Ready to really address your health? How about a week’s worth of tasty new salad ideas? One a day, for seven days is just what the doctor ordered. Try a these seven and see if you don’t feel refreshed, satisfied and healthy by the end of the week!

Think of salads as a culinary canvas on which to paint the finest of each season’s bounties. Whether you grow your own or shop local and organic, vegetables are the basis of Dr. Weil’s Anti-Inflammatory Diet. Salads can be a side dish, a quick snack, or a full and satisfying meal. Eat salads for the fiber and your digestive health, eat them for the powerful antioxidants, eat them as a way to fill up while cutting calories, but most of all eat them because they are delicious!

Sometimes we can get stuck in a food rut, all too comfortable with the familiar. We want to help shake it up! Here are seven of Dr. Weil’s favorite salad recipes to help reset your love of healthy and fresh eating.
Tuscan Kale Salad

This traditional Tuscan kale salad recipe is made with strips of Italian black kale, fresh lemon juice, extra virgin olive oil, crushed garlic, red pepper flakes, grated pecorino Tuscano cheese and breadcrumbs. These bright, refreshing flavors combine to bring the sunny taste of Italy to your table in a Tuscan kale salad. This recipe is a consistent favorite in all Dr. Weil’s True Food Kitchen restaurants across the U.S. Kale is among the most nutrient-dense commonly eaten vegetables. One cup provides 1,327 percent of the Daily Value (DV) for vitamin K, 192 percent of DV for vitamin A, and 88 percent for vitamin C.

Ingredients

4–6 cups Tuscan kale, loosely packed, sliced leaves of Italian black (Lacinato, “dinosaur,” cavolo nero) midribs removed
1 lemon, juiced
3–4 tablespoons extra-virgin olive oil
2 cloves garlic, mashed
salt & pepper, to taste
hot red pepper flakes, to taste
2/3 cup grated Pecorino Toscano cheese (Rosselino variety if you can find it) or other flavorful grating cheese such as Asiago or Parmesan
1/2 cup freshly made bread crumbs from lightly toasted bread

Directions

1. Whisk together lemon juice, olive oil, garlic, salt, pepper, and a generous pinch (or more to taste) of hot red pepper flakes.

2. Pour over kale in serving bowl and toss well.

3. Add 2/3 of the cheese and toss again.

4. Let kale sit for at least 5 minutes. Add breadcrumbs, toss again, and top with remaining cheese.

Serves 4–6
Good Earth Kale Cobb

This special Good Earth Kale Cobb (from True Food Kitchen restaurants) includes all sorts of tasty upgrades: avocado, tomato, asparagus, watermelon radish, garbanzo bean, dried sweet corn, gorgonzola. Try it with Cashew Poblano Ranch-style dressing for a Southwestern twist.

Ingredients

1 1/2 ounces Shredded Organic Tuscan Kale
1 1/2 ounces Romaine Lettuce (1” pieces)
1/4 cup Cashew Poblano Ranch (see recipe below)
1 T Dried Sweet Corn
2 ounces Grilled Asparagus (2–3” bias)
2 T Gorgonzola Cheese
4 each Cherry Tomatoes (halved)
2 T Garbanzo Beans (rinsed)
2 T Pickled Watermelon Radish
1/4 each Avocado
1 tsp Hemp Seeds

CASHEW POBLANO RANCH
1/2 cup Cashews, Salted (wet weight)
1 cup Poblano Peppers (roasted & de-seeded)
1 T Water
1/2 cup Lemon Juice
1 T Red Wine Vinegar
4 cloves Garlic
7 turns Fresh Black Pepper
1 tsp Kosher Salt
1/4 cup Extra Virgin Olive Oil
2 each Scallion (rough chop)
1/4 cup Dill (rough chop)
1/4 cup Parsley (rough chop)

Directions For The Salad

1. In a large mixing bowl, combine the organic Tuscan kale, romaine & cashew poblano ranch dressing. Toss until well combined. Place greens mixture in a large chilled bowl.

2. In clockwise order, add the dried corn, grilled asparagus, Gorgonzola, tomatoes, garbanzo beans & pickled watermelon radish.
3. Place avocado in center of salad and sprinkle with hemp seeds.

Serves 1

**Directions For The Dressing**

1. Soak cashews in water overnight. Drain off water.

2. In a blender, add the cashews, poblano peppers, water, lemon juice, red wine vinegar, garlic, black pepper, and salt. Blend until smooth.

3. With blender running, drizzle in EVOO until smooth.

4. Pulse in the scallion, dill & parsley.

5. Refrigerate until use.

**Yields 1 Pint**
**Watermelon & Heirloom Tomato Salad**

Tomatoes and watermelon? Together? You’ll be surprised how good something so simple can taste. Watermelons and tomatoes are a match made in heaven! Remember that this salad is only as good as the ingredients you put into it, so be sure to use organic, and if you can, local, produce! Watermelon and tomatoes are both abundant sources of lycopene, which has been found to be protective against cancer of the prostate, breast, lung and colon.

**Ingredients**

2 organic watermelons, peeled & cut into chunks  
8 organic local heirloom tomatoes (various colors and sizes), cut up  
24 mint or basil leaves  
2 tablespoons red onion, sliced paper-thin  
4 tablespoons extra-virgin olive oil  
2 tablespoons white balsamic vinegar  
Feta cheese, optional  
Coarse sea salt, to taste  
Pepper, to taste

**Directions**

Arrange the pieces of watermelon and tomato on a serving platter. Sprinkle with mint/basil leaves and red onion. Drizzle with olive oil and vinegar. Finish with salt and pepper.

Serves 6
Salmon Nicoise, With Olive, Spearmint & Capers

Classic salad Niçoise (salad in the style of the French city of Nice, on the Mediterranean coast) consists of tuna, green beans, potatoes, hard-boiled eggs, and, usually, anchovies and tiny black olives of the region, all in a classic vinaigrette. Here fresh salmon fillet takes the place of the tuna – as always, take care not to overcook it – and the anchovies and olives are in the dressing together with spearmint and capers. This is a main-course salad, perfect for summer lunch. Serve this recipe as a main-course salad, perfect for a light and healthy lunch!

Ingredients

3/4 pound small purple potatoes or French fingerlings, scrubbed
1 1/4 teaspoons sea salt
2 teaspoons extra-virgin olive oil
2 teaspoons grated lemon zest
2 teaspoons Dijon mustard
1 pound skinless salmon fillet, pinbones removed
Freshly ground black pepper
3/4 pound green beans, trimmed
1 cup cherry tomatoes, halved
6 cups (about 8 ounces) salad greens
2 hard boiled eggs, quartered
12 Niçoise or Kalamata olives
1/4 cup roughly chopped fresh basil
4 lemon wedges

VINAIGRETTE
1/4 cup lemon juice
1 tablespoon minced shallot
2 teaspoon capers, rinsed and roughly chopped
1 teaspoon Dijon mustard
1 finely chopped anchovy (optional)
1/4 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
1/4 cup extra–virgin olive oil
1/4 cup pitted Kalamata olives, chopped
2 tablespoons finely chopped fresh spearmint
Directions

1. Preheat the oven to 400°F and line a rimmed baking sheet with parchment paper.

2. To make the dressing, put the lemon juice, shallot, capers, Dijon mustard, anchovy (if desired), salt, and pepper in a small bowl and stir to combine. Slowly pour in the olive oil, whisking all the while, and continue whisking until smooth. Stir in the olives and spearmint. Alternatively, you can blend all the ingredients except the olives and spearmint in a jar with the solid disk of an immersion blender, then stir in the olives and spearmint.

3. In a 4-quart pot, cover the potatoes with cold water and 1 teaspoon of the salt. Bring the water to a boil, then reduce the heat and simmer, uncovered, until potatoes are just tender, about 10 minutes.

4. While the potatoes cook, place the olive oil, lemon zest, and mustard in a small bowl and stir to combine. Place the salmon on the baking sheet and spread the mixture evenly over both sides of the fish, then season it with the remaining 1/4 teaspoon salt and freshly ground pepper.

5. Roast until just opaque but still slightly translucent in the center, about 7 to 9 minutes. Break the salmon into pieces.

6. Transfer the potatoes with a slotted spoon to a bowl. Add the green beans to the boiling water and cook, uncovered, until crisp-tender, about 4 to 5 minutes. Drain and transfer to an ice bath to stop the cooking.

7. Halve the potatoes while still warm and toss with 2 tablespoons of the dressing.

8. Toss the green beans and cherry tomatoes with a tablespoon of the dressing. In a different bowl, toss the greens with enough dressing to coat.

9. Divide the greens among 4 plates, then add the potatoes, tomatoes, green beans, salmon, eggs, and olives.

10. Sprinkle with basil. Serve the lemon wedges and the remaining dressing on the side.

Serves 4
Thai Egg Salad With Sugar Snap Peas

Colorful and fresh, fragrant and delicious, this novel egg salad makes a satisfying one-dish meal. It probably won’t be like any egg salad you’ve ever tasted. Thin, plain “omelets” are shredded and placed atop a mound of chilled, sliced raw vegetables, dressed with a vibrant mixture of flavors characteristic of Thai cuisine: basil, spear-mint, cilantro, chili, garlic, fish sauce, lime juice, and sugar – with chopped nuts as a garnish. A lot of slicing and chopping, but the result is worth it.

Ingredients

2 English cucumbers, peeled and thinly sliced
1 1/2 cups sugar snap peas, cut on the bias into 1/2-inch slices
2 carrots, peeled and julienned
1/2 cup tightly packed fresh spearmint leaves, sliced
1/2 cup tightly packed fresh basil leaves, sliced
1/2 cup tightly packed fresh cilantro leaves, roughly chopped
1 cup bean sprouts
4 large eggs
4 teaspoons organic, unrefined, cold-pressed avocado oil
3 scallions, white and light green parts, thinly sliced on the bias
1/4 cup chopped dry-roasted unsalted peanuts or cashews

DRESSING
2 garlic cloves, pressed and allowed to sit for 10 minutes
3 tablespoons fish sauce
1/4 cup lime juice
1 tablespoon evaporated cane sugar
Pinch of cayenne pepper, to taste
1/4 cup organic, unrefined, cold-pressed avocado oil

Directions

1. In a large bowl, combine the cucumbers, snap peas, carrots, spearmint, basil, and cilantro. Place in the refrigerator to chill.
2. Bring a small pot of water to a boil and blanch the sprouts for 30 seconds. Drain, plunge in cold water, drain again, and dry with paper or kitchen towel. Add sprouts to the rest of the vegetables in the refrigerator.

3. Whisk together the dressing ingredients and let stand on the counter.

4. Crack the eggs into a bowl and whisk them well. Heat 1 teaspoon of the avocado oil in a large nonstick pan over medium heat and pour in ¼ of the egg mixture. Tilt the pan to spread the egg into a thin circle and cook for 1 to 2 minutes or until fully set. Use a spatula to remove the egg and lay it flat on a plate. Repeat with the remaining oil and eggs. Once all are cooked, roll up the egg circles into cigars and thinly shred them.

5. Pour the dressing over the chilled vegetables and gently toss. Divide among 4 plates and top with the eggs, scallions, and nuts.

Serves 4
Turkish Spinach Salad

This salad is a nice way to eat spinach and a great way to get a nutritional boost. Even spinach-haters will enjoy this tangy, garlicky salad. It’s a perfect companion to lentil soup for a quick, healthy, delicious supper. Even avowed spinach-haters may learn to enjoy this tangy, garlicky salad. Spinach contains nearly twice the iron of other leafy greens, making it one of the most available plant-based sources of iron. It’s an excellent source of folic acid, potassium and magnesium, as well as vitamin K, carotenes, and vitamin C.

Ingredients

1 pound fresh spinach, washed, stems removed
2 fresh tomatoes, sliced
6 scallions, trimmed and thinly sliced
5 tablespoons plain yogurt
2 tablespoons extra-virgin olive oil
2 garlic cloves, minced
1/2 teaspoon dried thyme
Salt and black pepper to taste

Directions

1. Dry the spinach, tear it into large pieces, and combine it with the tomatoes and scallions in a bowl.

2. Combine the yogurt, olive oil, minced garlic and thyme, adding salt and pepper to taste.

3. Add the yogurt mixture to the vegetables and mix well. Season to taste with salt and pepper.

Serves 4
Strawberry, Fennel & Arugula Salad

Let this salad serve as a springboard for endless seasonal variations. Don’t be shy with a variety of berries and greens! Each season brings new bounties.

Variety isn’t just the spice of life; it will also keep you from falling into a food rut. People often tell me that they love salad but get bored with the same old version they always make. This disenchantment can lead folks away from the greens their bodies really need. If that sounds like you, let this salad serve as a springboard for endless seasonal variations. Eating with the seasons isn’t just a catch phrase. Each season brings new foods just hitting their peak; in this case, strawberries and arugula, some of the welcome early harbingers of spring. In addition to having an incredibly sweet taste, strawberries have anticancer and anti-inflammatory properties. Plus, when combined with mint and a lemony balsamic vinaigrette, they make for a salad that feels like Pop Rocks going off in your mouth.

Ingredients

4 cups tightly packed baby arugula  
1 cup thinly sliced fennel  
12 strawberries, sliced  
2 tablespoons chopped fresh mint  
6 tablespoons Lemony Balsamic Vinaigrette  
1/4 cup sliced almonds, toasted

VINAIGRETTE

2 tablespoons balsamic vinegar
2 tablespoons freshly squeezed lemon juice
1/2 teaspoon grated lemon zest
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1/4 cup extra-virgin olive oil

Directions For The Dressing

1. Put the balsamic vinegar, lemon juice, lemon zest, salt, pepper, in a small bowl and stir to combine.
2. Slowly pour in the olive oil, whisking all the while, and continue whisking until smooth.
3. Transfer to a small container with a fitted lid and shake well.

*Cook’s Note:* Add the salt with the acid but prior to adding the oil. The reason? The acid breaks down the salt, allowing it to do its job as a flavor carrier.

**Directions For The Salad**

1. Put the arugula, fennel, strawberries, and mint in a large bowl and toss gently to combine.

2. Drizzle the vinaigrette over the top and toss again.

3. Scatter the almonds over the top.

Variations: Substitute toasted walnuts for the almonds. Feel free to add a bit of crumbled organic goat cheese.

*Cook’s Note:* A mandoline (no, you can’t strum it) is a handy kitchen tool that allows you to slice vegetables to a uniformed thickness – and perfect for the fennel in this recipe. There are many inexpensive handheld models available at kitchen stores and online.

*Serves 4*