

Quick and Easy Salads during the Holiday Season

When you are rushed for time you can still make a healthy salad from fresh veggies. Many of the better grocery store and markets sell packaged veggies that are cleaned, cut or shredded and ready to put in your salad bowl then add a fresh raw dressing like the one below.

Arugula Mixed Salad (I used the packaged arugula) then added the following:

- ¼ cup of corn cut off the cob (or frozen can be used)
- ¼ cup of each thinly chopped celery as well as red bell peppers and yellow peppers
- ¼ cup diced tomato

Then I mixed the salad with the Palm dressing below

Broccoli Cole Slaw Salad (I used as my base the organic package I found in the product section of my market). Pictured bottom right

Step 1: put this prepared veggie package into your salad bowl then add:

- ½ cup of each thawed frozen corn and peas
- ¼ cup diced celery

Step 2: toss with your favorite raw salad dressing (I blended ¼ cup of each olive oil and apple cider vinegar with 1 tsp of each: garlic powder, mustard and honey)



PALM OIL Dressing: put in a blender and process until creamy:

- 1 lemon juiced
- ¼ cup palm oil
- 1 clove garlic
- 2-3 fresh basil leaves



The smoke point of Red Palm Oil is 302° F. It is best stored in a cool, low light location. Refrigeration is not necessary, but will extend the shelf life. Red palm oil contains the highest amounts of vitamins A and E of any plant- based oil.