



## SALAD STATION

SLIMMERS SALAD	TRICK UR AGE SALAD
4 sweet apples (diced) 1 pear (diced) 1 orange (peeled ) 1 capsicum 4 small carrots (grated) 2 celery sticks ½ cucumber Little munnaka or black raisins  <u>CURD DRESSING :</u> 1 cup hung curd 1 tbsp. Onion (f.chopped) ½ tsp. Green chilli (f. Chopped) 1 tsp. Mustard powder 1 tsp. Sugar Salt to taste	2 cups mixed vegetables (blanched) (broccoli ,carrot, baby corn) 1 onion +1 capsicum (sauted in little olive oil) 1 tsp. Mustard seed powder 1 tsp. Oregano 1 tsp. Balsamic vinegar ¼ tsp. Pepper powder 2 tbsp. Honey 15-18 balanched almonds Salt to taste

FRUITY VEGGIE PARADISE	HERBED CHICKPEA SALAD
2 cup watermelon (diced) 1 cup pineapple (diced) 2 tbsp. Grapes (cut into pcs.) 1 tbsp. Celery (f. Chopped) 2 small cucumber (cut into small pcs) 1 capsicum (f.chopped) <u>CURD PARSLEY DRESSING:</u> 1 ½ cup hung curd 2 tbsp. Parsley(chopped) 1 tsp honey ½ tsp. Mustard powder salt to taste	2 cups chickpeas (soaked &pressure cooked) 1 tsp. Mixed herbs 1 tsp. Paprika 2 tbsp. Sesame seed powder 2 tbsp. Parsley (f. Chopped) 1 tsp. Garlic paste ½ tsp. Ginger chilli paste Juice of ½ lemon Salt to taste



SPORTING SPROUT SALAD	ZESTY GREEN GARDEN
1 ½ cups bean sprouts 1 cup shredded (tomato ,spring onion , lettuce, cucumber etc.) 1 tsp. Balsamic vinegar 1 tsp. Chives 2 tsp. Green chilli sauce Salt to taste	3 cups mixed chopped (tomato ,cucumber, lettuce) <u>TO SAUTE IN 1 TSP. OLIVE OIL:</u> 1 capsicum 1 onion 1 carrot 8-10 basil leaves 2 tbsp. Parsley 2 tbsp.corriander leaves 1 tsp. Garlic paste 3 tbsp. Curds (churned) 1 tsp paprika Salt to taste.

TROPICAL STAY-FIT SALAD	RICE NOODLE SALAD
1 cup mixed seasonal fruits (apple banana , chickooetc) 1 cup mixed vegetables sauted in little olive oil (carrot, col. Capsicum,cabbage ) ½ cup mixed soft dry fruits (dates, raisins,figs ,prunes) ½ tsp.ginger –chilli paste 2 tbsp. Honey 1tsp.mustard seed powder 1 tsp. Oregano ¼ tsp. Pepper Juice of ½ lemon Salt to taste	1 cup rice noodles (boiled) 1 cup mixed vegetables (shredded) (cabbage,spring onion , capsicum,carrot) 2 tbsp. Coconut powder 1 tsp.ginger chilli paste ½ tsp. Garlic paste ¼ tsp. Pepper powder 2-3 tbsp. Semi whipped cream 3-4 tbsp. Peanuts (half crushed) Salt to taste

TWIN POTATO SALAD	ZUCCHINI& SESAME SALAD
1 big potato (boiled &diced) 1 big sweet potato(boiled &diced) 3-4 tbsp.mayonese 1 tsp. Chives 1 tsp. Pizza masala 1 tsp. Mustard powder 1 tsp. Balsamic vinegar 1 tsp. Ginger-chilli paste ¼ tsp. Pepper powder Salt to taste	1 cup zucchini (chopped) ¼ cup toasted (black &white sesame seeds) 100gms . cottage cheese 1 tsp. Oregano 1 tsp. Balsamic vinegar 1 tsp. Paprika ¼ cup semi-whipped cream ¼ tsp. Pepper powder Salt to taste



SPAGETTI SALAD	MEXICAN BEAN SALAD
1 cup spaghetti (boiled) 1 cup mixed(shredded) (tomato, cucumber, spring onions) ¼ cup cheese spread 1 tsp. Ginger chilli paste 6-8 basil leaves 1 tsp. Pizza masala ½ tsp. Garlic paste 2 tbsp. Olives(chopped) Salt to taste	1 cup baked beans ½ cup corn (boiled) 1 cup mixed chopped (lettuce, tomato,capsicum, spring onions) 1tsp. Red chilli powder 1 tsp. Taco masala 1 tsp. Capsico sauce Salt to taste

HAWAIIAN SALAD	CLASSY MAYO SALAD
1 cup. Tinned pineapple 1 cup lettuce broken ½ cup chopped (tomato& cucumber) 100gms paneer diced 2 tbsp. Coriander leaves 1 tsp. Mixed herbs 1 tsp. Worchertire sauce 1 tsp. Balsamic vinegar 1 tsp. Paprika ¼ tsp. Black pepper Salt to taste	2 cups mixed vegatables (blanched) (broccoli,carrot, baby corn) 1 cup mixed chopped (tomato , lettuce, cucumber) ¼ cup mayonese 1tsp. Balsamic vinegar 1 tsp. Mustard seed powder 1 tsp.capsico sauce 1 tsp. Worchestire sauce 6-8 basil leaves ½ tsp. Ginger-chilli paste Salt to taste

HIGH PROTEIN SALAD
1 cup mixed pulses (soaked & boiled) 1/3 cup mixed (f.chopped) (basil, coriander, parsley, spring onion) 1 tsp. Chives 1 tsp. Red chilli powder 1 tsp. Roasted cumin seeds 1 tsp. Oregano 1 tsp. Garlic paste ¼ tsp. Pepper powder,2 tbsp. Semi –whipped cream,Juice of ½ lemon Salt to taste



## DRESSINGS

ALMOND DRESSINGS	TAHINI STYLE DRESSING
<p><b>GRIND TOGETHER</b>            1 cup hung curds            15-18 blanched almonds            2 tbsp. Salad oil            1 tsp. Garlic paste            1 tsp. Chives 1/2 tsp. Paprika            1/4 tsp. Pepper powder            Salt to taste</p>	<p><b>GRIND TOGETHER</b>            1 cup thick curds            1/4 cup sesame seed powder            2 tbsp. Parsley leaves            2 tbsp. Salad oil            1 tsp . ginger- chilli paste            1 tsp. Garlic paste            Salt to taste</p>
TANGY TOMATO DRESSING	MUSHROOM-MAYO DRESSING
<p><b><u>TO CHURN TOGETHER:</u></b>            4 tomatoes (blanch &amp; chop)            2 spring onions+leaves            2 tbsp. Coriander leaves            1 tbsp.balsamic vinegar            1 tsp. Oregano            1 tsp. Taco seasoning            1 tsp. Red chilli powder            1 tsp. Roasted cumin powder            /14 tsp. Pepper powder            Salt to taste</p>	<p><b><u>TO GRING TOGETHER:</u></b>            1/2 cup mushroom (blanched &amp; chopped)            1/2 cup mayonese            2 tbsp. Salad oil            1tsp. Garlic paste            1 tsp. Mixed herbs            1 tsp. Balsamic vinegar            1 tsp. Ginger-chilli paste            Salt to taste            If thick add little milk</p>
CHEESY NUTMEG DRESSING	ASPARAGUS –CREAM DRESSING
<p><b><u>TO GRIND TOGETHER:</u></b>            1/2 cup cheese spread            1/4 tsp. Nutmeg powder            2 tbsp. Salad oil            1 tsp. Worcestire sauce            1 tsp. Chives            1/4 tsp . pepper powder            Salt to taste</p>	<p><b><u>TO CHURN TOGETHER:</u></b>            3/4 cup semi- whipped cream            1/2 cup asparagus (boiled)            2 tbsp. Coriander leaves            10-12 basil leaves            1 tsp. Ginger- chilli paste            1/2 tsp. Oregano            1/2tsp. Mustard seed powder            1/2 tsp. Paprika            Salt to taste</p>