

Everything Salad

Easy and satisfying burrito recipe. Get creative with this one. You can substitute the dried refried beans for fresh beans or canned beans. You can even use tempeh or tofu. Either way this recipe is a meal and it is not a hassle to prepare.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 10 mins

Cooking time: 20 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Partly raw



Ingredients

Lettuce, romaine or cos	1 head
Radish, raw	3 medium - 3/4" to 1" diameter
Red bell peppers, raw	1 medium - 2 1/2" diameter x 2 3/4"
Tomato raw (includes cherry, grape, roma)	5 cherry
Celery, raw	1 medium - stalk - 7 1/2" to 8" long
Carrots, raw	2 medium - 6" to 7" long
Beets, raw	1 each - 2" diameter
Avocado, black skin (hass)	1 each
Corn, yellow, cooked from frozen, whole kernel	1 cup
Green peas, cooked from frozen	1 cup
Cabbage (kimchi)	0.25 cup
Lemon juice, fresh	0.5 each - juice from one lemon
Salt, sea salt	1 dash
Broccoli sprouts	2 x 1/2 cup

Instructions

1. In a large salad bowl combine washed and sliced romaine lettuce, sliced radish, sliced red or orange pepper, sliced cherry tomatoes and sliced celery.
2. Grate one medium raw beet. Grate 2 medium carrots. Set aside.
3. Slice avocado.
4. Wash and drain broccoli sprouts.
5. Warm frozen peas and corn in a sauce pan with a little bit of water.

6. Arrange plate as shown in photograph with the romaine salad, grated beet and carrot, sliced avocado, broccoli sprouts and kimchee. Or feel free to mix everything together. Add fresh lemon juice and a bit of salt. A bit of olive oil can be added as well. Enjoy the taste and goodness.