garlic, minced
- * 1 teaspoon kosher salt
- * ½ teaspoon black pepper

For The Salad:

- * 1 pound brussel sprouts, sliced thinly
- * 1 bunch kale (5-6 cups), rinsed and roughly chopped
- * 1 ripe avocado, cut into small cubes
- * ½ cup pomegranate arils
- * ½ cup feta or blue cheese

METHOD

1. To make the maple candied pecans: Pre-heat the oven to 350 degrees and line a small baking sheet with parchment paper. Mix together the pecans, maple syrup and cayenne pepper (if using) in a bowl. Roast for 8-10 min. Take it out of the oven and let it cool.

2. Meanwhile, to make the dressing, place all dressing ingredients in a mason jar. Put the lid on and shake until fully combined. *You can prepare the dressing a day in advance and keep it in the fridge.

3. To assemble the salad: Place brussels sprouts and kale in a bowl. Pour half of the dressing over it and give it a toss. Top it off with now-cooled candied pecans, avocado, pomegranate arils, and cheese.

4. Pour the rest of the dressing over it. Give it a gentle toss. Taste for seasoning and add in, if necessary. Serve immediately.

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If you make any recipes from this book or from Foolproof Living, be sure to tag me so that I can see your creations!

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MORE ABOUT ME

Hello there friend!

I am Aysegul, but my friends call me Ice. I grew up in Bursa, Turkey and moved to the US in 2002.

In my previous life, I worked in hospitality industry, mostly in hotel operations. In 2012, my husband's career took us down to a small island called Virgin Gorda in the British Virgin Islands.

A few months after we moved to the Caribbean, I lost my mother to a sudden heart attack. After many months of sadness, I decided to write my feelings about losing my best friend and the challenges of living on a small island so far away from home.

Little did I know, Foolproof Living helped me find myself in this crazy thing called life and became my creative outlet. In time, with the help of my readers, it is shaped into what it is today: A place for those who are looking for comfort food made healthier.

I currently live in a small town called Manchester in Southern Vermont with my husband Dwight.

I am beyond thrilled that you are here and a part of my journey. Thank you for being here.

I look forward to seeing what is to come and am so glad that you are a part of it. So join me in my virtual kitchen to create healthy and delicious food for our loved ones.

With gratitude,

Aysegul Sanford

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