

# Health Nut Salad Recipe

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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. (Note: Cabbage is better for you than lettuce and it lasts longer and stays crunchy.)
- 1 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. (Note: 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 tbsp extra virgin olive oil.
- 1 tbsp balsamic vinegar. I use white balsamic vinegar. It's slightly milder and it doesn't stain your teeth. (Available at Trader Joe's.)
- 1 tsp unsalted peanuts. Higher quantity used because peanuts add heartiness and richness to the recipe, and they are inexpensive.
- 1/2 tsp unsalted chopped walnuts.
- 1/2 tsp unsalted slivered almonds.
- 1/2 tsp unsalted sunflower seeds.
- 1/2 tsp unsalted pumpkin seeds.
- 1/4 tsp chili powder or other low or non-sodium (salt) seasoning.
- 1/8 tsp ground red pepper or other low or non-sodium (salt) seasoning.
- 3/4 – 1 cup or 3-4 oz. 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 avocado. I use Hass avocados.
- 4-6 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.
- 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 1 cup of broccoli slaw.
- Add 1/4 cup of diced or chopped celery.
- Add 1 tbsp extra virgin olive oil.
- Mix olive oil with other ingredients thoroughly.
- Add 1 tbsp balsamic vinegar.
- Mix vinegar with other ingredients thoroughly.
- Add 1 tsp unsalted peanuts.
- Add 1/2 tsp each of unsalted chopped walnuts, slivered almonds, sunflower seeds, and pumpkin seeds.
- Add 1/4 tsp chili powder or other low or non-sodium (salt) seasoning.
- Add 1/8 tsp ground red pepper or other low or non-sodium (salt) seasoning.
- Mix seasoning with other ingredients thoroughly.
- Place 3/4 – 1 cup or 3-4 oz of diced or broken up salmon, turkey breast, chicken breast, or tofu in a medium size microwave-safe bowl, cover, and microwave on high for 1 1/2 – 2 1/2 minutes depending on your preferences. Heating the meat brings out the flavor and it kills any unwanted microorganisms. Sprinkle some seasoning on the tofu prior to cooking and drain it afterwards. Tuna is served at room temperature or cold.
- Add meat or tofu and mix.
- Dice half of a small avocado (Hass).
- Add diced avocado. Place on top.
- Add 4-6 cherry or grape tomatoes. Place on top.

For a healthy, naturally sweet dessert, I suggest fresh or dried unsweetened mango, papaya, dates, or non-sorbate (preservative) pitted prunes (plums). (All available at Trader Joe's.) During hot weather months, I'd suggest frozen black grapes. Freezing them makes them sweeter. It's like eating tiny balls of sorbet (not to be confused with the preservative mentioned above).

To your health and fitness,

Brad Paul