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How to Use This Book

This book is separated into two basic sections: **The Components** and **The Salads**.

The recipes in the Components section include the dressings and toppings, as well as tips for prepping your veggies and pantry items. Think of this section as your salad bar. You'll place all of your salad ingredients in containers so they are ready to go when you open your refrigerator.

The recipes in the Salads section are suggestions for how to combine the Components into delicious meals. You won't find quantities listed here. Rather you can mix and match your ingredients and add as much or as little as you want to, just like you would at a restaurant or supermarket salad bar.

The first thing you'll want to do is browse the recipes and make your shopping list. You will also need some food storage containers with lids plus jars or bottles for the dressings. After you buy your ingredients, set aside some time in your kitchen to get everything ready.

Once you get used to prepping your salad bar, it will take very little time each week. And you'll be amazed by how easy and cost effective it is to make your own Mix & Match salads at home.



Balsamic Vinaigrette

This classic dressing goes well with just about every salad, and it's really easy to make.



INGREDIENTS

- ¾ cup olive oil
- 6 Tablespoons balsamic vinegar
- 6 Tablespoons lemon juice
- 2-3 cloves garlic, minced
- Salt and pepper, to taste

DIRECTIONS

- 1) Add all the ingredients in a jar and shake well to combine.
- 2) Store in the refrigerator for up to 2 weeks.

VARIATIONS

Substitute other vinegars for the balsamic such as white wine vinegar or red wine vinegar.

Dyon Vinaigrette

Prepared Dijon mustard gives this dressing a zesty kick.



INGREDIENTS

- 1 cup olive oil
- 6 Tablespoons red wine vinegar
- 4 teaspoons Dijon mustard
- Salt and pepper, to taste

DIRECTIONS

- 1) Add all the ingredients in a jar and shake well to combine.
- 2) Store in the refrigerator for up to 2 weeks.

VARIATIONS

Substitute sherry vinegar for the red wine vinegar; add minced shallots.

Greek Dressing

Not just for Greek salads, this dressing gives salads a Mediterranean flair.



INGREDIENTS

- 1 cup olive oil
- ¾ cup red wine vinegar
- 2 teaspoons dried oregano
- Salt and pepper, to taste

DIRECTIONS

- 1) Add all the ingredients in a jar and shake well to combine.
- 2) Store in the refrigerator for up to 2 weeks.

VARIATIONS

Use $\frac{1}{2}$ cup red wine vinegar and $\frac{1}{4}$ cup lemon juice; add a clove of fresh minced garlic and a teaspoon of Dijon mustard.

Vegan Ranch Dressing

This creamy cashew-based Ranch dressing is easy to make in your blender.



INGREDIENTS

- 1 cup raw cashews (soak for at least 30 minutes in hot water if you don't have a high-speed blender)
- ½ cup water (plus an extra few Tablespoons, if needed)
- 1 Tablespoon lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoons dried parsley
- 2 teaspoons dried chives
- Salt and pepper, to taste
- (Optional: for a stronger herb flavor, double the spices and add dill.)

- 1) Blend the raw cashews, water, lemon juice, garlic powder, and onion powder in a high-speed blender until completely smooth. Add an additional tablespoon or two of water, if necessary.
- 2) Transfer the dressing to a small bowl. Stir in parsley, chives, and salt and pepper, to taste.
- 3) Refrigerate the dressing to allow it to cool until ready to serve. Store refrigerated for up to a week.

Green Goddess Dressing

This creamy cashew-based dressing gets it's color and flavor from fresh herbs.



INGREDIENTS

- 1 cup unsweetened non-dairy milk (I prefer organic soy)
- 1 Tablespoon apple cider vinegar
- 1 cup raw cashews (soak in hot water for 30 minutes if you don't have a high-speed blender)
- 1 Tablespoon lemon juice
- 1 clove garlic
- 1 Tablespoon miso paste (white, yellow, or chickpea)
- ¼ cup fresh chives
- ¼ cup fresh parsley
- 1 Tablespoon fresh tarragon
- Salt and pepper, to taste

- 1) Combine the non-dairy milk and apple cider vinegar in a cup or small bowl. Stir and let rest for 5 minutes.
- 2) Add the milk mixture and all the other ingredients to a high-speed blender. Blend until very smooth.
- 3) Transfer the dressing to a container and refrigerate, covered, until ready to use. Store refrigerated for up to a week.



Chickpen "Inna" Salad

This mashed chickpea salad is remiscent of classic tuna fish salad.



INGREDIENTS

- 1-15 ounce can chickpeas (garbanzo beans), rinsed and drained (1½ cups cooked beans)
- 1 Tablespoon vegan mayo or olive oil
- ½ Tablespoon prepared yellow mustard
- ½ Tablespoon capers, chopped
- 1 Tablespoon sweet pickle relish
- Salt and pepper, to taste
- Chopped celery and onions (optional)

DIRECTIONS

- 1) Place the chickpeas in a bowl and mash with a fork until you reach your desired consistency, or use a food processor.
- 2) Fold in the remaining ingredients. Taste and adjust seasonings, as needed. Store refrigerated for up to a week.

VARIATIONS

Substitute white beans for the chickpeas and omit the mustard and relish. Add 1-2 tablespoons lemon juice.

These tangy cubes of tofu taste best when marinated for at least 2 hours or overnight.



INGREDIENTS

- 1 block tofu (about 1 pound) drained, pressed, and cut into cubes (or use super-firm tofu and skip the pressing)
- ¼ cup coconut vinegar
- 1½ teaspoons dried oregano
- ¼ teaspoon salt

- 1) Place the tofu cubes in a resealable glass container or zipper bag. Add the coconut vinegar, oregano, and salt. Seal the container, then gently shake to combine.
- 2) Refrigerate for at least 2 hours or overnight for maximum flavor. Keep refrigerated for up to 5 days.

Smoky Chickpens

These Mediterranean seasoned garbanzo beans are flavorful and easy to make.



INGREDIENTS

- 1-15 ounce can chickpeas
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
- Salt and pepper, to taste

- 1) Heat the olive oil in a skillet over medium heat. Add the chickpeas, lemon juice, smoked paprika, and garlic powder. Stir to coat the chickpeas, and continue sauteing until the pan appears dry and the chickpeas are heated through. Season to taste with salt and pepper.
- 2) Enjoy warm or cold. Refrigerate for up to a week.

Buffalo Chickpeas

These spicy chickpeas might become your new favorite salad topping!



INGREDIENTS

- 1 Tablespoon vegan butter, such as Earth Balance Buttery Spread
- 1-15 ounce can chickpeas, rinsed and drained
- ¼ cup cayenne pepper sauce, such as Frank's RedHot Original

DIRECTIONS

- 1) Melt the vegan butter in a skillet over medium heat. Add the chickpeas and cayenne pepper sauce. Stir frequently until the sauce is thickened, about 5 minutes.
- 2) Enjoy warm or cold. Refrigerate for up to a week.

VARIATIONS

Omit the vegan butter and hot sauce and saute the chickpeas in your favorite barbecue sauce.

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Marinated Baked Tofu

Prepare these savory tofu cubes in the oven or in an air fryer.



INGREDIENTS

- 1 block extra-firm tofu (about 1 pound) drained, pressed, and cut into cubes (or use super-firm tofu and skip the pressing)
- 2 Tablespoons tamari or soy sauce
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice

- 1) Combine the tofu with the tamari, olive oil, and lemon juice and toss well to coat. Let marinate for at least 15 minutes or longer for more flavor.
- 2) Remove the tofu from the marinade. Bake at 400°F for 30 minutes or air fry at 400°F for 15 minutes, tossing half way through.
- 3) Enjoy warm or cold. Refrigerate for up to 5 days.

Other Protein Options

In addition to the provided recipes, some of my favorite salad bar protein options include plain beans and legumes. I keep a supply of pinto beans, kidney beans, garbanzo beans, Cannellini beans or Great Northern beans, lentils, and black beans on hand in my pantry. You can either buy them in cans or prepare them yourself from dried.

Another great protein option is cooked quinoa. It tastes great hot or cold and will stay fresh in your refrigerator for up to a week. In addition, grains like wheat berries, farro, teff, whole wheat pasta, millet, and wild rice are high in protein.





Choose Your Greens

When it comes to greens, you can choose one or a dozen for your salads. And while iceberg is often seen on salad bars and in restaurants, there are many more exciting varieties of lettuce available, even at your local supermarket.

You can either purchase whole heads of lettuce or save some time and buy greens pre-washed in bags or plastic boxes. Choices include Romaine, red and green leaf lettuces, spinach, arugula, baby lettuce mixes, Spring mix, butter leaf lettuce, and more. You can also make the base of your salads with kale, collards, or cabbage.

And don't forget fresh herbs. Parsley, cilantro, and dill make great additions to mixed lettuces.





Red Potatoes

Cold potatoes are delicious in salads and make them feel more substantial.



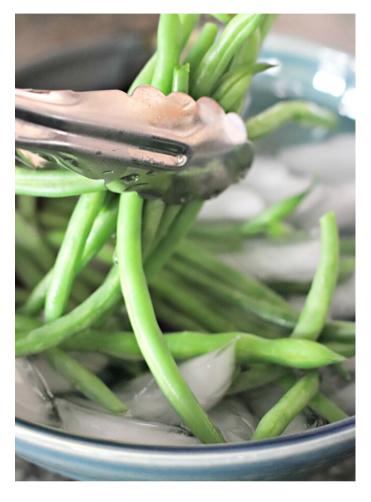
INGREDIENTS

- Small red potatoes, unpeeled, sliced
 ¼-inch thick
- Salt, to taste

- 1) Place the potatoes in a large pot and cover with one inch of water. Add a little salt and bring to a boil. Reduce the heat and simmer, uncovered, until the potatoes are tender when pierced with a fork.
- 2) Drain the potatoes and spread in a single layer on a rimmed baking sheet lined with parchment paper for easier clean up. It's okay if the edges of the potatoes overlap a little. This will allow the potatoes to cool more quickly.
- 3) Refrigerate for up to 5 days.

Green Beans

While you can eat green beans raw, I prefer to quickly blanch them.



INGREDIENTS

- Fresh green beans, trimmed
- Salt, to taste

- 1) Blanch the green beans in a pot of salted boiling water for about 2 minutes, until they are bright green. Immediately transfer the beans to a bowl of ice water, then drain when cool.
- 2) Pat the green beans dry with a kitchen towel. Slice the green beans into bite size pieces.
- 3) Refrigerate for up to 5 days.

Other Vegetable Options

The sky is the limit when it comes to choosing veggies for your DIY salad bar.

Besides fresh vegetables, I like to add defrosted peas and corn to my salads.

And once you prep your fresh vegetables and pack them in containers, you'll be ready to create an infinite number of colorful delicious salads.

Think about your favorites from the salad bar. These are some of mine:

- Shredded carrots
- Sliced radishes
- Cherry or grape tomatoes
- Sliced cucumber
- Sliced mushrooms
- Chopped bell peppers
- Steamed beets
- Onions (green or red)
- Raw broccoli and cauliflower florets
- Leftover roasted vegetables such as Brussels sprouts



Homemade Croutons

Add a little crunch to your salads by making your own croutons!



INGREDIENTS

- 3 cups cubed bread
- 2 Tablespoons olive oil
- ¼ teaspoon garlic powder
- Salt, to taste

- 1) Preheat the oven to 350°F.
- 2) Toss the cubed bread with the olive oil, garlic powder, and salt. Spread out on a baking sheet in a single layer and bake 10 to 15 minutes until browned and crispy.
- 3) Store in an airtight container.

Toasted Pita Bread Croutons

Add a Mediterranean flair to your salads with toasted pita bread croutons!



INGREDIENTS

- Pita bread
- Olive oil or olive oil spray
- Sumac* (optional)
- Salt, to taste

*Sumac is a dried red spice popular in Middle Eastern cooking. It has a bright, tart flavor.

- 1) Preheat the oven to 350°F.
- 2) Brush the pita with a drizzle or spray of olive oil and sprinkle with a little sumac and salt, to taste. Cut into bite-sized pieces. Place the pita on a baking sheet. Bake until crisp on the bottom and edges, 10 to 12 minutes.
- 3) Store in an airtight container.

Other Topping Options

In addition to making croutons, I like to keep a supply of store-bought toppings on hand to make my salads extra special.

Some of my favorites include the following:

- Olives
- Sun-dried tomatoes
- Pepperoncini peppers
- Marinated artichoke hearts
- Capers
- Sunflower seeds
- Hemp seeds
- Cashews
- Walnuts
- Pistachios
- Hazelnuts
- Pine nuts
- Raisins
- Dried cranberries
- Nutritional yeast





How to Create Your Salads

In this section you'll find ideas for creating your perfect salad.

You'll notice that the recipes provide ingredients but not quantities. This is because you are free to choose how much you want of a certain ingredient, just like you would at a restaurant or supermarket salad bar.

Don't like olives? Leave them off. Love red bell pepper? Add extra!

Remember, this is *your* salad bar, and these are *your* Mix & Match Salads. Have fun with it!

You can choose to enjoy the same salad several times a week, or create hundreds of different combinations and never eat the same salad twice.

By having your ingredients prepped and ready to go, you'll easily be able to make healthy salads for lunch and dinner whenever you want.

To take these salads with you to work or school, pack them with the dressing and toppings in separate containers so everything stays fresh. Or you can use the mason jar method and pack the ingredients in layers with the dressing on the bottom and the topping on the top. Then when it's time to eat, shake everything up to combine.

Now let's make some salads!

Nicoise Salad

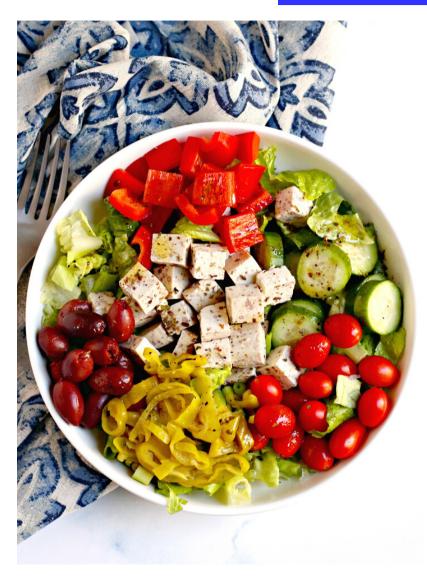
This French-inspired salad features Vegan "Tuna" Salad, red potatoes, and green beans.



- Spring mix lettuces
- Chickpea "Tuna" Salad (Page 13)
- Red Potatoes (Page 22)
- Green Beans (Page 23)
- Cherry or grape tomatoes
- Sliced radishes
- Olives
- Dijon Vinaigrette (Page 8)

Greek Salad

This Greek-inspired salads features Tofu "Feta" and colorful veggies.



- Romaine lettuce
- Tofu "Feta" (Page 14)
- Sliced cucumber
- Chopped bell pepper
- Cherry or grape tomatoes
- Sliced green or red onion
- Olives
- Pepperoncini peppers
- Greek Dressing (Page 9)

Fattoush Salad

This Lebanese-inspired salad features Smoky Chickpeas and Pita Bread Croutons.



- Romaine lettuce
- Spring mix lettuces
- Smoky Chickpeas (Page 15)
- Sliced cucumber
- Chopped bell pepper
- Cherry or grape tomatoes
- Sliced radishes
- Balsamic Vinaigrette (Page 7)
- Toasted Pita Bread Croutons (Page 27)

Buffalo Chickpen Salad

This spicy salad features Buffalo Chickpeas and Vegan Ranch Dressing.



- Romaine lettuce
- Shredded cabbage
- Buffalo Chickpeas (Page 16)
- Sliced celery
- Shredded carrots
- Corn
- Sliced green onions
- Vegan Ranch Dressing (Page 10)

Vegan Juna Salad

This chef-style salad features Chickpea "Tuna" Salad and Homemade Croutons.



- Spring mix lettuces
- Chickpea "Tuna" Salad (Page 13)
- Cherry or grape tomatoes
- Shredded carrots
- Olives
- Pepperoncini peppers
- Balsamic Vinaigrette (Page 7)
- Homemade Croutons (Page 26)
- Sunflower seeds

Vegan Copp Salad

This protein-packed salad features Marinated Baked Tofu and quinoa.



- Arugula
- Marinated Baked Tofu (Page 17)
- Cooked and cooled quinoa
- Shredded carrots
- Diced steamed beets
- Peas
- Diced avocado
- Green Goddess Dressing (Page 11)
- Sunflower seeds

Other Salad Ideas

Taco Salad

- Romaine lettuce
- Shredded cabbage
- Kidney beans
- Pinto beans
- Black beans
- Corn
- Cherry or grape tomatoes
- Chopped avocado
- Salsa or hot sauce
- Vegan Ranch Dressing (page 10)
- Crushed corn or tortilla chips

Spinach Salad

- Spinach
- Marinated Baked Tofu (page 17)
- Sliced mushrooms
- Cherry or grape tomatoes
- Dijon Vinaigrette (page 8)
- Homemade Croutons (page 26)

Mediterranean Salad

- Romaine lettuce
- Spinach
- Tofu "Feta" (page 14)
- Smoky Chickpeas (page 15)
- Shredded carrots
- Olives
- Greek Dressing (page 9)
- Toasted Pita Bread Croutons (page 27)

Amy's Favorite Salad

- Romaine lettuce
- Spring mix lettuces
- Chickpeas
- Kidney beans
- Cherry or grape tomatoes
- Diced steamed beets
- Peas
- Broccoli
- Vegan Ranch Dressing (page 10)
- Sunflower seeds
- Raisins

Apout the Author



Amy Katz

Amy Katz is a vegan recipe developer, photographer, and Certified Vegan Nutrition Health Coach. She loves sharing delicious plant-based Mediterranean diet recipes that home cooks of all levels can enjoy. Her easy vegan recipes have been featured on NBC News, Parade, VegNews, BuzzFeed, MSN, Greatist, PureWow, Brides, LIVEKINDLY, Insider, Brit+Co, Well+Good, and more. She lives in Orange County, California with the love of her life, Brad, and their adorable black cat, Ozzy.

For more delicious recipes, visit her website www.veggiessavetheday.com.