

Summer Salads



One of the easiest ways to get an abundant amount of nutrients into your diet is to eat raw salads. Here are a few tips that will help you build delicious nutrient-dense salads:

Use a variety of greens. Some green leafy superfood veggies include: arugala, beet greens, sprouted broccoli seeds, chicory, collards, dandelion greens, endive, escarole, kale, lettuce, mustard greens, parsley, spinach, swiss chard, turnip greens and watercress. Make it easy

and use the pre-washed greens such as mixed baby greens or herb mix. Buy your greens at your local outdoor market so you get fresh in-season greens. The nutritional values of greens are immense so fill your bowl with a variety of greens and try to have a large salad everyday.

Add loads of colorful veggies. Add red, orange and yellow peppers, carrots, radishes, daikon radish, cucumbers, celery, mushrooms, beets, eggplant, purple cabbage, tomatoes, sweet potatoes and artichokes.

Add sprouts. Sprouts are young green plants germinated from the seeds of almost any living vegetation which includes nuts, seeds, grains, beans, legumes, barley grass and wheat grass. Sprouts are nutrition superstars and should be included in your daily diet. Sprouts are loaded with antioxidant nutrients that fight the damage caused by free radicals. Try some of the following sprouts: aduki, alfalfa, clover, fenugreek, green/red peas, lentils, mung beans, quinoa, radish, wheat, chickpea, sunflower seeds and broccoli seeds. Most health food stores sell sprouts or purchase them at your local outdoor market.

Add nuts and seeds. Nuts and seeds contain high levels of essential fatty acids, or good fats. They contain loads of nutrients and provide the full profile of amino acids needed to form complete and digestible protein. Try sunflower seeds, flax seeds, alfalfa seeds, pumpkin seeds, sesame seeds, almonds, chestnuts, cashews, pecans, brazil nuts and walnuts.

Add avocados. Avocados contain 14 minerals which all regulate body functions and stimulate growth. They are especially high in iron and copper which aids in red blood regeneration and the prevention of nutritional anemia.

Add olives: Olives are one of the highest natural sources of vitamin E. They are an alkaline fat source and high in protein. Olives are also high in polyphenols which are a broad class of water-soluble antioxidants.

Add sea vegetables. Sea vegetables contain more minerals than any other

food source. They contain up to ten times more calcium than milk and eight times more iron as beef. Try arame, dulse, nori, wakame, hijiki, kelp and kombu.

Keep the salad dressing simple with the following:

Oil- flax seed, hemp seed or olive oil

Vinegar- apple cider vinegar

Lemon Juice

Other additions: fresh herbs, miso, garlic, ginger, umeboshi plums, tahini or nut butters, olives, avocados.

Preparation: You can just stir or shake them up or use a blender for a creamier consistency.

Source:

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