



Protein Rich Salads

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Why this is special..

- *Healthy*
- *Cost effective*
- *Easy to prepare*
- *Diabetic friendly*
- *Protein & fibre rich*
- *Easily available ingredients*



Each of these salads provide

*120 – 140 kcal,
6 – 8 gm of protein
6 gm of Fibre
approximately*

Benefits in eating salads

*Salad means – Lots of vitamins & minerals
and Salads cleanse the intestine, makes
effective nutrient absorption.*



Whole gram salad

Ingredients

25 g Whole grams (chick pea, cow pea, green gram, soyabean) ½ onion, ½ tomatoes, 2 slices shredded raw mango, 1 green chillies, lemon juice 1 tsp, salt to taste, 1 tbsp raw chia seeds



Preparation

Soak gram overnight and cook with salt.

Soak chia seeds in water.

Mix all chopped ingredients with cooked gram and soaked chia seeds

Add lemon juice and salt to taste



Quinoa salad

Ingredients

25 g Quinoa, ½ onion, ½ tomato, ½ shredded carrot, ½ cucumber, 50 ml curd, 1 green chilly, 1 pinch of cinnamon powder, salt to taste



Preparation

Soak quinoa for 2 hours and steam cook. Mix all ingredients with cooked quinoa.

Add curd and salt to taste. Sprinkle cinnamon powder & serve.



Tofu salad

Ingredients

40 g Tofu, ½ onion, 50 g capsicum, ½ tomatoes, 2 pinch pepper, 1 tsp crushed garlic, 1 tsp olive oil, ½ tsp oregano, salt to taste



Preparation

Saut'e tofu in pan with 1 tsp of oil for 5 mins / microwave in low for 5 mins Mix all ingredients with sautéed tofu Add salt to taste.



Mushroom Egg salad

Ingredients

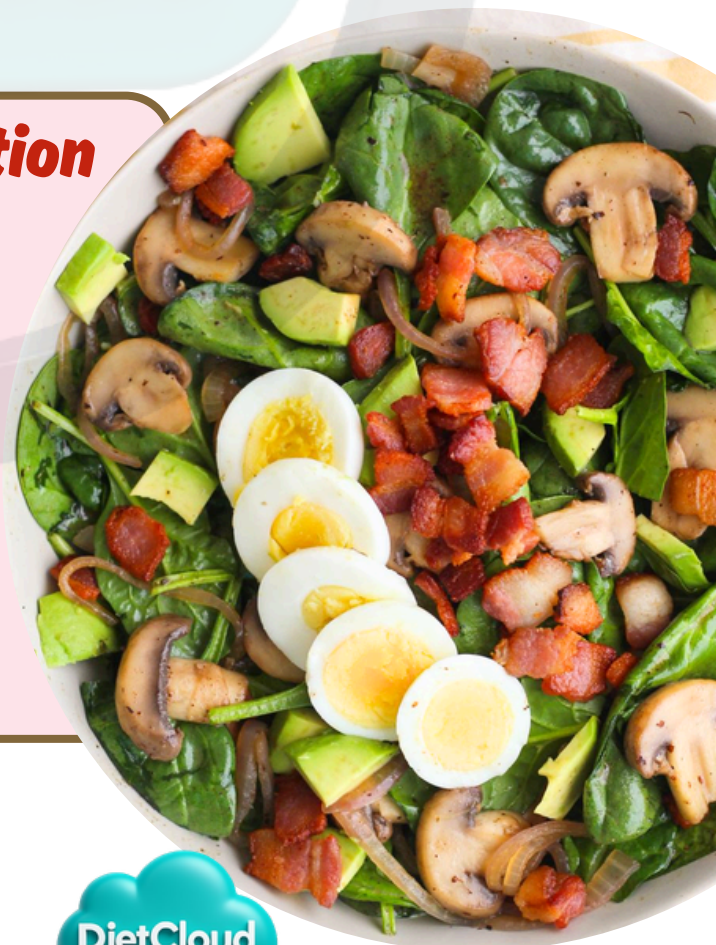
50 g Mushroom, 2 Egg white, 1/2 onion, 1/2 capsicum, 1 green chilly, 1tsp sesame oil, 1 tsp flax seeds, 2 pinch of basil, salt to taste



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Preparation

Saut'e Egg white & mushroom in pan with 1 tsp of oil for 5 mins Mix all ingredients with saut'ed mushroom Add salt to taste and serve



Chicken salad

Ingredients

Chicken Cooked , ½ onion, 1 green chilly, 50 g cabbage, 1 tsp lemon juice , 2 tbsp hung curd, 1 tsp finely chopped garlic, 1 tsp olive oil, pepper powder, salt to taste



Preparation

Mix olive oil, lime juice, finely chopped garlic, pepper powder and salt. Mix all ingredients with cooked chicken. Add hung curd and spices as needed & serve



Sprouts salad

Ingredients

25 g Green gram sprouts, ½ onion, 50 g shredded cabbage, chopped 1 tsp green chillies, 50 g pomegranate, 1 tsp flax seeds, lemon juice / curd, salt to taste



Preparation

Add chopped onion, green chillies, shredded cabbage, pomegranate, lemon juice / curd, salt to the sprouts. Mix them well & sprinkle flax seeds. Can add your favourite vegetables, herbs & spices



Paneer salad

Ingredients

40 g Paneer, ½ onion, ½ capsicum, handful of chopped coriander leaves, 50 g shredded lettuce, 1 tsp lemon juice, fistful of fresh grapes, 1 tsp sunflower oil, salt / chat masala to taste.



Preparation

Saut'e the paneer for 5 mins, add onion, capsicum, coriander leaves, lettuce, grapes, lemon juice, salt to the cooked paneer Mix them well & sprinkle chat masala & serve.



Chick pea salad

Ingredients

25 g Chana (chickpea), 50 g cabbage, 25 g spring onions, 2 tsp chopped coriander leaves, lemon juice, olive oil, salt, asafoetida, 1 tbsp of roasted crushed peanuts, chilly flakes to taste



Preparation

Soak chana overnight and cook. Mix lemon juice, olive oil, salt, asafoetida. Add cooked chana, shredded cabbage, chopped coriander leaves & spring onions to this mixture, Mix well, top it with peanuts and chilly flakes & serve



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Cowpea salad

Ingredients

25 g Cowpea, ½ onion, 50 g cucumber, 50 g cabbage/ spinach, chopped coriander leaves, orange juice 2 tbsp (optional), ½ tsp sesame seeds, pepper powder / green chillies, salt to taste.



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Preparation

Soak the cowpea overnight and cook. Add chopped onion, cabbage / spinach, coriander leaves, orange juice, pepper powder & salt to the cooked cowpea. Mix them well & sprinkle sesame seeds & serve



Egg white salad



Ingredients

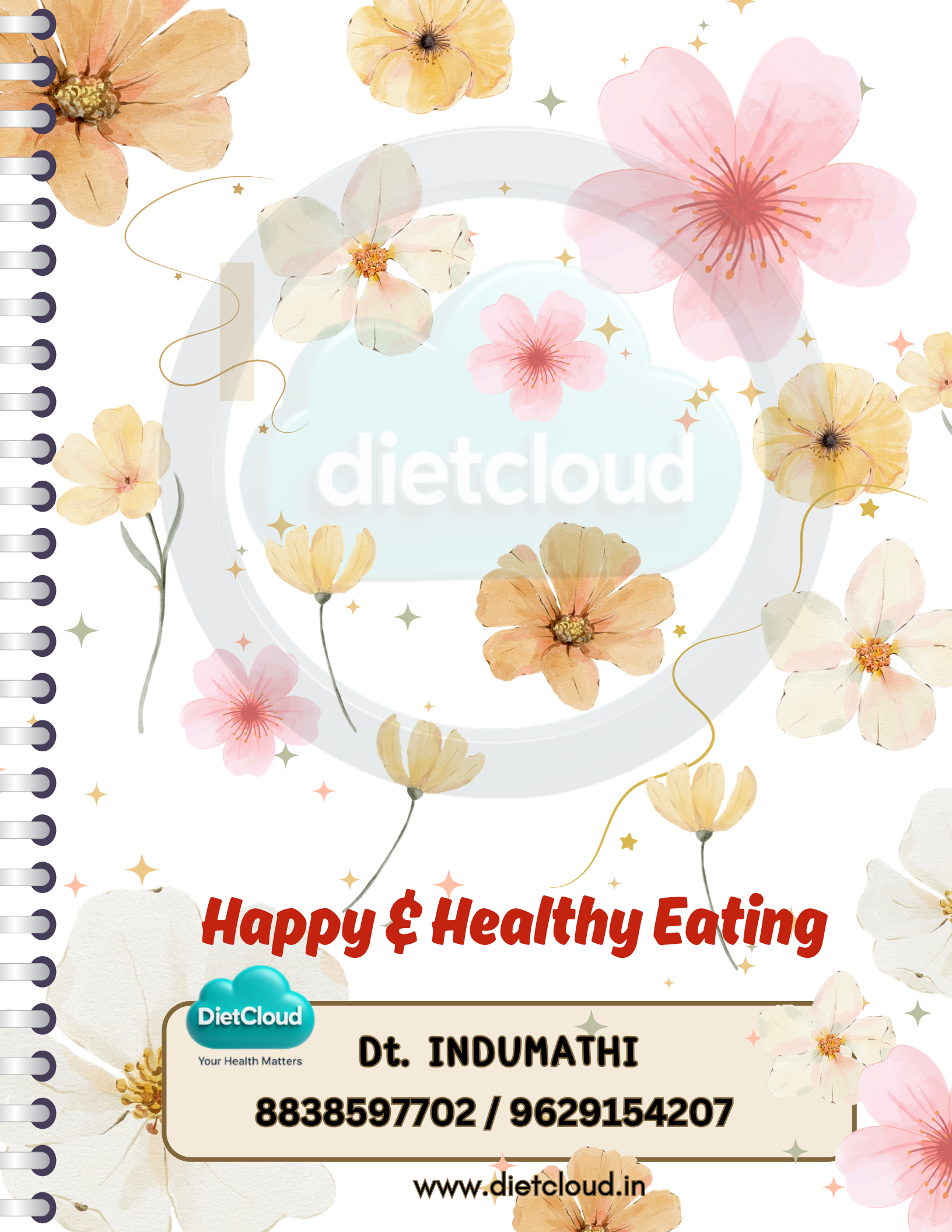
Egg white boiled 2 (sliced / shredded), 50 g capsicum, 1 tsp green chillies chopped / $\frac{1}{2}$ tsp crushed pepper, $\frac{1}{2}$ tsp finely crushed cumin , 50 g onions, 2 tbsp coriander leaves, salt to taste, 1 tsp oregano to sprinkle.



Preparation

Mix all ingredients in a bowl, add egg white , give a stir and serve.





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