

Salads

Raw green leafy salads

1. Green leaves salad

Ingredients:

- Radish leaves finely chopped
- 1 cup grated radish
- ¼ cup grated carrots
- A tsp of each spinach, garden sorrel, coriander, fenugreek/methi leaves
- ½ tsp of cinnamon, black pepper powder, rock salt.
- Coarsely ground roasted flax seeds

Method:

Mix all ingredients and serve

2 Rainbow salad

Ingredients:

- 1 cup cabbage shredded (green/ purple)
- A cup of capsicum (red, yellow and green)
- A cup of carrot grated, lettuce and green sorrel
- 1 tsp of virgin olive oil
- ½ tsp of cinnamon, black pepper powder, rock salt.

Method

Mix all ingredients and serve

3. Cabbage salad

Ingredients:

- 1 cup chopped cabbage
- ½ cup onion finely chopped
- 1 tomato
- 1 tsp finely diced raw mango
- 1 tsp any pickle blended with 2 tap of water

Method

- Mix all ingredients and serve

4. Methi leaves salad:

Ingredients:

- Chopped methi leaves 1 cup
- Chopped tomatoes $\frac{3}{4}$ cup
- Grated carrot $\frac{1}{4}$ cup
- Freshly grated coconut 2 table spoon
- Chopped garlic and ginger
- 1 tsp lemon
- $\frac{1}{2}$ tsp of cinnamon, black pepper powder, rock salt.
- Sesame seeds/ till lightly roasted 1 table spoon

Method:

- In a pan, dry roast the garlic until red in color. In a big bowl add chopped tomato and grated carrot. mix it well.
- Add methi leaves, toasted garlic, coconut, salt, cinnamon, black pepper, roasted sesame seeds and lemon juice.
- Cover and toss the salad. Keep covered for 5 more minutes before serving

5. Lettuce salad

Ingredients:

- 1 cup sliced cucumber
- $\frac{1}{4}$ cup sliced carrot
- $\frac{1}{2}$ cup sliced bell pepper (dodda mennasina kayi)
- $\frac{1}{2}$ cup thinly chopped purple cabbage
- 1 tsp lemon juice
- $\frac{1}{2}$ tsp of cinnamon, black pepper powder, rock salt.

Method

- Mix all ingredients and serve

6. Mixed sprouts salad with tondli/tonde kayi

Ingredients:

- ½ cup mung bean/moong sprouts
- ¼ cup moth bean/ matki sprouts
- ¼ cup chick pea/chana sprouts
- 1 cup chopped ivy gourd/tondali
- ½ cup chopped onion
- ½ cup chopped tomatoes
- Salt and pepper
- 1 tsp lemon juice
- 1 tsp of coriander

Method

- Mix all ingredients well and serve

7. Raw papaya salad

Ingredients

- 1 cup raw papaya grated
- ½ cup lettuce shredded
- ¼ cup carrot grated
- ¼ the cup tomato finely chopped
- 2 cloves garlic crushed and finely chopped
- ½ tsp red chili paste(optional)
- salt

Method

- Mix all ingredients and serve. The ingredients well in advance, to make this salad sweet and sour and spicy.

8. Turida mulangi kosambari/salad

Ingredients

- 1 cup of grated radish
- ½ grated onion
- ½ cup coconut grated

- ½ cup cucumber grated
- ½ cup knol khol grated
- Salt and pepper
- 1 tsp Lemon juice
- Seasoning with olive oil, curry leaves, mustard(optional)

Method

Add all ingredients and mix well at end give seasoning

9. Kosambari

Ingredients:

- 1 cup green gram/dal soaked
- 1 cup cucumber chopped
- ½ cup onion
- ½ cup coconut grated
- Green chili 2 no /pepper
- Salt
- 1 tsp coriander chopped

Method

- Mix all ingredients well and serve

10. Mixed vegetable salad:

Ingredients:

- ½ cup radish
- ½ cup cucumber
- ½ cup knol khol
- ½ cup tomato
- ½ cup onion
- ½ tsp of cinnamon, black pepper powder, rock salt
- 1 tsp Lemon juice

Method

Mix all the ingredients and serve.