



## THE BYZIMOM'S GARDEN SALAD GUIDE



### **Basic Balsamic Dressing:**

**Garden Salad:** your favorite lettuce and any or all of your favorite vegetables!

**Marinated Grilled Vegetables,** marinate chunks of mushroom, zucchini, pepper and onion in the dressing for at least an hour before grilling on skewers, serve over couscous..

**Grilled Romaine:** place halves of romaine lettuce briefly on the grill and allow to wilt and very lightly char, then remove immediately and dress. Serve with skewered and grilled cherry tomatoes and onions

### **Honey Mustard Dressing**

#### **Shredded Brussels Sprouts Salad**

Brussels Sprouts, red onion, sliced thin, and dried cranberries

#### **Fennel Salad**

Shaved fennel bulb, orange sections, black olives, red onion, garnished with chopped fennel ferns

#### **Spinach Salad**

Baby spinach, red onion, sliced button mushrooms,

#### **Harvest Grain Bowl**

Baby kale; quinoa; celery, onion, and apple; diced cooked sweet potato, top with fresh chopped sage

#### **Peach Salad**

Arugula, sliced fresh peaches, chopped pecans, garnish with chopped rosemary

### **Greek Dressing**

#### **Greek Salad**

Spinach, romaine, onion, sliced mushrooms, diced bell peppers (all colors), olives (in brine)...optional farro and lentils

#### **Zucchini Salad**

spiralized/shredded or thinly sliced zucchini and/or yellow squash, black olives, chopped Sundried tomatoes...optional rotini

#### **Tabbouleh**

Your favorite grain (we like quinoa, bulgur is traditional), lots and lots of chopped parsley, diced tomato, cucumber, and red onion, with chick peas if you like!

### **Caesar Dressing**

**Classic Caesar Style,** romaine lettuce with a sprinkling of hemp seeds on top and croutons, optional topped with grilled marinated portobello cap

**Kale Caesar,** same as the classic, but use baby kale instead of romaine, top with thinly sliced red onion if desired.

**Broccoli Salad:** chopped broccoli florettes and shaved stems, diced onion and bell pepper

**Panzanella:** diced ripe tomato, onion, cucumber, olives, diced cubes of day-old bread with chopped basil, garnished with nutritional yeast and black pepper

## **Ranch Dressing**

### **Chopped Salad**

Medium dice and arrange in rows on a platter: red cabbage, red bell pepper, cucumber, snap peas, orange bell pepper, yellow bell pepper, mushroom, cherry tomatoes, etc.

**Crudite;** cut veggies (including asparagus spears) into baton shapes and serve with dressing on the side for dipping

### **Potato Salad**

Diced boiled potato (warm or cold), diced celery and onion

**Cole Slaw:** Shredded cabbage, one shredded carrot, diced celery

## **Blueberry Basil Dressing**

### **Blueberry Salad**

Mixed baby field greens with blueberries and chopped pecans and basil leaves.

### **Blueberry Corn Salad**

Corn, cut from the cob, served on a bed of butter lettuce and topped with a few fresh blueberries and garnished with fresh chopped basil.

## **Strawberry Balsamic Dressing**

### **Summer Strawberry Salad**

Arugula topped with sliced fresh strawberries, sliced almonds

### **Fruity Beet Salad**

Beets, roasted, peeled and sliced, grapefruit sections, chopped walnuts and scallions

## **Ginger Dressing**

### **Carrot Slaw**

Shredded carrots, topped with sliced scallions and toasted sesame seeds

### **Raw Pad Thai**

Spiralized/shredded raw yam, sliced snow peas, thin sliced bell pepper, mung bean sprouts, top with chopped peanuts and cilantro...optional: add rice or ramen noodles

### **Deconstructed Sushi Salad**

Wakame Seaweed, shredded cucumber, shredded carrot, diced avocado, toasted sesame seeds, steamed rice, dash of wasabi powder

### **Ginger Beet Salad**

Beets, cooked, peeled, and diced, orange sections, toasted sesame seeds and chopped scallions

### **Cold Sesame Noodles**

Cooked rice noodles (rinsed), shredded carrot, sliced snow peas, green peas, sliced red bell pepper, chopped scallion, toasted sesame seeds

## **Chili Lime Dressing**

### **Black Bean and Corn Salad**

Corn, black beans, diced red bell pepper and cilantro, top with optional avocado and/or  
Toasted pumpkin seeds

### **Taco Salad**

Chopped Iceberg lettuce, diced tomato, onion, avocado, pinto beans,  
garnish with pumpkin seeds, chopped scallions or cilantro, serve with corn chips

### **Mexican Street Corn Salad**

Corn, cut off the cob, lime zest, cilantro, garnished with chipotle powder and nutritional yeast

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