

THE SHARAN SALAD REVOLUTION

June 2020

Salad Recipes from You to You



AN INITIATIVE BY

SHARAN

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MEAL REPLACER BUDDHA BOWL WITH GREEN GODDESS DRESSING

(Serves 2)
Srinath Usha Santhanam



Ingredients

- ½ cup cooked karunguruvai arisi (one of the many black rice varieties of tamilnadu)
- ¼ cup moong sprouts
- ⅓ steamed black channa
- ¼ cup minced carrot
- ¼ cup finely chopped cabbage
- ¼ cup finely grated radish
- ¼ cup chopped capsicum
- 2 tbsp baby corn rings for garnish

Ingredients for Green Goddess Dressing

- ¼ cup sunflower seeds, roasted
- 4-5 garlic cloves
- 1 green chilli, chopped
- ⅛ cup chopped zucchini with peel
- ⅛ cup raw mango chopped with peels
- ⅛ cup onions chopped
- ½ cup celery or basil

- 1-2 tbsp tahini/sesame seed paste (recipe on SHARAN website)
- 2-4 dates, pitted
- 1 tsp powdered rock salt
- ½ tsp black pepper powder
- 1 tsp dried herbs
- 1 tbsp fennel seeds
- 2-3 tbsp lemon juice
- 3-4 tbsp water

Method

1. For the dressing, blend all the ingredients to a smooth paste by adding water gradually. Everything should be mixed well.
2. Taste and adjust flavours to your liking. Store in fridge in glass bottle for 2 days
3. To assemble the Buddha bowl, arrange everything in a shallow bowl, drizzle dressing over it, garnish with baby corn rings and fresh green herbs and enjoy.

RAINBOW PAD THAI

(Serves 1)
Karishma Ahuja



Ingredients for the Salad

- 1 zucchini, julienned
- ½ a red bell pepper, julienned
- 1 unpeeled carrot, julienned
- ¼ cup shredded purple cabbage
- ½ a yellow bell pepper, julienned
- ½ a green bell pepper, julienned
- 1 tbsp roasted black sesame seeds

Ingredients for the Dressing

- 2 tbsp soaked unpolished sesame seeds
- ¼ cup tamarind paste
- 2-3 tbsp date paste (recipe on SHARAN website)

- ½ tsp grated unpeeled ginger
- ½ tsp grated garlic
- ½ tsp unrefined salt

Method

Blend all the dressing ingredients together until smooth.

Assembling the Salad

1. In a bowl, mix all salad ingredients together or you can arrange it like a buddha bowl, except pistachios.
2. Add the dressing and toss until well mixed or place the dressing in the centre.
3. Sprinkle black sesame seeds on top.

PEARL COUSCOUS SALAD

(Serves 1)
Dipika Bishwas



Ingredients

- 1 cup cooked pearl couscous/cooked millet like barnyard, foxtail, proso or kodo
- ¼ cup chopped unpeeled cucumber
- ¼ cup chopped tomatoes
- ¼ cup chopped red bell pepper
- ½ cup steamed broccoli florets
- 1-2 tsp lemon juice
- 1 tsp dried herbs (basil, oregano, thyme, etc)
- ½ - 1 tsp unrefined salt
- ¼ tsp black pepper powder

Method

In a bowl, mix all the ingredients till the couscous and veggies are coated well with the seasonings and herbs. Serve.

SPROODLES WITH SPICY AND TANGY SAUCE

(Serves 1)
Pinky Punjabi



Ingredients

- ½ cup spiralized noodles of carrot
- ½ cup spiralized noodles of zucchini
- ½ cup spiralized noodles of unpeeled pumpkin
- ¼ cup finely shredded Chinese cabbage
- ¼ cup julienned red bell pepper
- ¼ cup moong sprouts
- 6-8 cherry tomatoes
- 4-5 cubes of extra firm tofu
- 1-2 stalks spring onions for garnish
- 1-2 tsp lemon juice
- 1 tsp unrefined salt
- ½ cup hot water

Method

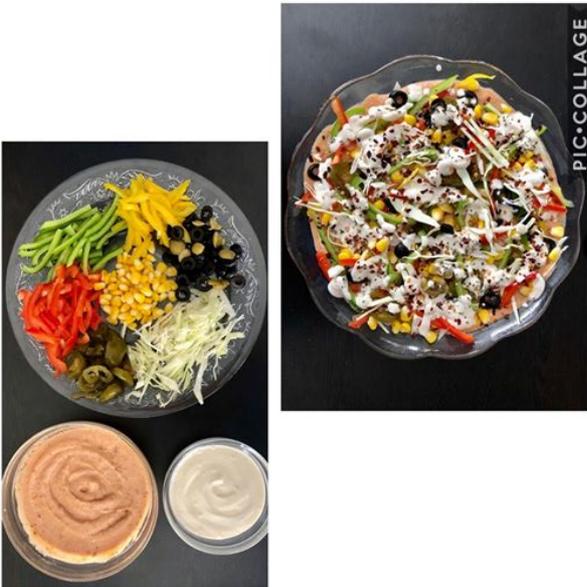
1. Whisk all the ingredients for the dressing to form a smooth sauce. Keep aside.
2. Arrange the Sproodles on the plate as shown in the picture,
3. Garnish with spring onions
4. Serve the warm sauce on the side. Drizzle on the salad and enjoy.

Ingredients for Warm Spicy and Sweet Peanut Sauce

- ¼ cup peanut butter (recipe on SHARAN website)
- 2-3 tbsp date paste (recipe on SHARAN website)
- ½ tsp chilli flakes

PIZZA SALAD

(Serves 1)
Mayuri Chhadva



Ingredients

- ½ cup shredded cabbage
- ¼ cup julienned red pepper
- ¼ cup julienned green pepper
- ¼ cup julienned yellow pepper
- ¼ cup steamed corn
- ¼ cup chopped green and black olives
- 2-3 tbsp chopped pickled jalapeños

Ingredients for Instant Cashew Cheese

(Makes ½ cup)

- 20 medium sized cashew nuts
- ¼ cup water
- 1-2 tsp lemon juice
- ½ tsp dried basil powder
- ½ tsp unrefined salt

Method

1. Soak the cashews in water for 3-4 hours.
2. Drain the water and rinse well.
3. In a blender, grind the nuts and all the other ingredients until smooth (keep adding water 1tbsp at a time).
4. Cashew cheese paste is ready.

Ingredients for Pizza Dressing

- 1 cup chopped fresh tomatoes
- ¼ cup chopped olives
- 2 pitted soft dates
- 1 tbsp lemon juice
- 1 clove of garlic
- ½ tsp fresh or dried oregano
- ½ tsp fresh or dried basil leaves
- ⅛ tsp black pepper
- ½ tsp unrefined salt or to taste
- ¼ cup water to blend
- ⅛ tsp chili flakes or to taste

Method

1. Blend all the ingredients to get a smooth sauce. Adjust the seasoning as per the taste.

To Prepare the salad

1. Toss all the ingredients in a bowl.
2. Drizzle both the salad dressings on the salad
3. Serve

MIX VEGGIE SALAD WITH GINGERY DRESSING

(Serves 2)
Lakshmi Gudi



Ingredients

- ½ cup julienned colourful bell peppers
- ½ cup julienned unpeeled cucumber
- ½ cup julienned unpeeled carrots
- ½ cup chopped tomatoes
- ½ cup sliced avocados
- 8-10 mint leaves for garnish

Ingredients for Gingery Dressing

- ¼ cup peanut butter (recipe on SHARAN website)
- 1 tbsp minced unpeeled ginger
- 2-3 garlic cloves
- 1-2 tsp lemon juice
- ¼ tsp chilli flakes
- 1 tsp unrefined salt

Method

1. Whisk all the ingredients for the dressing to form a smooth sauce. Keep aside.
2. In a bowl toss all the salad ingredients except for the mint leaves.
3. Garnish with mint leaves.
4. Serve the dressing on the side. Drizzle on the salad and enjoy.

FRUITTY NUTTY SALAD

(Serves 1)
Shivani Sharma



Ingredients

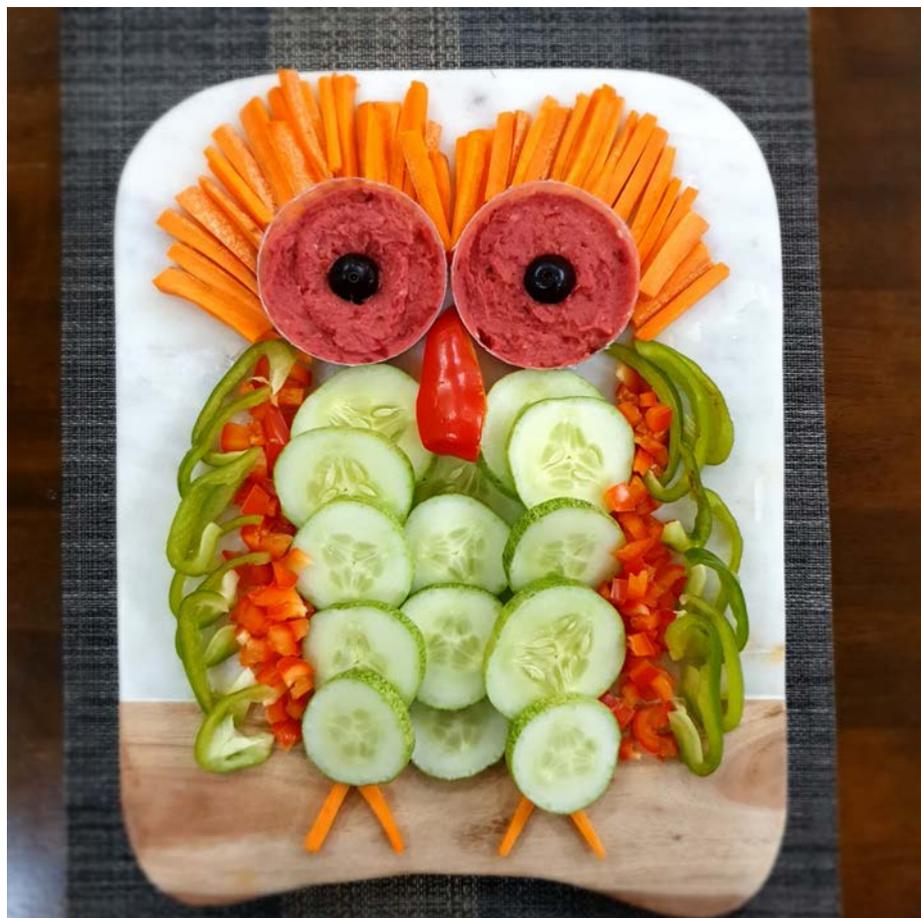
- 1 mango, peeled and diced
- 1 banana, peeled and diced
- 8-10 jamun, deseeded
- ¼ cup pomegranate seeds
- 1 cup coconut milk (recipe on SHARAN website)
- 2-3 tbsp chia seeds
- 3-4 dried figs for garnish
- 6-8 nuts like almonds, walnuts and cashew, chopped for garnish

Method

1. Soak the chia seeds in coconut milk for 2-4 hours in the refrigerator.
2. In a tall serving glass, add the diced mangoes first. Add a tbsp or two of the soaked chia seed mixture.
3. Top it with bananas and the chia seed mixture.
4. Continue the layers with pomegranate and jamun
5. Top the fruit layer with the chia mixture. Garnish with figs and nuts.

BEETROOT HUMMUS WITH VEGGIES

(Serves 2)
Anshul Agarwal



Ingredients

- 2 unpeeled cucumbers, sliced
- 1 unpeeled carrot, julienned
- 1 medium sized green bell pepper, sliced
- 1 medium sized red pepper, chopped
- 2-3 olives for garnish

Ingredients for Beetroot Hummus

- ½ cup cooked chickpeas
- 2 tbsp tahini/sesame seed paste (recipe on SHARAN website)
- ½ cup chopped unpeeled raw beetroot
- 2-3 garlic cloves
- 1-2 tbsp lemon juice
- ½ tsp chilli flakes
- 1 tsp unrefined salt
- ½ -¾ cup water

Method

1. Blend all the hummus ingredients into a smooth paste. Adjust the seasoning as per taste.
2. Arrange the vegetables in a serving plate the way you desire.
3. Serve the hummus on the side.
4. Garnish the hummus with olives.

VEGETABLE SALAD WITH AVOCADO DRESSING

(Serves 1)
Poornima Gogi



Ingredients

- ½ cup finely chopped cabbage
- 4-6 carrot slices, lightly steamed
- ¼ cup chopped french beans, lightly steamed
- ¼ cup chopped green capsicum

Ingredients for Avocado Dressing

- 1 avocado, pitted
- 2 garlic cloves
- ½ green chilli
- ¼ tsp black pepper powder
- ½ tsp pink salt

Method

1. Blend all the dressing ingredients into a smooth paste without adding water. Adjust the seasoning as per taste.
2. Toss the vegetables in a bowl except the carrot slices and serve
3. Serve the dressing on the side.
4. Garnish the salad with steamed carrot slices.

ASHGOURD PEANUT CURD RAITA

Meeti Prasad

What do I call it? 'Black and White'? 'Thayir Saadam'? Pachadi Rice?



Ingredients

- 1 cup cooked black rice
- 1 Kashmiri red chili for garnish

Ingredients for Raita

- ½ cup grated ash gourd
- ½ cup peanut curd (recipe on SHARAN website)
- ½ tsp unrefined salt
- ½ tsp mustard seeds
- 6-8 curry leaves
- 1-2 tbsp grated unpeeled carrot for garnish

Method

1. In a bowl, mix the curd and grated ash gourd. Add salt and mix well.
2. In a heated pan, add the mustard seeds and let them pop. Add the curry leaves and roast for a minute. Turn the heat off.
3. Sprinkle the tempering on the raita. Garnish with grated carrot.
4. Arrange the rice on a serving plate, garnish with red chili. Serve the raita on the side.

'NO ONE CAN EAT JUST ONE' SALAD- PANI PURI SALAD

Meeti Prasad



Ingredients

- *Pani* - tamarind water, *jaljeera* powder, mint-coriander *chutney* (recipe on SHARAN website), rock salt
- Fillings - mashed steamed sweet potatoes (with skin), boiled black gram, *chaat masala*
- *Puri* - cucumber, tomatoes and boiled baby potatoes with skin.
- Topping - finely chopped onion, fresh coriander leaves, green chilies and raw mango, oil free fine *sev* (recipe on SHARAN website)

Method

1. Mix all the ingredients for the *pani*. Chill it in the refrigerator.
2. In a bowl, mix all the ingredients for the filling. Adjust the seasoning.
3. For the *puri*, cut the tomatoes in half and scoop out the seeds. Similarly cut the cucumbers in 1 inch pieces and scoop out the seeds, leaving a portion at the bottom to form a hollow cup. Take the steamed baby potatoes and cut them into halves and scoop the centre. Slice the bottoms to make it stand.

Assembling the Pani Puri

1. Take a base like cucumber, tomato or baby potato. Place the filling in it. Top it with desired topping.
2. Add a tbsp or two of water and enjoy!!

SALAD WITH YUMMY PUMPKIN DRESSING

(Serves 2)
Ekta Minocha



Ingredients

- ½ cup chopped unpeeled cucumber
- ¼ cup chopped tomatoes
- ½ cup chopped spinach
- ¼ cup grated unpeeled beetroot
- 15-20 french beans, stringed and steamed
- ½ cup chopped yellow bell pepper

Ingredients for Pumpkin Dressing

- ½ cup steamed unpeeled pumpkin
- ½ cup thick coconut milk (recipe on SHARAN website)
- 2-3 garlic cloves
- ½ tsp red chilli flakes
- ½ tsp unrefined salt

Method

1. Grind all the ingredients of the dressing into a smooth paste. Adjust the seasoning as per taste. Keep aside.
2. Arrange all the salad ingredients in a bowl side by side and drizzle the dressing on the top.
3. Serve.

GAZPACHO

(Serves 2)
Rashmi Nagar



Ingredients for soup

- ½ cup diced unpeeled cucumber
- ¼ cup diced tomato
- 12 almonds soaked overnight, with skin
- ¼ cup chopped onions or spring onions
- ½ cup coriander leaves
- ¼ cup mint leaves
- 2 tbsp lemon juice
- 1 green chili
- 3 cloves of garlic
- ¾ cup water
- ¼ cup diced green capsicum

Ingredients for garnish

- ¼ cup finely chopped cucumber, tomato, green pepper

Method

1. Add all the ingredients in a blender. Add little water first and blend well
2. Then add rest of water and blend to a soup like consistency.
3. Chill in the fridge for 1 hour.
4. When serving pour in bowls and garnish with finely chopped tomatoes, cucumber and green pepper

Variation

A few leaves of spinach, basil can also be used for the soup

SIMPLE SPROUTS SALAD

(Serves 2)
Sri Vikasini Mohan



Ingredients

- 1 cup sprouted moong beans
- ½ cup grated unpeeled carrot
- ¼ cup chopped onion
- ¼ cup chopped tomatoes
- 2-3 tbsp chopped coriander
- ¼ cup soaked raw peanuts with skin
- ¼ cup soaked green peas
- ¼ cup boiled chickpeas
- 2-3 tsp lemon juice
- 1 tsp unrefined salt

Method

1. In a bowl add all the ingredients and mix well. Adjust the seasoning.
2. Serve.

CAPSICUM CUPS

(Serves 3)
Meeti Prasad



Ingredients

- 3 colourful bell peppers, cut the tops and scoop out the seeds

Ingredients for the filling

- 1 cup grated unpeeled yellow pumpkin
- 1 cup grated unpeeled white pumpkin
- ½ cup shredded spinach leaves
- ½ cup chopped tomatoes

Ingredients for the dressing

- 1 cup crumbled and mashed tofu
- ½ tsp yellow mustard powder
- 1-2 tsp lemon juice
- 1 tsp unrefined rock salt

Ingredients for garnish

- 3-4 juliennes of carrot, pumpkin and beetroot

Method

1. In a bowl mix all the filling ingredients
2. In a separate bowl, add all the dressing ingredients and mix really well. Alternately you can blend it in the mixer with 2-3 tbsp of water to make a paste.
3. Add the dressing to the filling ingredients and mix well. Adjust the seasoning as per the taste.
4. Stuff this filling in the hollow bell peppers and garnish with the carrot pumpkin and beetroot juliennes. Serve.

WIFI & 4G Salad! With SOUTHWEST CHIPOTLE SAUCE

Srinath Usha Santhanam

(served on MANDHARAI LEAF PLATE- thats how its known in tamil & the sauce is served in coconut shell bowl)

Connect back to mother nature, like you desperately look for wifi and 4G networks! 🌱
💙💛 .. And u shall have a sprouting smile (pun intended!)



Ingredients from the top for the Wifi

- ¼ cup shredded cabbage for violet/ purple
- ¼ cup finely chopped onion for indigo
- 2 tbsp finely chopped green capsicum for green
- 1 tbsp lemon zest (from 4 lemons) for yellow
- 2 tbsp grated unpeeled carrot for orange
- 1 tbsp finely chopped tomatoes for red

Ingredients for the 4G

- ½ cup freshly grated coconut

Ingredients for sprouting smiley

- ¼ cup sprouted green moong

Ingredients for dressing

- ½ cup vegan mayonnaise (recipe on the SHARAN website)
- 2 tbsp chipotle chili paste/ deseeded Kashmiri chili paste
- 1-2 tsp lemon juice
- ½ tsp paprika powder
- ½ tsp garlic powder
- ½ tsp unrefined salt

Method

1. Mix all the ingredients for the dressing and keep aside.
2. Arrange all the salad ingredients as shown in the picture.
3. Serve the dressing on the side.

MANDALA SALAD WITH ALMOND MINT DATE DRESSING

(Serves 2)
Ekta Minocha



Ingredients

- ½ cup chopped unpeeled cucumber
- ½ cup chopped unpeeled carrot
- ¼ cup chopped unpeeled beetroot
- ¼ cup chopped tomatoes
- ¼ cup roasted peanuts, with skin
- 2-3 tbsp fresh mint leaves

Ingredients for Almond Mint Date Dressing

- ¼ cup roasted almonds, with skin
- 2-3 tbsp fresh mint leaves
- 2-3 dates, pitted
- ½ tsp chilli flakes
- 1-2 tsp lemon juice
- ½ tsp unrefined salt
- ½ cup water

Method

1. In a blender add all the dressing ingredients and blend till it's a smooth paste. Adjust the seasoning and set aside.
2. In a bowl, mix all the salad ingredients and drizzle the dressing on top.
3. Enjoy this salad as a meal replacer salad or a side salad.

Immunity Booster Salad Inspired Salad

D Shrutee

Immunity Booster Salad inspired salad in two different styles. I had never tried raw pumpkin before and from today on, I don't see any other option of eating it now 😊



Ingredients for Salad

- ½ cup grated raw unpeeled pumpkin
- ½ cup grated unpeeled cucumber
- 2-3 tbsp crushed roasted peanuts, with skin
- 1 tbsp freshly grated coconut

Ingredients for Garnish

- ¼ cup chopped arugula leaves
- 1-2 tsp minced roasted garlic
- 1 tsp roasted sesame seeds

Version 1 : Sweet, the one I love!

Method

1. Mix all the above ingredients in a bowl.
2. Garnish with roasted garlic, sesame seeds and arugula leaves.

Version 2 : Tempered

Ingredients for tempering

- 1 green chili
- ½ tsp mustard seeds
- ¼ tsp cumin seeds
- 6-8 curry leaves
- 1-2 tsp lemon juice
- ½ tsp unrefined salt

Method

1. Mix all the above ingredients in a bowl
2. In a heated pan, add the mustard seeds, cumin seeds and let them pop. Add the curry leaves and roast for 30 secs. Turn the heat off.
3. Add the tempering to the salad along with green chili, lemon juice and salt. Mix well.
4. Serve.

CURRIED SPROUTS SALAD

(Serves 2)
Monica Gokalda



Ingredients

- ½ cup sprouted moong, lightly steamed
- ¼ cup cooked kidney beans,
- 2 tbsp raw mango finely chopped
- ¼ cup grated unpeeled carrots,
- 1 tbsp fresh parsley leaves

Method

1. In a bowl mix all the dressing ingredients. Adjust the seasonings and keep aside.
2. In a separate bowl, toss all the salad ingredients.
3. Drizzle the dressing on top of the salad and Serve.

Ingredients for curried Tahini Dressing

- ½ cup tahini/sesame seed paste (recipe on SHARAN website)
- 2-3 tsp lemon juice
- 2 tsp curry powder
- 1 tsp unrefined salt
- 1 cup water

CHANA KOLIWADA

(Serves 2)

Niharika Rajpara



Ingredients for Baked Chana

- 1 cup cooked garbanzo beans
- 1 tsp ginger garlic paste
- ¼ tsp red chilli powder
- ½ tsp coriander and cumin powder (*dhania jeera* powder)
- ½ tsp *garam masala*
- ½ tsp *chaat masala*
- ½ tsp unrefined salt

Ingredients for the Salad

- ¼ cup chopped onion
- ¼ cup chopped tomatoes
- 2-3 tbsp chopped raw mango with skin
- 2 tbsp chopped fresh coriander leaves

- 1 tsp lemon juice
- ¼ tsp unrefined salt

Method

1. Marinate the garbanzo beans with garlic, ginger, red chilli powder, *dhania jeera* powder, *garam masala* and *chaat masala* then bake at 200 C for 20-25 minutes till slightly crispy.
2. In a bowl, add the baked garbanzo beans and all the salad ingredients and mix well. Adjust the seasoning. Serve.

COLOURFUL BEETROOT CARROT SALAD

(Serves 2)

Sri Vikasini Mohan

I added this salad to my millet -cooked vegetables meal and enjoyed it well. My mindful eating helped me to enjoy the taste of each ingredients in the salad. I really enjoyed this salad and felt lighter



Ingredients

- ½ cup unpeeled grated carrot
- ½ cup unpeeled grated beetroot
- ¼ cup finely chopped cabbage
- ½ cup finely chopped unpeeled cucumber
- 2-3 tbsp grated fresh coconut
- 1-2 tsp lemon juice
- 1 tbsp chopped mint leaves
- 1 tbsp coriander leaves
- ¼ tsp black pepper powder
- ½ tsp unrefined salt

Method

1. In a bowl, mix carrot, beetroot, cabbage and coconut well.
2. Sprinkle pepper powder, lemon juice and salt to it.
3. Serve it on a plate and garnish with mint and coriander leaves.
4. Enjoy the delicious salad.

VEGETABLE SALAD WITH GUACAMOLE

(Serves 2)

Sarayu Kamat

Lots of veggies on my salad rounds plate today - guacamole, peas, corn, carrots, mushrooms, lettuce, avocado! Sumptuous!



Ingredients for Guacamole (Makes 1 cup)

- 1 large avocado, deseeded and mashed with a fork
- 1 small onion, finely chopped
- 1 small tomato, finely chopped
- 1 green chilli finely chopped
- 2-3 tbsp chopped fresh coriander leaves
- 1-2 tsp lemon juice
- 1 tsp unrefined salt

Ingredients for Salad

- ½ cup steamed green peas
- 1 cup steamed fresh corn
- ¼ cup of carrots chunks, steamed

- ½ cup sliced mushrooms, steamed
- ¼ cup shredded spinach, steamed
- ¼ cup avocado chunks
- ¼ cup sliced onion rings

Method

- In a bowl, mix all the ingredients for guacamole really well. Garnish with coriander leaves and serve with the salad as shown in photo above or as desired.
- Enjoy!

CUCUMBER COCONUT SALAD

(Serves 2)
Sejal Dawda



Ingredients

- 2 unpeeled cucumbers, chopped
- ¼ cup freshly grated coconut
- 2-3 tbsp roasted crushed peanuts, with skin
- 2-3 tbsp chopped fresh coriander leaves
- 1 tsp unrefined salt
- ½ tsp chili flakes
- ¼ tsp roasted cumin powder
- 1-2 tsp fresh lemon juice.

Method

1. In a bowl, add all the ingredients and mix well. Adjust seasoning as per taste. Serve as a side salad.

CREAMY BEET SALAD

(Serves 2)

Prachi Agarwal

It has sweetness of cashews, tangy flavor of mustard and sour taste of lemon. Now it's up to you - call it a salad or call it chaat.



Ingredients for the Salad

- 5 slices steamed unpeeled beet root
- 1 tbsp shredded cabbage
- 1 tbsp grated unpeeled carrot
- 1 tbsp shredded spinach
- 1 tsp roasted unpeeled pumpkin seeds
- 1 tsp chopped spring onion

Ingredients for the dressing

- 1 tbsp cashew paste (recipe given below)
- ½ tsp mustard powder
- ½ tsp lemon juice
- 1 tbsp chopped capsicum
- ¼ tsp unrefined salt
- ¼ tsp black pepper powder

Method

For the dressing, mix all the ingredients in a bowl. Keep aside.

Assembly of the Salad:

1. Arrange steamed beetroot slices directly on the serving tray
2. Apply a layer of dressing on beetroot slices
3. Add a layer of shredded cabbage, topped by a layer of shredded carrot, sprinkle shredded spinach over that.
4. Garnish with pumpkin seeds and spring onion
5. Enjoy the dish.

CASHEW PASTE (Yields ¼ cup)

Ingredients:

- 20 medium size cashew nuts
- 2 tbsp water

Method

1. Soak the cashew in water for 3-4 hours.
2. Drain the water and wash them properly.
3. Add them to the grinder and grind till smooth (keep adding water 1tbsp at a time)
4. Cashew paste is ready.

Shelf life/Storage- Stays in the refrigerator for 7 days.

FLOWER SALAD

(Serves 2)

Maya Advani

Bowl of Delicious- Red Cabbage and Roasted Sesame Salad

My Daughter in Love and myself have enjoyed making salads for the salad revolution.

She made the flowers today with the homemade powdered rose flower and our family has enjoyed having salads with every meal. Thank you Sharan for giving us a platform to experience and be inspired with beautiful salads and yummy dressings.



Ingredients

- ½ cup shredded red cabbage
- ¼ cup chopped spring onion
- 2 tbsp roasted sesame seeds
- 2 tbsp roasted sunflower and pumpkin seeds
- 2 tbsp chopped fresh parsley leaves
- 1 tbsp chopped fresh dill leaves
- 2-3 tbsp apple cider vinegar
- ½ tsp unrefined salt

For the flowers

- 2-3 tbsp dried rose petals

Method

1. Mix all the ingredients of the salad. Arrange it on the serving plate
2. Draw the flowers with the rose petal powder.
3. Serve.

NEEV'S CUCUMBER BOATS

(Makes 4 boats)

Sheetal Keswani



Ingredients

- 1 cucumber, unpeeled, cut in half horizontally and seeds scooped out, and then cut into 4 boats.
- ¼ cup grated unpeeled carrots
- ¼ cup finely chopped onions
- ¼ cup finely chopped broccoli

Ingredients for Dressing

- ½ cup tofu
- 1 tbsp lemon juice
- ½ tsp black salt
- ½ tsp powdered mustard seeds
- ¼ cup of water

Method

1. For dressing, blend all dressing ingredients in a blender with 2-3 tbsp of water.
2. For filing, mix all salad ingredients with 2-3 tbsp of the dressing.
3. Fill the cucumber boats with the filing.
4. Top with a flag made of red bell pepper cut into triangle shape and placed on a toothpick.
5. Serve.

MEAL REPLACER QUINOA SALAD

(Serves 2)
Shivani Sharma



Ingredients

- 1 ½ - 2 cups cooked quinoa
- ½ cup moong sprouts
- ¼ cup cooked *rajma* (kidney beans)
- 8-10 cherry tomatoes
- 6-8 olives, sliced
- ¼ cup chopped onion
- ¼ cup chopped green bell pepper
- ¼ cup steamed corn
- 2-3 tbsp chopped fresh coriander leaves
- 1 green chili, finely chopped
- 1 tsp pink salt
- ¼ tsp black pepper
- 1-2 tsp lemon juice

Method

1. In a bowl, mix all the ingredients together. Adjust the seasonings as per your taste.
2. Serve

SUMMER SALAD WITH PESTO SAUCE

(Serves 2)
Rashmi Nagar



Ingredients

- 1 cup garbanzo beans
- 2 medium capsicums, sliced
- 2 unpeeled cucumbers, chopped
- 1 medium tomato, chopped

Ingredients for Basil Walnut Pesto

- 1 cup fresh basil leaves
- ¼ cup walnuts
- 3-4 cloves garlic
- 2-3 tsp lemon juice
- ½ tsp unrefined salt
- ¼ cup water

Method

1. Blend the dressing ingredients in the blender by adding 2 tbsp of water at a time. Make it into smooth paste, Adjust seasoning and keep aside.
2. In a bowl, toss all the salad ingredients. Serve in a plate.
3. Drizzle the pesto sauce on the salad and serve.

Meal Replacer Bean Salad

(Serves 2)
Jaishree Daswani Karnan



Ingredients

- 2 cups cooked black eyed beans with
- ½ cup unpeeled grated beetroot
- ½ cup unpeeled grated carrot
- ¼ cup chopped onions
- ¼ cup chopped unpeeled cucumber
- ½ tsp unrefined salt
- ¼ tsp black pepper powder
- ½ tsp *chaat masala*
- 2-3 tbsp roasted peanuts, with skin

Method

1. Mix all the ingredients in the bowl.
2. Adjust the seasonings as per taste.
3. Serve.

SPROUTS SALAD WITH BLACK TAHINI DRESSING

(Serves 2)

Phulmani Baro

Organic green leaves harvested from the Kitchen garden - loose leaf lettuce, red amaranth, arugula, coriander, mint, swiss chard and carrot leaves. Incorporated carrot leaves in the salad this time after learning from Chef Neelima in one of the sessions from the recent Salad Revolution webinar. Thank you team Sharan for all the precious learnings about the whole plant based diet



Ingredients

- 2 cups mixed greens (lettuce, amaranth, carrot greens, arugula, swiss chard, coriander, mint)
- 1 cup sprouted moong
- ½ cup chopped tomatoes

Ingredients for black Tahini Dressing

- ½ cup roasted black sesame seeds
- 2-3 cloves garlic
- 1-2 tsp lemon juice
- ½ tsp chilli flakes
- 1-2 soft dates, pitted (optional)
- ½ tsp unrefined salt
- ¼ - ½ cup water

Method

1. Sort the greens and wash them under running water. Clean them well.
2. Coarsely chop the greens and place in a bowl along with the other salad ingredients.
3. In a grinder, add all the dressing ingredients and grind by adding 2 tbsp water at a time to form a smooth flowing dressing. Adjust seasoning as per taste.
4. Drizzle the dressing on the salad and serve.

*The Salad Revolution is an initiative of **SHARAN***

(Sanctuary for Health & Reconnection to Animals & Nature)

Our mission is Building a Culture of Health.

*By Saladifying our meals we build our immunity and enjoy
good health.*

*This compilation of recipes is from the participants who joined
the Seven Day Salad challenge.*

*This book has been beautifully made with love by **Madhura
Vayal**, SHARAN Nutritionist; **Vineeta Punjabi**, SHARAN
Facilitator and **Jinal Gada**, our Six Weeks to Health Gain and
Weight Loss Participant*

For more recipes and workshops details visit [SHARAN](#) Website

Our next Salad Revolution is on July 25th and 26th, 2020
[Register here.](#)