



15 Minute Salads

Sunnybrae Therapeutics
<https://sunnybraermt.com/>



Spicy Black Bean & Lentil Salad

1 serving
10 minutes

Ingredients

- 1 cup Black Beans (cooked)
- 1 cup Lentils (cooked)
- 1 Red Bell Pepper (medium, diced)
- 1 Jalapeno Pepper (diced)
- 1 cup Baby Spinach
- 1/4 cup Cilantro (chopped)
- 1/2 Lime (medium, juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Cumin
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	569
Fat	9g
Carbs	92g
Fiber	34g
Sugar	10g
Protein	36g
Cholesterol	0mg
Sodium	39mg
Vitamin A	7010IU
Vitamin C	188mg
Calcium	139mg
Iron	12mg

Directions

- 1 In a large mixing bowl, combine the black beans, lentils, red bell pepper, jalapeño pepper, spinach, and cilantro.
- 2 In a small bowl, whisk together the lime juice, oil, and cumin. Season with salt and pepper.
- 3 Pour the dressing over the salad and toss until well combined. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately three cups.



Arugula, Peach & Feta Salad

2 servings
10 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
3 cups Arugula
2 Peach (medium, pit removed and sliced)
57 grams Prosciutto (thinly sliced)
1/4 cup Feta Cheese (crumbled)
2 tbsps Pine Nuts

Nutrition

Amount per serving	
Calories	355
Fat	27g
Carbs	18g
Fiber	3g
Sugar	14g
Protein	13g
Cholesterol	37mg
Sodium	749mg
Vitamin A	1283IU
Vitamin C	19mg
Calcium	152mg
Iron	2mg

Directions

- 1 In a small bowl, mix together the oil, lemon juice, salt, and pepper.
- 2 In a serving bowl, add the arugula. Arrange the peach slices and prosciutto on top. Top with feta cheese and pine nuts. Drizzle with the lemon dressing and enjoy!

Notes

Leftovers: Refrigerate the salad and the dressing in separate containers for up to three days.

Serving Size: One serving is equal to approximately 2 1/3 cups.

Make it Vegan: Omit the prosciutto and use a plant-based cheese instead.

More Flavor: Add croutons and cucumber.

Dairy-Free: Use a plant-based cheese instead of feta.

No Pine Nuts: Use walnut or pecans instead.



Artichoke & Chickpea Salad

3 servings
15 minutes

Ingredients

1 1/2 cups Chickpeas (cooked)
1/2 cup Artichoke Hearts (from the can, drained, chopped)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Red Onion (sliced)
1/4 cup Parsley (finely chopped)
2 tbsps Extra Virgin Olive Oil
2 tsps White Wine Vinegar
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	235
Fat	11g
Carbs	26g
Fiber	9g
Sugar	6g
Protein	8g
Cholesterol	0mg
Sodium	140mg
Vitamin A	773IU
Vitamin C	16mg
Calcium	66mg
Iron	3mg

Directions

- 1 Add all of the ingredients to a large bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 3/4 cup.

No White Wine Vinegar: Use red wine vinegar or lemon juice.



Charred Corn & Tomato Salad

4 servings
15 minutes

Ingredients

3 ears Corn on the Cob (husk removed)
Sea Salt & Black Pepper (to taste)
3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Red Wine Vinegar
3 cups Cherry Tomatoes (halved)
1/4 cup Red Onion (thinly sliced)
1/4 cup Parmigiano Reggiano (shaved)
1/3 cup Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	211
Fat	13g
Carbs	20g
Fiber	2g
Sugar	7g
Protein	6g
Cholesterol	6mg
Sodium	52mg
Vitamin A	1167IU
Vitamin C	19mg
Calcium	95mg
Iron	1mg

Directions

- 1 Heat a cast-iron skillet over medium heat. Cook the corn over medium-high heat for about one to two minutes per side until lightly charred on all sides. Once it is cooked, remove and let it cool before slicing the kernels off the cob. Season with salt and pepper and transfer to a large bowl.
- 2 In a small jar, combine the oil, vinegar, salt, and pepper and shake to combine.
- 3 Add the tomatoes and red onion to the bowl with the corn. Add the dressing and toss to combine. Top with parmesan cheese and basil. Season if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 1 1/2 cups.

Make it Vegan: Omit the parmesan or use a plant-based version.