

## Greek Shrimp Salad

**Servings: 4**

**Proteins/Carbs/Fats: 3 / 2 / 3**

### Ingredients

- 1 lb Raw Shrimp (peeled)**
- To Taste Sea Salt and Pepper**
- 2 Medium Tomatoes (chopped)**
- 1 Cucumber (chopped)**
- 1/2 cup Crumbled Feta Cheese (may substitute fresh shaved parmesan)**
- 1/2-1 cup Pitted Kalamata or other Black Olives**
- 1/4 cup Olive Oil**
- 4 tsp Red Wine Vinegar**
- 1 (10 oz) bag (or more) Baby Spinach Leaves, Spring Mix or Romaine Lettuce**

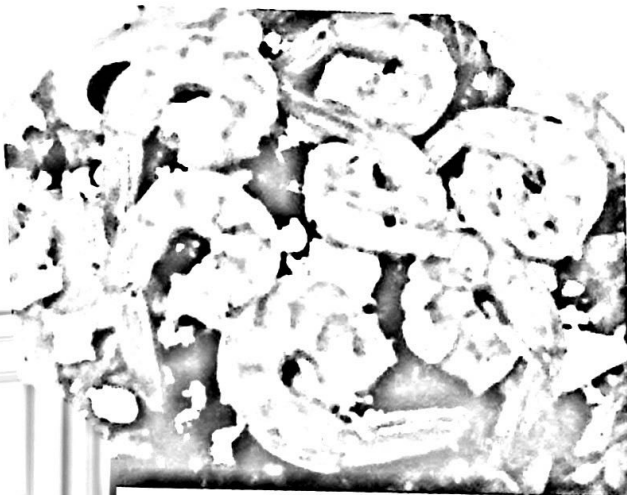
### Directions

Cook shrimp by grilling or boiling.

If grilling, thread shrimp onto metal skewers or bamboo ones that have been soaked in water for 15 minutes. Brush both sides with oil and season with sea salt and pepper. Grill shrimp until fully cooked, about 2 minutes per side.

Meanwhile, mix in a medium bowl the tomatoes, cucumbers, cheese, olives, oregano, 2 tablespoons of the olive oil and 2 teaspoons of the vinegar. Add shrimp to bowl. Lightly toss ingredients to coat. Set aside. (Can be made an hour or so ahead.)

When ready to serve, drizzle remaining oil, 2 teaspoons of vinegar, as well as a generous sprinkling of sea salt and pepper, over spinach or lettuce in a large bowl. Toss to coat. Divide greens among 4 large plates. Top with a portion of the shrimp mixture.



*Submitted By: Dianne L. - Clinton Township, Michigan*

# Mediterranean Barley Rice Salad

**Servings:** 6

**Proteins/Carbs/Fats:** 0 / 3 / 1

## Ingredients

**1 cup (250 mL)** Pearl Barley (rinsed)

**1 cup (250 mL)** Basamati Rice (rinsed)

**3 cups (750 mL)** Cherry Tomatoes

**1/2** Large Red Onion

**1** Sweet Red Pepper

**1** English Cucumber

**4 cups (1 L)** Baby Spinach (coarsely chopped)

**1 pkg (200g)** Feta Cheese (crumbled)

## Directions

In saucepan of boiling salted water, cook barley until tender, about 20 minutes. Drain and rinse under cold water, drain well. Let stand for 10 minutes to dry. Transfer to large bowl.

Meanwhile, in separate saucepan, bring 1 1/2 cups (375ml) salted water to boil. Add rice, cover, reduce heat and simmer until tender and no liquid remains, about 15 minutes. Let stand for 5 minutes. Add to barley mixture, let cool.

Cut tomatoes in half, add to barley mixture. Cut onion, red pepper and cucumber into 1-inch (2.5cm) chunks, add to barley, tossing to combine.

Pour dressing over salad and toss to coat. Refrigerate for 30 minutes, or up to 24 hours.



*Submitted By: Tammy K. – Calgary, Alberta,*

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## Tabouli – The Queen of Lebanese Salads

**Servings: 4**

**Proteins/Carbs/Fats: 0 / 1 / 1**

### Ingredients

**3 Large Bunches of Parsley**

**1/3 cup Bulgur**

**2 cups Boiling Water**

**4 Green Onions with Green Tops (diced small)**

**1/4 cup Fresh Mint (finely chopped, or 2 Tbsp dry)**

**2 Large Tomatoes (diced small)**

**1/2 tsp Sea Salt**

**1/4 tsp Freshly Ground Pepper**

**1/3 cup Lemon Juice (or to taste)**

**1/4 cup Extra Virgin Olive Oil**

**To Serve Romaine Lettuce Leaves**

### Directions

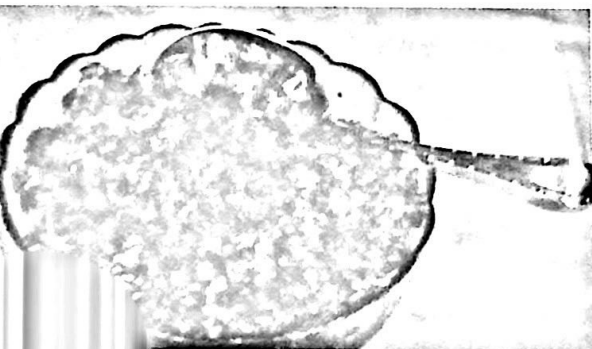
Wash the parsley well, drain, and shake out excess moisture.

Soak bulgur in boiling water in a large bowl for 2 minutes. Drain well. Set aside to cool while preparing other ingredients.

Remove stems from parsley and discard. Chop parsley very fine (3 bunches should yield about 5 cups). Add to bulgur.

Add onions, mint, tomatoes, salt, pepper, lemon juice and oil. (If not serving immediately, do not add tomatoes and onions until just before serving.) Toss well.

Serve with Romaine lettuce leaves. Tear leaves into bite-sized pieces and use to scoop up salad for eating.



Prepared By: Penny – Ottawa, Ontario, Canada

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# Moroccan Carrot Salad

## Ingredients

Carrots

Green or Dark Reddish Olives

Fresh Parsley

Olive Oil

Cumin

Lemon Juice

Salt

Fresh Garlic

## Directions

Adjust amount of each ingredient to taste.

Cut carrots into round pieces.

Boil carrots with some salt; then drain them.

Add olives, olive oil, parsley, a bit of cumin, lemon juice and rasped fresh garlic to the carrots. Mix; heat mixture for awhile while stirring.

Let the carrots cool.

Serve immediately, or refrigerate for a few hours before serving.

## Bulgur Salad

**Servings:** 6

**Proteins/Carbs/Fats:** 0 / 1 / .5

### Ingredients

**1 cup** Fresh-Squeezed Orange Juice

**1 cup** Bulgur

**1/2 cup** Dried Cranberries (chopped)

**1/2 cup** Celery (diced)

**1/2 cup** English Cucumber (peeled and diced)

**1/4 cup** Red Onion (minced)

**1/4 cup** Walnuts (chopped)

**1/3 cup** Fresh Parsley (chopped)

**2 Tbsp** Fresh Mint Leaves (chopped)

**1 Tbsp** Olive Oil

**1 Tbsp** Freshly Squeezed Lemon Juice

**1 tsp** Grated Lemon Zest

**1/4 tsp** Salt

**1/8 tsp** Freshly Ground Black Pepper

### Directions

Combine orange juice and 1 cup water in a medium saucepan.

Bring to a boil over high heat. Reduce to low and stir in bulgur. Simmer, covered, until bulgur has absorbed all of the liquid (15 to 20 minutes).

Meanwhile, place cranberries, celery, cucumber, red onions and nuts in a large bowl.

Add cooked bulgur, parsley, mint, olive oil, lemon juice, lemon zest, salt, and pepper.

Mix well. Cover and refrigerate at least 2 hours before serving.



# Mediterranean Grilled Chopped Vegetable Salad

**Servings: 8**

**Proteins/Carbs/Fats: 0 / 2 / 3**

## Ingredients

**1 Medium Eggplant**  
**1 Medium Zucchini**  
**1 Medium Yellow Squash**  
**1 Medium Fennel Bulb**  
**1 Small Red Onion**  
**8 Asparagus Spears**  
**3/4 cup Extra-Virgin Olive Oil**  
**To Taste Sea Salt**  
**To Taste Freshly Ground Black Pepper**  
**Water**  
**30 Green Beans (trimmed)**  
**10 Baby Carrots (trimmed)**  
**1/2 cup Kalamata Olives (pitted and halved)**  
**1 cup Mixed Baby Lettuces**  
**1/2 cup Crumbled Raw Feta Cheese, Plus 1/4 Pound Block (optional)**  
**3 Tbsp Lemon Juice**  
**3 Tbsp Sherry Vinegar**  
**1/2 cup Sun-Dried Tomato Vinaigrette (see Dressings)**  
**1/4 cup Parsley (fresh chopped)**

## Directions

Cut the eggplant, zucchini and squash diagonally into slices 1/2 inch thick. Trim the fennel and cut crosswise into slices 1/2 inch thick. Peel the onion and cut crosswise into slices 1/2 inch thick. Trim the asparagus.

With 1/2 cup of the olive oil, coat all the vegetables. Season with salt and pepper. Set the vegetables aside.

Build a fire in a charcoal grill, or preheat a gas grill, for indirect-heat cooking.

Meanwhile, bring a large pot of salted water to a boil and fill a mixing bowl with ice and water. Add the green beans to the boiling water and, as soon as it returns to the boil and the beans are bright green, use a wire skimmer or slotted spoon to transfer them to the ice water. Add the baby carrots and boil until tender-crisp, 2-3 minutes; transfer to the ice water. Drain the vegetables and set aside.

When the fire is hot, place the vegetables on the cooking grid not directly above the heat. Cook, turning as necessary to prevent scorching, until are nicely browned and tender-crisp, 5-7 minutes total cooking time. As they are done, transfer the vegetables to a platter and leave to cool.

Cut the grilled vegetables into 1/2-inch pieces. Cut the carrots and green beans on the bias into 1/4-inch pieces.

*Submitted By: Angela M. - Kennedy Saskatchewan C*

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