

Salad Recipes

Leguminous Salad

Ingredients

1/2 cup boiled, drained, moong(green gram)	1 green chilli
1/2 cup boiled, drained, chickpeas white	1/2" piece ginger
1/2 cup boiled, drained, chickpeas brown	1 flake garlic
1 potato, boiled, drained, chopped	1 cup curds (tied and hung for 20 minutes)
1 onion, chopped finely	1/2 tsp. cumin seeds crushed
1 tomato chopped finely	1 tbsp. green all purpose chutney (refer recipe)
1 tbsp. coriander leaves finely chopped	1 tbsp. tamarind chutney (refer recipe)
1 sprig mint leaves	salt to taste

Method

Put all legumes in a large bowl.

Add all chopped vegetables, except coriander.

Crush mint, ginger, garlic, chilli in small mixie.

Add to legumes, add salt, sugar, toss well. Pile onto large flat plate, refrigerate till required.

Beat curds till smooth.

Add both chutneys, black salt, cumin, salt, mix well.

Before serving, pour curds over legumes in plate.

Garnish with chopped coriander.

Serve immediately.

Leguminous Salad

Ingredients

1 cup bean sprouts
1 cup peanuts, shelled, boiled
1 large onion finely chopped
1 tomato finely chopped
1 cup soft tofu or paneer diced
1 tbsp. Coriander leaves finely chopped
1/2 bunch fresh fenugreek leaves (no stalks), chopped
1/2 lemon juice extracted
1 tsp. Sugar ground
1/2 tsp. Cumin seeds crushed
1/2 tsp. Chat masala
1/2 tsp. Red chilli powder
2-3 pinches black salt
salt to taste

Method

Put sprouts in boiling water for 2 minutes.

Drain, pour iced water, drain, spread on kitchen cloth.

Transfer to bowl, when excess moisture is absorbed.

Add all other ingredients, chill to serve.

Leguminous Salad

Ingredients

1 head tender broccoli
3 carrots, sliced obliquely, into ovals
1 sprig spring onions with greens,
finely chopped
1 sprig mint leaves finely chopped
4-5 tender lemon grass stems finely chopped

For garnishing:

2 tbsp. cheese grated
1 tbsp. coriander chopped finely

For topping:

1 tbsp. plain or wheat flour
1 tbsp. butter
1 cup milk
2 green chillies, chopped very finely
1/2 " piece ginger, peeled and chopped finely
1 flake garlic, crushed
4-5 basil leaves, chopped
1/4 tsp. pepper powder
salt to taste

Method

Pluck broccoli florets, to bite sized pieces.

Put both broccoli and carrot in boiling water.

Cover and simmer for 2 minutes.

Drain, pour icecold water over it.

Drain again, spread out on kitchen towel.

Dab out excess moisture, transfer to serving bowl.

Dissolve milk and flour to make a smooth paste, keep aside.

Warm butter in a heavy or nonstick pan.

Add garlic, ginger, chillies, stir.

Add milk /flour paste, stir till mixture starts to boil.

Add salt, pepper, stir and simmer for 3-4 minutes, stirring frequently.

Mixture should be a little thick but of pouring consistency.

Take off fire, cool a little till warm.

Stir in chopped basil.

Leguminous Salad

Ingredients

2 tbsp. chilli garlic sauce	1 cup penne pasta
1 tbsp. white vinegar	1 tomato
1 tsp. ginger grated	1 onion, sliced thinly vertically
1 tbsp. olive oil	1 yellow capsicum, sliced thinly vertically
1/2 tsp. mustard paste	1 red capsicum, sliced thinly vertically
1/2 tsp. dried mixed herbs, crushed	1/2 green capsicum, sliced thinly vertically
1/2 tsp. dried mint powder	4 baby corns, sliced into thin 2" long pieces
1/2 tsp. lemon juice	1/2 cup purple cabbage shredded
1/2 tsp. brown or white sugar	1/2 cup green cabbage shredded
salt to taste	1 avocado, halved and destoned

Method

Put all ingredients for dressing, into a screw top jar. Shake well to blend flavours, keep aside till required.

Boil penne in plenty of salted boiling water. When done, but still firm, take off fire.

Drain, spread on a plate to cool completely. Steam sweetcorn pieces till tender, remove cool.

Halve tomato, remove pulp, chop thinly vertically. In a large bowl, put penne. Add capsicums, corn, onion, tomato, cabbages.

Sprinkle some salt and lemon juice, toss. Chill in refrigerator till required. Microwave avocado in skin for a minute.

Scoop with a spoon, onto a plate, smash to a pulp. Add to dressing, shake well, refrigerate till required. Pour dressing over salad 15-20 minutes before serving.

Serve cold.

Leguminous Salad

Ingredients

1 small bunch fresh fenugreek leaves
1 tomato
1 onion
1/2 tsp. crushed cumin seeds
1 tsp. lemon juice
1 small green chilli chopped
1 tbsp. peanuts crushed
salt to taste

Method

Pick leaves, clean, wash and chop them fine.

Chop tomato and onion fine.

Add all other ingredients to chopped tomato and onions.

Add chopped leaves, toss till well mixed.

Serve immediately.

Fruity Tangy Salad

Ingredients

1 pomegranate cleaned
1 ripe guava
2 bananas ripe and firm
1 apple ripe but firm
1 tbsp. coriander leaves finely chopped
1/2 lemon juice extracted
1/2 tsp. cumin seeds crushed
1/4 tsp. garam masala or chat masala
1 tsp. sugar powdered
salt to taste

Method

Chill all fruit well, before chopping.

Chop guava, apple and bananas, sprinkle lemon juice, toss.

Add pomegranate, salt, sugar, cumin and masala.

Toss till well mixed.

Garnish with chopped coriander leaves.

Serve immediately.

Grated Carrot Salad

Ingredients

2 cups carrot grated
2 green chillies slit
1 tsp. coriander leaves finely chopped
1/2 lemon juice extracted
1/2 tsp sugar powdered
salt to taste
1 tsp. oil

Method

Heat oil in a heavy pan.
Add chillies, grated carrots, stir.
Take off fire.
Add all other ingredients, except coriander.
Mix well. Chill before serving.

Toasted Noodle Salad

Ingredients

1 cup instant (maggi) noodles
1 cucumber
1 onion
1 tomato chopped
1 stalk mint leaves finely chopped
1 tbsp. coriander finely chopped
1 small green chilli
1 small flake garlic
1/4 tsp. chat masala
1/2 tsp. cumin crushed
2 pinches black (rock salt)
1/2 tsp. sugar powdered
salt to taste

Method

Crush noodles to tiny curls. Dry roast them in a heavy pan, till light and semi white. Stir continuously while roasting. Cool. Chill cucumber, tomato before chopping medium pieces.

Take in a large bowl, chop and add onions. Crush together chilli and garlic finely. Add to chopped vegetables. Add all other ingredients except coriander and noodles.

Toss with fork till well blended.

Add noodles and toss gently.

Garnish with coriander before serving.

Serve immediately.

Pasta and Veggie Salad

Ingredients

1 cup macaroni boiled (boiled measure 1 cup)
1 capsicum finely chopped
2 carrots chopped into 1" sticks
1 onion thinly sliced
10-12 french beans chopped into 1" pieces
1 potato peeled, chopped into 1" sticks
1 tsp. coriander
1 tbsp. grated cheese or paneer
1 tsp. white vinegar
1/2 tsp. sugar powdered
1 small green chilli
1 small flake garlic peeled
salt to taste

Method

Boil carrot, potato, beans together till tender.

Pour cold water over them to cool immediately.

Drain out all the water. Keep aside.

Crush garlic and chilli finely under a stone.

Take macaroni in a large bowl, add ginger-garlic.

Add all other ingredients except coriander and cheese.

Toss well till veggies and seasoning are well blended.

Garnish with cheese and coriander.

Chill well before serving.

Jelly Veggie Tossed Salad

Ingredients

1 packet desired jelly (set as per instruction on cover of pack)
1/4 medium cabbage shredded
1 large cucumber diced
2-3 slices chopped pineapple
1 medium apple peeled and diced
1 spring dill leaves finely chopped
2-3 sticks of shallots chopped
2 tbsp. cream, 2 tbsp curds fresh, 1 tsp sugar (whipped together)
1 tsp sugar
1 tsp ground sugar
fresh ground pepper
salt to taste

Method

Toss all ingredients together except the jelly and whipped mixture and dill leaves.

Chill in a large glass bowl.

Just before serving chop the jelly into inch-sized cubes.

Mix the cubes in the salad and toss lightly.

Pour the whipping on the salad and sprinkle the chopped dill on top for garnishing.

See -Through Salad

Ingredients

2 tsp gelatine or lemon jelly 1/2 packet

2 1/2 cups water

2 cups mixed shredded or grated firm vegetables e.g.. carrot, cabbage, celery etc.

1 green chilli chopped fine

2-3 springs mint leaves chopped

1 cucumber, slices for decorating

1 tomato slices for decorating

salt, sugar, pepper (freshly ground to taste)

Method

Prepare the jelly in regular way.

If using gelatine take 1/2 cup water in a small heavy crucible

Sprinkle gel on it. Allow to soak as it is for 5 minutes.

Now hold the crucible over very low flame or indirectly and stir gradually till all the gelatine dissolves and the liquid is clear. Do not allow to boil.

Add to the remaining water and stir well till clear.

Set in a rinsed wet glass bowl or jelly mould.

Mix all other ingredients and toss together except cucumber and tomato slices.

When the jelly or gel is thick but unset, add the prepared salad and stir in gently.

Set till firm.

Just before serving, unmould by dipping the bowl in hot water for a few seconds and invert on plate.

Decorate ring and top of the mould with cucumber, tomato and coriander sprig.

Potato Salad

Ingredients

15-20 small baby potatoes washed clean 2-3 springs mint leaves
2-3 florets of garlic
1/2 tsp vinegar
salt to taste
1 spring onion finely chopped
1 onion coarsely chopped
2 green chillies chopped fine
1/2 piece ginger grated
1 cup curd (yoghurt)
1/2 cup cream
sugar for light taste.
1/2 tablespoon oil

Method

Keep aside small portion of each ingredient. Tie curd in muslin cloth for 1 hour or so. Pressure cook or microwave potatoes till cooked but firm. Do not peel. Make one slit half way.

In a small sauce pan heat oil and add ginger, green chilli, mint, garlic and onion. Switch of gas.

Pour onto potatoes and mix by tossing. Add other seasoning i.e.. salt, sugar, vinegar. In a blender, blend cream, curd till smooth and light. Mix in by hand the small portion of all ingredients kept aside.

In a shallow salad bowl take the potatoes and spread.

Chill both. While serving pour the curd mixture on the potatoes and garnish with chopped spring onion.

Lentil Salad

Ingredients

1 1/2 cup sprouted lentil (moong, channa, any)
1 large onion chopped
1 large tomato chopped
1/2 bunch coriander chopped.
few mint leaves chopped.
1 tsp. vinegar white
salt to taste
1 tsp. ground sugar
1/2 tsp red chilli powder
1/2 tsp cummin seed powder

Method

Wash and drain the sprouts. Add the onion, tomatoes and all seasoning.
Mix well, add mint an mix lightly garnish with chopped coriander.
Chill and serve.

Layered Salad

Ingredients

1 large cucumber
1 large tomato
1 large carrot
1 large onion
1 bunch salad leaves
1 bunch spring onions
1 small beetroot
1 small leafy green cabbage
1 lemon juice extracted
salt, pepper (freshly ground), ground sugar to taste

Method

Steam beetroot in pressure cooker, allow one whistle. Peel and slice into thin rounds. Chop separately cabbage, celery and spring onions, thinly. Keep whole 6-7 salad leaves. Place all in separate bowls of chilled water for half an hour in fridge till crisp. Grate separately cucumber and carrot with a large-holed grater. Place similarly as above.

Chop onion and tomatoes finely, separately. Rinse a transparent glass bowl with cold water.

Stick the beetroot slices around the inner wall of the bowl, evenly. Spread the tomatoes at the bottom of bowl without dropping beetroot. Sprinkle salt and pepper.

Drain spring onions, remove, excess moisture by dabbing lightly on kitchen towels. Spread over tomatoes. Sprinkle salt and pepper.

Repeat other layers similarly for each vegetable in following order. Cabbage, celery, onion and carrot. Sprinkle lemon juice, garnish by the celery leaves attractively on top.

Chill before serving.

Banana Tomato Salad

Ingredients

2 bananas ripe & firm
2 tomatoes ripe and firm
1/2 lemon juice extracted
1 tbs. coriander leaves finely chopped
salt to taste
1/2 tsp. crushed cumin seeds
2-3 pinches garam masala powder
1 tsp. sugar powdered

Method

Chill bananas and tomatoes before chopping.
Chop bananas, tomatoes into pieces separately.
Sprinkle lemon juice over bananas and toss to coat evenly.
Add to tomatoes.
Add all other ingredients, toss till well mixed.
Serve immediately.

Crunchy Fruit Slaw

Ingredients

1 cup fresh cabbage, shredded
1 carrot, peeled, chopped like matchsticks (juliennes)
1 stick celery, cleaned sliced into juliennes.
8-10 cherry tomatoes
2 canned pineapple slices, chopped
1/2 cup peanuts, salted, roasted
1 tbsp. soft raisins
1 tbsp. pine nuts
1/2 cup cream
1 tbsp. mayonnaise or cheese spread
1/4 cup thick (tied) curds
2 tbsp. pineapple syrup (from can)
1/4 tsp. pepper powdered
salt to taste

Method

Take a large glass salad bowl.

Cream together cream, cheese, curds, syrup, salt and pepper.

Add all other ingredients.

Mix well, chill before serving

English Waldorf Salad

Ingredients

2 firm apples
1 medium pear
1 cup walnuts chopped coarsely
2 cups lettuce or chinese cabbage shredded fine
1 tbsp. celery stick sliced thinly
1 sprig. mint leaves finely chopped
1 lemon juice extracted
1/2 cup thick fresh curds
1 cup eggless mayonnaise or cream
1/2 tsp. pepper powdered
1 tbsp. white vinegar (if using cream)
salt to taste

Method

Core, chop apples and pears into cubic pieces.

Drizzle lemon juice over them, toss lightly.

Keep half lettuce aside, mix all other ingredients.

Spread half remaining lettuce on plate or bowl.

Pour salad, top with remaining lettuce.

Chill well before serving.

Tangy Melon Medley

Ingredients

3 cups watermelon chunks, deseeded
3 cups muskmelon chunks, deseeded
3 cups cantaloupe chunks, deseeded
1 tsp. ginger finely chopped
1 tbsp. soft brown sugar
1 cup thick cream
1 tbsp. white vinegar
1 tiny mild green chilled chopped finely
1 sprig mint leaves finely chopped
1/4 tsp. pepper powdered
1/4 tsp. salt

Method

Core, chop apples and pears into cubic pieces.
Drizzle lemon juice over them, toss lightly.
Keep half lettuce aside, mix all other ingredients.
Spread half remaining lettuce on plate or bowl.
Pour salad, top with remaining lettuce.
Chill well before serving.

Brinjal Relish

Ingredients

1 large seedless brinjal or 3 medium ones
3 flakes garlic
1 tbsp. fresh coriander leaves finely chopped
1 tint mild chilli
1 tsp. fresh mint leaves finely chopped
1 tbsp. coarsely crushed toasted peanuts
1 tbsp. sesame seeds lightly roasted
1 tbsp. olive oil
1/2 tsp. pepper powdered
salt to taste

Method

Grease aubergine lightly. Microwave or grill till soft.

Even charring over a flame can be done.

Peel skin, mash with garlic, salt, chilli, mint, by hand or in a small mixie.

Add oil, pepper, peanuts, lemon juice, half coriander, half sesame seeds.

Mix well, transfer to an oven proof bowl.

Sprinkle remaining sesame seeds over it.

Grill in a hot oven, till almost sizzling.

Garnish with remaining coriander.

Serve with finger of hot toast.

Can be sieved as a dip for vegetable crudities too.

Borani Esfanaj (Spinach Salad)

Ingredients

750 gms. spinach
60 gms. onions, finely chopped
15 ml. oil
2 cloves garlic, crushed
10 gms. salt
3 gms. freshly ground black pepper
450 gms. yoghurt, nano dok for (spice mix) garnish.
to prepare the spice mix
15-45 gms. ghee
5 gms. turmeric powder
8 gms. dried mint.

Method

Trim off roots and coarse stalks from the spinach. Wash leaves well, discarding any discoloured and damaged ones.

Drain and shred coarsely. In a large casserole dish, heat oil on HIGH for 3 mins.

Add onions to the oil and cook on HIGH for 3 mins.

Remove from the oven and add garlic, salt and pepper. Cool.

Place yoghurt in a mixing bowl and add spinach mixture.

Toss well and adjust seasoning. Serve at room temperature, garnished with nano dok (spice mix).

Moong and Pomegranate Salad

Ingredients

pomegranate (use the seedless variety) - 1 cup
moong sprouts - 1 cup
grated coconut - 1 cup
4 - 5 red chillies ,
a pinch of asafoetida ,
few curry leaves ,
1 tbsp oil and
1/2 tsp mustard
salt to taste
1 tsp lemon juice

Method

Mix pomegranate, moon sprouts and coconut well.

Add salt and lemon juice . Mix well .

Heat the oil add mustard , curry leaves , red chillies and asafoetida .

Season the mixture.

Coriander leaves can be used for garnishing .

Also finely chopped cucumber can be added to the above . 1 tsp of grated ginger can also be added .

If you want to make it slightly spicy add 1-2 finely chopped green chillies .

Channa - Paneer Salad

Ingredients

2 cup kabuli channa (boiled)
2 potatoes
150 grams paneer (cottage cheese)
2-3 firm tomatoes
1 onion
2 green chillies
1 bunch coriander leaves
salt, red chilli powder to taste
1 tsp chat masala
juice of one lemon

Method

Boil the potatoes (microwave for 5 mins or pressure cook) and cut them into tiny pieces.

Finely chop, tomatoes, green chillies and onions.

Cube the paneer into small pieces.

In a large salad bowl mix together the boiled channa, potatoes, onions, tomatoes, paneer and green chillies.

Add salt, red chilli powder, chat masala and lemon juice.

Add finely chopped coriander leaves.

Mix the whole salad together and chill for a couple of hours.

Bitter gourd Salad

Ingredients

bittergourd sliced in thin circles 1 cup

maida 1 teaspoon

chilli powder 1/2 teaspoon

salt a pinch

oil 2 dessert spoons

mustard seeds 1/2 teaspoon

methi seeds 1/4 teaspoon

dried red chillies broken 2

chopped onions 1/4 cup

green chillies sliced 1

chopped ginger 1teaspoon

curry leaves few

grated coconut 1/4 cup

jeera 1/2 teaspoon

curd 3 cups

salt to taste

Method

Mix together maida ,chilli powder,pinch salt and sliced gourd.

Set aside to marinate for 1 hour.

Heat oil in a pan and splutter mustard seeds, methi seeds and dried red chillies.

When chillies change colour add chopped onions, green chillies, ginger and curry leaves and fry till onions are light brown.

Grind together coconut and jeera and add to the onion mix in pan.

Fry till coconut turns light brown. Drain out excess oil.

Separately deep fry marinated gourd in hot oil.

Mix together fried gourd, coconut mix, curd and salt. Serve immediately.

If you want to use the salad after a while add curd and salt to the dry ingredients 10 minutes before serving for a better taste.

Bitter gourd Salad

Ingredients

one half of a small green cabbage
one medium sized onion
a handful of cilantro / coriander leaves
one fourth of a lemon
salt to taste

Method

Cut cabbage finely into small pieces.

Cut onion into fine square pieces.

Chop Cilantro/ Coriander leaves.

Mix all the above.

Add salt for taste.

Squeeze the piece of lemon to extract the juice and sprinkle it over the mixture.

Stir the mixture so that the salt and lemon juice spreads evenly.

This makes a tasty salad and can be used in place of Raita in dinner. The above quantity serves about six people.

A tadka with cumin seeds also enhances the taste.

Green Cucumber Salad

Ingredients

1 medium sized cucumber
1 tomato
1 carrot (optional, depends on your taste)
1 onion
2 green peppers
3 tablespoons of yogurt
salt to taste

Method

Skin cucumber and grate it to a fine size (almost semi-liquid state)

Chop the onion and peppers into very small pieces.

Slice tomato into small pieces.

Grate the carrot.

Mix all the above ingredients well in large bowl along with curd and salt.

Serve as an appetizer. Even tastes good with rice.

Healthy Moong Salad

Ingredients

1 cup sprouted moong.
1 cucumber finely chopped
1 tomato finely chopped
1 onion finely chopped
1/4 cup carrot shredded
1/4 cup cabbage shredded
2 chillies finely chopped
chopped coriander
lime juice for taste
1/2 tsp. sugar
salt to taste.

Method

Take 2 tsp. oil in a pan and fry moong and cook it for 2 mins.
See to it that it does not get cooked properly.
Mix all the ingredients with the moong and the salad is ready.
It makes a great side dish.

Chilled Cold Salad

Ingredients

1 cup fresh curd
1 cup chopped cucumber
1 cup chopped onions
2 green chillies chopped
1/2 cup chopped dates
1/2 cup raisins
1/2 cup roasted groundnuts
2 tbsp fresh cream
2 tsp sugar
salt to taste

Method

In a bowl add fresh cucumbers and onions. Mix them well. Then add chillies, dates and raisins (keep aside a little) mix all together.

Then add the roasted nuts and mix well. Then add the curd, again mix well. Now add cream and sugar and salt to taste. Mix all together.

Pour it into a serving bowl.

Decorate the salad with Rasains.

Chill it and serve cold.

Cole Salugh Salad

Ingredients

cabbage : 100 gms

carrot : 2 no's

mayonnaise : 2 tablespoons

yoghurt (thick) : 1 to 2 tablespoons.

sugar : 1 teaspoon.

salt : little to taste

Method

Grate the cabbage and carrot.

Take the mayonnaise, yoghurt, salt and sugar and beat it nicely till soft with a churner.

To this beaten mixture add the grated vegetables raw.

Mix it well and refrigerate it.

Once it is chill, take out & serve to have a wonderful tasty salad.

Apple Banana Salad

Ingredients

one apple
two bananas
two red chillies
25 gm grated coconut
2 tea spoons chopped coriander leaves
half a teaspoon sugar and salt to taste.

Method

Wash and de skin the apple and grate it.

Chop the bananas into small pieces.

Take a 'Kadai' (or a frying pan) and add 2 teaspoons of cooking oil, few mustard seeds & Cumin seeds (Jeera) and wait until they splutter. Add the two red chillies and fry till brown.

Cool the mixture in the frying pan. Add in grated apples, chopped bananas, coconut, coriander leaves, sugar and salt.

Served in a decorated bowl forms a very good appetising Salad!

Tomato - Onion Salad

Ingredients

tomatoes 2 (big in size)
onion 1 (small in size)
curd 1 tbsp
chopped chillies 2
mustard seeds 1 tsp
oil for seasoning
sugar 1 tsp
salt as per one's taste
chopped coriander for garnishing
powdered peanuts (optional) 1 tsp

Method

Finely chop the tomatoes & the onion.

Mix them together in a bowl.

In a pan, heat some oil. When the oil is heated, add a spoonful of mustard seeds. When the mustard seeds begin to crackle, add the chopped chillies.

Pour this mixture over chopped tomatoes & onions. Mix very well.

To this mixture, add the mentioned amount of curd, sugar & salt as per your requirement & powder of peanuts.

Garnish with chopped coriander.

Pepper Salad

Ingredients

lettuce 1
jalapeno pepper 3-4
red onions 1
green pepper (capsicum) 1
tomatoes 1
vinegar 1 tsp
salad dressing 2 tbsp
pepper powder 1/2 tsp
lemon juice 1 tsp
salt to taste

Method

Chop the Lettuce & Jalapeno pepper. Then Slice Onions, Green Pepper, Tomatoes finely.

Take a Bowl and put all these vegetables into it. Then add Vinegar, salad Dressing, Pepper powder, lemon juice & salt.

Mix all of them well with a pair of fork.

Serve.

Groundnut Salad

Ingredients

100 gm groundnut
2 cucumber finely chopped (please remove the seeds)
2 tomato finely chopped (please remove the seeds)
1 boiled potato cut into small pieces
2 onions finely chopped
1 carrot (optional) finely chopped.
1 beetroot small size (optional) finely chopped.
2 sticks of spring onions finely chopped.
salt to taste
chat masala / pepper / sandwich masala
coriander to garnish.

Method

Boil Groundnut in pressure cooker adding salt in it.

Let the Groundnut cool

Take a bowl mix all the ingredients together some salt to taste and chat masala /pepper/
sandwich masala

Garnish it with chopped coriander leaves.

Keep it in refrigerator and allow it to cool before you serve.

Green Tomato Salad

Ingredients

3 fresh unripe tomatoes, diced
2-3 green chillies, chopped
1 small piece ginger, finely diced
salt to taste
2 teaspoon fresh lime juice
1 teaspoon oil
1/2 teaspoon mustard seeds
1/2 teaspoon urad dal
1/4 teaspoon asafoetida powder

Method

Combine diced tomatoes, chillies, ginger and salt. Mix well.

Add lime juice, mix and set aside for a few minutes.

Heat oil in a small pan, saute black mustard and urad dal till the mustard starts to pop.

Add asafoetida powder and saute for a few seconds and combine with tomato.

Serve with rice or chapathi meal.

Slimmer Salad (Low Cal food)

Ingredients

4 dessert apples
1 fresh pear (optional)
segments of 1 orange
1 medium sized capsicum
4 carrots
4 sticks celery
1/2 cucumber
a few raisins

Method

Chop the fruits coarsely
Grate the vegetables
Mix in a bowl & put to chill
If u like add the curd dressing
Serve Cold

Accompaniment:

1 teacup curd dressing - contains 38 calories
Per serving: Calories 72. Protein 1g. Carbohydrates 18g. Fat 0.4g

Cold Chick Peas Salad

Ingredients

1 can of chick peas {i get progresso} 19 oz,
1 big tomato,
1 big onion, green chillies according to your taste,
1 tsp of tamarind juice {i use pulp which is handy},
1 tsp jeera powder,
according to your taste red pepper powder,
salt and little jaggery {can use sugar},
cilantro for garnish.

Method

Chop the onions, tomatoes, green chillies and cilantro very fine.

Mix all except cilantro with the chick peas which should be drained and make sure that if using jaggery it is grated or dissolved with tamarind juice.

Garnish with cilantro. Keep cold until served.

Great on very hot day. Enjoy.

Sweet Corn Salad

Ingredients

1/2 cup frozen or fresh sweet corn
1 ripe avocado
2 cups cherry tomatoes
2 tbsp chopped coriander leaves
1/2 tbsp chopped mint leaves
2 tbsp olive oil
juice of half a lemon
salt and pepper

Method

If using frozen sweet corn, thaw in boiling water.

Prepare the avocado and chop into bite size bits.

Wash the tomatoes and halve them.

Place them all in a bowl. Add the chopped coriander and mint, lemon juice, olive oil, salt and pepper. Toss well.

Important:

Do toss your salad just when you're ready to serve.

I absolutely love the combination of the crunchy corn and the mint in the dressing.

In addition, this salad looks very colourful.

Macaroni-Pineapple-Mint Salad

Ingredients

macaroni - 1 cup
pineapple - 1 cup (cut into cubes)
tomato - 3/4 cup (cut into small pieces)
mint leaves - 2 table spoon (chopped)
lettuce - 3 table spoon (chopped into big pieces)
lemon juice - 1 tea spoon or according to the taste
salt - to taste

Method

Boil macaroni with little salt, strain, keep aside.

Mix pineapple, tomato, mint leaves, lettuce, lemon juice well in a bowl.

Add boiled macaroni and salt. Mix gently.

Chill for 15 minutes and serve.

Olive-Spinach Salad

Ingredients

medium sized tomato - 1 no.

carrot - 1 no.

spinach - 5 leaves

sliced black olive - 75 gms

sliced green olive - 75 gms

vinegar - half tsp

green chilli - 1 no (chopped)

salt

Method

Wash, clean and slice the tomato into 10mm small dices.

Slice the carrot.

Wash, clean and chop Spinach- so that pieces of spinach should not be longer or wider than 15 mm.

Then take a bowl, put all sliced spinach, olive, tomato, carrot and salt. Mix it thoroughly and put Vinegar.

Then take a serving bowl put the mix and garnish with chillies.

Can be also serve chilled, with Chapattis, Puris, etc.... . As Spinach is IRON rich, the v

Fresh Pear Salad

Ingredients

2 ripe pears
1 lettuce
1 spring onion
2 tender stalks of celery
2 tablespoons walnuts or cashewnuts
2 tablespoons of cedar cheese (optional)

For Dressing:

1 clove garlic
1 tablespoon vinegar
2 tablespoons coconut oil
1/2 tablespoon salt
freshly ground pepper

Method

Cut the lettuce leaves and celery into thin strips.

Finely chop the bulb of the spring onion and the stalk.

Lightly roast the nuts till light brown.

Peel and crush the garlic and mix the dressing ingredients.

Peel and slice the pears and cover with dressing to prevent discolouring.

Combine all ingredients together with dressing and crumble in cheese.

Toss salad and serve immediately.

Beet Salad

Ingredients

8 oz carton plain yoghurt

1 can beets: sliced and pickled/spiced, drained

1 tsp cardamom seeds, coarsely ground

Method

Stir the yoghurt, then stir in the cardamom.

Let this sit while you watch the news, then add to the beets and mix lightly Beautiful, delicious, and full of fiber!

Green Beans Salad

Ingredients

fresh green beans 1/2 lb
onion 1 (big)
green chillies 5
lemon juice 2 spoons
coconut (grated) optional 4 spoons
oil 1 spoon
salt as / taste

Method

Clean & Cut the beans into small pieces. Slit the green chillies, chop the onion.
Fry the beans with very little oil until tender. (or microwave the beans first & then fry)
Take it off the stove & add onions, green chillies, salt, grated coconut & lemon juice.

Colourful Vegetable-Fruit Salad

Ingredients

carrot 1 medium size
onion 1(optional)
black seedless grapes a bunch
tomatoes (2)
fresh lettuce a pack
apple 1, cherries few
radish 1 medium,

For Seasoning:

lemon 1
salt to taste
green chillies,
ginger small bit(optional)
cilantro 1 tbsp

Method

Grate carrot, radish and chop the other ingredients into small pieces and mix them together.

Then add the juice of one lemon and grind the green chillies, ginger and the cilantro and add it to the mixture and your salad is ready to be served.

This goes well along with parathas and even as a main dish for lunch

Chatpati Salad

Ingredients

cucumber : 2 no

tomatoes : 2 no

carrots : 6 no

onion : 1 medium

cilantro : 1/2 bunch

green chillies : 2 small

peanut bhujia : few

chat masala

salt to taste

cheese cubes

Method

Cut Cucumbers, Tomatoes into small pieces, chop Carrots, Onions, Cilantro very finely and ground the green chillies.

Mix all the above Veg. together and refrigerate and just before serving add the remaining ingredients.

I promise this is going to be everyones favourite. I added Cheese for the kids if you don't like it you can skip it. Enjoy the salad!

Asparagus Salad

Ingredients

a bunch of green tender asparagus
a small cup of freshly grated coconut
3 to 5 red chillies (as per your taste)
less than 1/4 tsp of methi seeds
a small piece of garlic
3 tbsp curds

Method

Cut Asparagus into 5 mm thick rings, put it in boiling water for a minute or 2, then drain and keep it aside. (so that it is crisp)

Fry red chillies and methi seeds lightly, and grind it with grated coconut. Put very less water along with garlic (very little).

Meanwhile, put little oil in a frying pan, put mustard seeds, a pinch of hing, curry leaves and asparagus. Fry for 2 mins. Remove from fire, add the ground masala, and before serving, add curds and salt to taste. It goes well with sambhar rice or any Pulao.

Green Filler Salad

Ingredients

cottage cheese - 2 cups
cabbage leaves - 5-6
cucumbers - 1 small sized
tomatoes - half cup
onions - 1/4 cup
green chilli - 1
lime juice - 2 tea spoons
green peas - 1/4 cup
button mushrooms - 1/4 cup
grated cheese - 3 teaspoon
coriander & mint leaves - 1/4 cup
salt & pepper to taste

Method

Boil the green peas till nearly done.

Grate the cottage cheese.

Chop cabbage leaves, tomatoes, onions, Mushrooms, cucumbers & chilli.

Mix together all the ingredients in a bowl.

Add the seasoning & lemon juice & refrigerate for 15-20 minutes.

Serving:

Serve with grated cheese & chopped coriander & mint leaves

Pineapple Potato Salad

Ingredients

5 large potatoes
two celery stalks
1 packet of frozen mixed vegetables
1 can chunk pineapple
1 large onion
1 tbs of mustard ground
4 tbs of mayonnaise
1 tbs sugar
1 teaspoon vinegar

Method

Dice potatoes and cook until tender not too soft.

Add frozen veggies when the potatoes are almost done.

Drain and run cold water on it.

Chop onions, celery.

In a large bowl mix all of these ingredients the onions, celery salt and pepper to taste ground mustard, pineapples, now add the drained potatoes and veggies.

Mix well careful not to mash.

Then add mayonnaise stir until mixed well.

Place in a fancy bowl garnish with paprika and a sprig of parsley. refrigerate.

Russian Salad

Ingredients

1 cup boiled and shredded chicken
1 apple diced
1 potato boiled and diced
1 cup shredded cabbage
1/2 cup boiled peas
1/2 cup corn
1/2 cup cream
1/2 cup yoghurt
1 cup mayonnaise
1 tsp castor sugar
salt and pepper for taste.

Method

In a large bowl whisk together cream, yoghurt, cream and mayonnaise.

Add the rest of the ingredients and fold well.

Serve in a decorative salad bowl.

Baby Spinach Salad

Ingredients

1 packet baby spinach salad (in most markets in us you get the pre washed variety, that works best because it is not soggy)

1 large cucumber - sliced

2 large tomatoes - cut into large chunks

2 hot peppers - cut into large chunks

10 almonds - microwave almonds for one minute , cool and then slice

optional - carrots cut into pieces

grapes or oranges

black olives - canned - drained and washed.

Method

Mix the salad ingredients

Separately mix the dressing very well and pour over salad.

Bhindi Salad

Ingredients

bhindi 200gms
onions 1 large
oil 1 tbsp
curd 1 cup
cumin powder 1 tbsp
coriander powder 1 tbsp
turmeric powder 1 tsp
red chilli powder 1 tsp
salt to taste
coriander leaves 1tblsp

For Seasoning:

mustard seeds 1tsp
urad dal 1tsp
curry leaves 4-5

Method

Cut the bhindi & onions into thin pieces

Take a kadai ,add the oil &onions

When the onion turns brown add the bhindi & then add all the above powders & salt to taste .

Fry it deeply

Take a small deep pan, add ghee and mustard and when it sputters, add urad dal &curry leaves

Mix all of them well adding the curd in to it

Garnish with coriander leaves

Note:

This bhindi salad will go well with chappathies.

Carrot Salad

Ingredients

2 carrots

2 hot green chillies chopped finely (vary it based on your spice tolerance level)

2 spoons grated coconut (optional)

2 tablespoons lime juice

handful of chopped coriander leaves

1 tsp mustard seeds

1 tsp ghee for seasoning

salt to taste

Method

Grate carrots. (I grate carrot, green chillies and chopped coconut pieces in an automatic salad shooter.)

Mix grated carrot, chopped green chilli, lime juice, grated coconut, chopped coriander leaves and salt to make a salad.

Make seasoning with ghee and mustard.

Add seasoning to the salad.