

Health Nut Salad - Recipe

Brad Paul

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Ingredients (1 serving.)

- 1 1/2 cups of cabbage slaw with carrots. (Plain – no dressing.) I use pre-cut cabbage slaw that comes prepackaged in 14 oz. bags found in the produce section of a grocery store. (Cabbage is better for you than lettuce and it lasts longer and stays crunchy.)
- 2/3 cup of broccoli slaw with carrots. (Plain – no dressing.) I use pre-cut broccoli slaw that comes prepackaged in 12 oz. bags found in the produce section of a grocery store. (Broccoli is one of the most health benefiting vegetables of all. Many nutrition experts place it at the top of their list.)
- 1/4 cup of diced or chopped celery.
- 1 1/4 tablespoons extra virgin olive oil.
- 1 1/4 tablespoons balsamic vinegar. I use white balsamic vinegar. It's milder and it doesn't stain your teeth. Available at Trader Joe's.
- 1 teaspoon unsalted peanuts. Higher quantity used because peanuts add heartiness and richness, and they are inexpensive.
- 1/2 teaspoon unsalted chopped walnuts.
- 1/2 teaspoon unsalted slivered almonds.
- 1/2 teaspoon unsalted sunflower seeds.
- 1/2 teaspoon unsalted pumpkin seeds.
- 1/8 teaspoon ground red or black pepper.
- 1/2 - 3/4 cup diced or broken up salmon, turkey breast, chicken breast, tuna, or tofu. I used canned skinless/boneless salmon, canned turkey breast, canned chicken breast, canned white albacore tuna, or refrigerated extra-firm tofu.
- 1/2 diced small (Hass) avocado.
- 5-7 (based on size) cherry or grape tomatoes.

Equipment

- Large (deep, 6-8" diameter) salad bowl.
- Medium size microwave-safe cooking bowl with cover.
- Heat protection pads or gloves.

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- Cutting board.
- Multi-purpose kitchen knife.

Preparation

- Add 1 1/2 cups of cabbage slaw to a large (deep, 6"-8" diameter) salad bowl.
- Add 2/3 cup of broccoli slaw.
- Add 1/4 cup of diced or chopped celery.
- Add 1 1/4 tablespoons extra virgin olive oil.
- Mix olive oil with other ingredients thoroughly.
- Add 1 1/4 tablespoons balsamic vinegar.
- Mix vinegar with other ingredients thoroughly.
- Add 1 teaspoon unsalted peanuts.
- Add 1/2 teaspoon each of unsalted chopped walnuts, slivered almonds, sunflower seeds, and pumpkin seeds.
- Add 1/8 teaspoon ground red or black pepper or other low or non-sodium (salt) seasoning.
- Mix seasoning with other ingredients thoroughly.
- Place 1/2 - 3/4 cup of diced or broken up salmon, turkey breast, chicken breast, or tofu in a medium size microwave-safe bowl, sprinkle on some seasoning if you want (chili powder is best), cover, and microwave on high for 1 1/2 – 2 1/2 minutes. Heating brings out the flavor and cooks in the seasoning. Drain before adding to the salad. Tuna is served at room temperature or cold. Notes: (1) Adding seasoning is optional. (2) Liquid seasonings are not recommended as they make the recipe watery.
- Add meat or tofu.
- Stir to mix in meat or tofu.
- Add 1/2 diced small avocado on top.
- Add 5-7 (based on size) cherry or grape tomatoes on top.

Details

You don't have to measure each ingredient exactly or include every item. If there are ingredients that you like or don't like, increase, reduce, or eliminate them. However, I encourage you to NOT remove ingredients simply because you've never eaten this particular combination of foods before. Be bold! Try it!

To your health and fitness,

Brad Paul