

In the Kitchen with LiveWELL



Summer Salads



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Chickpea Summer Salad

Cindy Vice – Atrium Health Floyd



Ingredients

Salad:

- 1 can chickpeas, drained
- 1.5 cup chopped tomatoes
- 1.5 cup chopped
- 1 cup corn – drained, not cooked
- any additional vegetables of your choice

Dressing:

- 1 TBSP extra virgin olive oil
- 1/4 cup Apple Cider Vinegar
- 1 TBSP Honey
- Squeeze of lemon juice and zest
- 1/4 cup cilantro
- 1/4 tsp cumin
- Pinch of dill
- Salt and pepper

Preparation

1. Mix all the salad ingredients in a large bowl
2. In a smaller bowl or jar, mix the dressing ingredients together
3. Mix the dressing with the salad ingredients. Chill and enjoy!

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Summer Strawberry Spinach Salad with Almonds

Jennifer Kees – LiveWELL Atrium Health GC



1 In a mason jar or small bowl, add all of the dressing ingredients. Shake or mix well to combine. Taste and add additional salt/pepper, if necessary.



2 Toast the almonds on the stovetop: add the almonds to a pan and place over medium heat, stirring occasionally for 2-5 minutes until almonds are slightly golden brown. Remove from heat and allow to cool.



3 Add spinach to a large bowl, layer on the strawberries, avocado slices, red onion, feta, toasted almonds, and chopped pistachios. Feel free to add dressing now or set it out for individual servings. Top salad bowls with extra toasted almonds and drizzle each bowl with 1/4 of the dressing. Serves 4.



Ingredients

For the salad:

- 1 package (5 ounces) organic spinach
- 8 ounces strawberries, halved (about 2 cups halved strawberries)
- 1 large avocado, sliced
- ½ small red onion, thinly sliced
- ½ cup feta crumbles
- ⅓ cup raw sliced almonds
- ¼ cup chopped shelled roasted pistachios

For the balsamic strawberry vinaigrette:

- 3 tablespoon balsamic vinegar
- 1/4 cup olive oil
- 1 garlic clove, grated or finely minced
- ½ teaspoon Dijon mustard
- 1/2 tablespoon strawberry jam (or jam of choice)
- Freshly ground salt and pepper, to taste

<https://www.ambitiouskitchen.com/strawberry-spinach-salad/>

[Click HERE for Video](#)



Cucumber Salad

Gretchen Bayne– Best Health for Us AHWFBH

Ingredients

- 1 cup corn kernels
- 5 oz diced avocado
- 1 cup cherry tomatoes, halved
- 2 TBSP red onion
- 2 TBSP cucumbers sliced
- Splash of lemon juice
- Slash of olive oil
- Salt and pepper

Preparation

- Steam one large corn on the cob
- Chop all vegetables and combine in large bowl
- Serve immediately or chill for an hour then serve

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