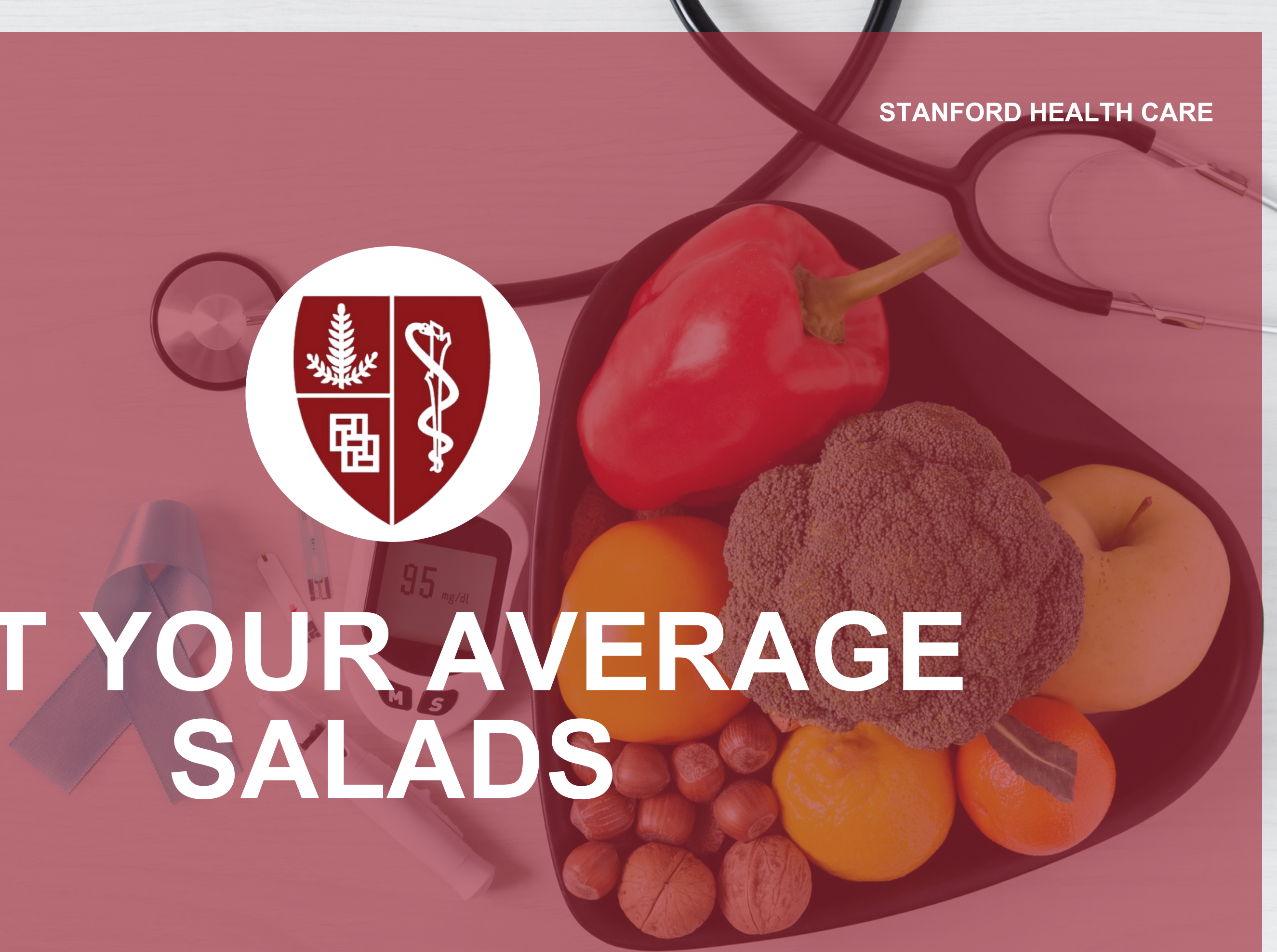


CLINICAL NUTRITION
SERVICES

STANFORD HEALTH CARE



NOT YOUR AVERAGE SALADS



FRESH GREEK SALAD

Ingredients

- 2 cucumbers, thinly sliced into half-moons
- 1/2 red onion, thinly sliced
- 1 pt. cherry tomatoes, halved
- 1/4 cup sliced Kalamata olives
- 4 oz. feta, cut into 1/2" cubes
- 2 tbsp red wine vinegar
- 1/2 lemon juice
- 1 tsp dried oregano
- Freshly ground black pepper
- 1/4 cup extra-virgin olive oil

Directions

- In a large bowl, whisk vinegar, lemon juice, and oregano until combined.
- Slowly add in oil, whisking well.
- Toss cucumber, onion, tomatoes, and olives. Gently fold in feta.
- Top with fresh ground pepper.



4 servings: 300 calories, 9g carbohydrates, 5g protein

QUINOA POWER SALAD

Ingredients

- 1 cup quinoa or bulgur wheat, uncooked
- 1 cup cucumber, chopped
- 1/2 cup parsley, chopped
- 1/2 cup mint, chopped
- 1/3 cup red onion, chopped
- 1/2 cup pistachios, chopped
- 1 15 ounce can chickpeas, drained and rinsed
- 2 lemons, juiced (about 5-6 tbsp)
- 1/4 cup extra virgin olive oil
- 1/2 cup crumbled feta cheese

Directions

- Prepare 1 cup of quinoa as directed on package.
- In a medium bowl, stir together cooked quinoa, cucumber, parsley, mint, red onion, pistachios, chickpeas, lemon juice, olive oil, salt, pepper, and feta.



6 servings: 300 calories, 36g carbohydrates, 7g fiber, 9g protein

MEDITERRANEAN CABBAGE SALAD

Ingredients

- 2 tbsp. Dijon mustard
- 2 garlic cloves
- 2 , limes, juiced
- 1/3 cup extra virgin olive oil
- 1/2 teaspoon sumac or za'atar
- 4 cups shredded green cabbage
- 1 cup shredded carrots
- 2 green onion, trimmed, chopped
- 1 red bell pepper, cored and cut into strips
- 4 large radishes, halved and thinly sliced
- 1 cup chopped parsley
- 1/2 cup chopped fresh dill
- 1 cup toasted sliced almonds

Directions

- Make the mustard vinaigrette. In a small bowl, whisk together the Dijon mustard, lime juice, garlic, olive oil, and spices.
- Make the salad. In a large mixing bowl, combine the remaining ingredients and spices.
- Let salad flavors meld for ~30 minutes. Mix and enjoy!



8 Servings: 200 calories, 10g carbs, 5g fiber, 5g protein