

Rosemary Shrimp and Avocado Salad

A perfect recipe rich in omega 3, protein, and vitamins.

Yields 4 servings | Preparation Time 5 minutes

Salad Ingredients

- 6 avocados, sliced
- 16 medium-sized shrimp, deveined and cooked
- ½ cup green onions, white and light greens parts, sliced
- 4 cups spring mix salad
- ½ cup Pumpkin seeds

Dressing Ingredients

- 2 tablespoons freshly squeezed lemon juice
- 4 tablespoons extra virgin olive oil
- 1 tablespoon fresh rosemary, chopped
- Kosher salt, black pepper and paprika, to taste

Directions

1. In a large salad bowl, add and combine avocado, green onion, pumpkin seeds and shrimp.
2. Combine dressing ingredients in a small mixing bowl and then drizzle over avocado and shrimp mixture.
3. Serve on a bed of spring mix salad and enjoy.

Simple Salmon Salad

This recipe is perfect, with the perfect combination of salmon with cucumber and avocado. It is low in calories and great in taste.

Yields 4 servings | Preparation Time: 15 minutes

Salad Ingredients

- 4 cups wild salmon, shredded
- 4 seedless baby cucumbers, peeled and diced
- 2 large shallots, thinly sliced
- 2 avocados, diced
- 2 large tomatoes, diced
- 4 cups spring salad mix

Dressing Ingredients

- 4 tablespoons extra virgin olive oil
- 5 tablespoons freshly squeezed lemon juice
- 2 tablespoons fresh dill, chopped
- 1 teaspoon yellow mustard
- 1 tablespoon maple syrup or raw honey
- Kosher salt and freshly ground black pepper, to taste

Directions

1. Combine salmon, cucumber, onions, avocados and tomatoes in a large salad bowl and set aside.
2. Next, take another small bowl and whisk together the dressing ingredients.
3. Pour the dressing ingredients over the salmon and vegetable mixture and combine well. Serve on a bed of spring mix salad.

Chicken Greek salad

This is a perfect side dish and best served as a salad.

Preparation Time: 50 minutes

Yields 4 servings

Salad Ingredients

Greek seasoned chicken

- 4 boneless chicken breasts, cut in large cubes
- 1 tablespoon fresh oregano, chopped (or 1 teaspoon dried oregano)
- 2 tablespoons fresh basil, chopped (2 teaspoons dried basil)
- ½ tablespoon fresh thyme, chopped (or ¼ teaspoon dried thyme)
- ½ small onion, quartered
- 1 pinch red dried chili flakes (more or less according to taste)
- ¼ cup freshly squeezed lemon juice
- ¼ extra virgin olive oil
- ½ tablespoon Dijon mustard

Salad

- 2 cups cherry or grape tomatoes, halved
- 1 English cucumber, peeled and diced
- 1 red bell pepper, julienned
- 1 green bell pepper, julienned
- ½ large red onion, finely sliced
- 16-20 kalamata olives
- 4 cups romaine lettuce, sliced

Dressing Ingredients

- ¼ cup extra virgin olive oil
- 4 teaspoons apple cider vinegar
- 1-2 garlic cloves, finely minced
- 1 teaspoon dried oregano
- 1 pinch red chili flakes
- Kosher salt and freshly ground pepper, to taste

Directions

1. In a large bowl, add and combine the salad ingredients and reserve.
2. To make the chicken, place all the ingredients in a zip lock plastic bag or a closed container, except the chicken. Mix the ingredients well before adding the chicken. Let stand at room temperature for 15-30 minutes.
3. To prepare outdoor or indoor grill, spray the grill(s) with olive oil cooking spray and set on high heat. When the grill is ready, reduce heat to medium-high. Remove chicken from the marinade and place on the grill.

4. Cook for 4-5 minutes before turning and continue cooking for another 4-5 minutes or until the chicken is cooked and juices run clear. Remove from grill and let stand for at least 5 minutes so the juices within the meat are well distributed and it has had time to cool a little.
5. While the chicken is cooking, prepare the dressing. Whisk together all the ingredients in a small mixing bowl until the vinaigrette is well blended. Pour over the salad and stir a few times so that the dressing and all the components of the salad are well combined.

Paleo French Niçoise salad

This recipe produces a perfect paleo version of the well-known French classic Niçoise salad.

Yields 4 servings | Preparation time: 5 minutes

Salad ingredients

- 4 red cherry tomatoes, cut into quarters
- 2 medium sized potatoes, peeled and sliced
- ½ English cucumber, peeled and diced
- ½ pound fresh string green beans, steamed and chopped in large bite sized pieces
- 1 green pepper, trimmed and julienne
- 4 green onions, thinly sliced
- 4 organic hard-boiled eggs, shells removed, and quartered
- ¾ cup small Nice black olives (if you can find them, these small firm black olives from Nice are very tasty and have a pit. If not, you can be replace by any small pitted black olives)
- 2 red radish, thinly sliced
- 2 shallots, thinly sliced
- 1 pound fresh organic yellow fin tuna fillet, flaked
- 1 bunch fresh basil, trimmed
- 4 cups rocket lettuce (also known as arugula), washed
- 2 white endives, washed and sliced
- 1tablespoon extra-virgin olive oil
- Kosher salt and freshly ground pepper

Dressing Ingredients

- ⅓ cup extra-virgin olive oil
- 1 tablespoon freshly squeezed lemon juice
- ½ teaspoon coconut amino acid
- 2 tablespoon shallot, finely minced
- ½ tablespoon capers, drained and chopped
- 1 teaspoon Dijon mustard
- 1 anchovy fillet, drained
- 1 large organic egg yolk
- 1 garlic clove, finely minced
- 1 teaspoon Dijon mustard
- Kosher salt and freshly ground black pepper, to taste

Preparation

1. Season the tuna with salt and pepper to taste. Heat a large skillet on medium-high heat, add 1 tablespoon of olive oil. When the oil is hot, add the four fresh

tuna fillets and cook for 30 seconds on each side for a medium-rare tuna steak. Remove the tuna from the pan onto a plate, cut each fillet into ½ inch slices and reserve.

2. To prepare the dressing, in a small mixing bowl, add anchovy filet and minced garlic. Mash with the back of a spoon to make a paste. Season with salt and pepper. Add the egg yolk, Dijon mustard, coconut amino, minced shallot, capers and lemon juice. Whisk well to combine. While continuously whisking, gradually add the olive oil to emulsify the dressing. You should obtain a creamy fragrant dressing. This step can also be made in a small food processor, pulsing all the ingredients together except the olive oil, which is added gradually after to emulsify the dressing. Adjust the seasoning with salt and pepper if necessary. Let the dressing stand in the refrigerator.
3. In a large saucepan, bring water to a boil and add sweet potatoes. Reduce heat to medium and cook sweet potatoes for 12-14 minutes until they are just tender. Remove from heat, drain water and stop the cooking process by plunging the potatoes un a large bowl filled with cold water and ice cubes for a few minutes. Drain and set aside.
4. I a large mixing bowl, add tomatoes, sweet potatoes, green bell peppers, cucumbers, string green beans, green onions, black olives, shallots and radishes. Add the dressing and mix to coat all the vegetables well.
5. To serve, on four large salad plates, place a quarter of the vegetables with dressing in the center of the plate, place a quarter the rocket lettuce and endives around it, add 4 eggs quarters on top of the lettuce. Place the tuna slices in the center of the plate over the vegetables and sprinkle the basil leaves on top of the salad.

***These recipes and more can be found in Sarah Spencer's cookbook *Simple Paleo Salad Cookbook: 50 Quick and Easy Gluten-free Salad Recipes - Feel Energized, Lose Weight and Look Healthy*. Click [here](#) or on the cover to get your own copy!

