

Nutty Salad

written by admin | July 4, 2011



This is a beautifully colorful and crunchy salad. It takes a little time to chop all the veggies but the result is well worth the effort. Double the recipe if you plan to bring this to a potluck lunch or picnic. There never seems to be enough! Yum!

Screw Top Jar (to mix the dressing)
Chopping Board
Large Bowl

Ingredients:

Salad:

- 3 cups raw potatoes, peeled and diced fine
- 2 ears fresh corn kernels
- 1 1/2 cups green peas
- 1 cup carrots, diced or shredded
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 5 radishes, chopped
- 2 celery stalks, chopped
- 1/2 cucumber, chopped
- 1/4 cup nuts of your choice, chopped
- 1/4 cup sunflower seeds
- 1/4 cup coconut, grated

2 Tbsp fresh parsley or cilantro, chopped
Sea salt to taste

Dressing:

2 1/2 Tbsp lemon juice
5 1/4 Tbsp olive oil
1 1/4 tsp sea salt
1 tsp brown sugar or Sucanat(dehydrated cane juice)

Directions:

1. Mix the dressing ingredients in a screw top jar and shake well. Pour the dressing into a large bowl.
2. Dice potatoes and toss well with the dressing. (This will keep the raw potatoes from turning brown.)
3. Add the remaining ingredients and toss well.

adapted from "*Vegetarian Cooking*" by Lalita Ahmed