

Zero-Waste Salad



By using the ingredients available in your refrigerator, it helps to reduce food waste.

Preparation 10-15 min

Cooking 0 min

Servings 1

Ingredients

- Your choice of ingredients !

Preparation

1. Start with a vegetable base (aim for 2 to 3 cups):

- At the beginning of the week, focus on fast perishable vegetables such as spinach, tomatoes, cucumbers, peppers, etc.
- Towards the end of the week, fall back on vegetables that can be kept for a long time, such as carrots, red cabbage, home-made sprouts, broccoli, radishes, canned artichoke/heart of palm, kale, etc. For kale, simply add 5ml oil, 10ml lemon juice, a little salt and massage with your hands until it becomes soft and dark (about 1 minute).

2. Add a starch source (1/2 to 1 cup depending on your needs):

- A grain cooked earlier in the week or purchased pre-cooked from the grocery store in a single serving (brown rice, quinoa, wild rice, barley, spelt)
- Whole wheat couscous
- Frozen corn
- Whole grain cracker as a side dish for salad

3. Add a protein source:

- Canned tuna (75g)
- Frozen Matane shrimp (75g)
- Cooked protein source earlier in the week: chicken, fish, tofu, etc (75g cooked)
- Hard cooked egg (2)
- Light cheese <20% MF (50g)
- Gusta sausage (1 sausage)
- Soyganic smoked tofu (150g)
- Frozen Edamame (1 cup)
- Canned legumes (1 cup)

4. Optional, element that adds flavor:

- Kalamata olives
- Red onion, French shallot, green onion
- Nuts or seeds: sesame seeds, peanuts, walnuts, pumpkin seeds, etc.
- Fine herbs

5. Low-fat dressing:

- Try this [creamy raspberry vinaigrette](#)

Notes



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