Brain-Boosting Salad

The colors and textures will seduce you even before you taste this salad’s sweet, cooling flavors. Because the flavor gets even better with time, it’s perfectly portable.

About the Recipe

159 Calories · 4 g Protein · 7 g Fiber
Lunch

Ingredients

Makes 2 (as a main dish) or 4 (as a side) Servings

- 1/2 red onion, diced
- 1 Mexican gray squash or zucchini, diced
- 1 cucumber, peeled and diced
- 2 small tomatoes, diced
- 1/4 cup sliced red cabbage
- 2 stalks celery, sliced
- 2 ears or 1 1/2 cups corn kernels
- pinch sea salt
- 1 tbsp. fresh lime juice
- 3 tomatillos, diced **optional*
- 2 tbsp. chopped fresh cilantro **optional*
- 1 cup rinsed and cooked or canned red beans, or 1 cup sauteed tempeh **optional*
- 1 cup sliced Swiss chard leaves **optional*

Directions

1. Mix all ingredients together in a large bowl and allow the salad to marinate for at least 30 minutes but preferably 2 hours.

2. You can forgo this step and eat the salad right away, though the flavors won’t be melded quite as much.
3. Options: If you use the tomatillos, peel away the papery part and make sure to wash them before cutting; this removes their sticky outer film and makes them much easier to handle. You can also use frozen corn in this recipe, though it will lack the crispness and sweetness of fresh corn. Want to make this a meal in itself instead of an accompaniment? Add the beans or tempeh and you’ll have a delicious dinner in minutes.

Nutrition Facts

Per serving (1/2 of recipe)

Calories: 159
Protein: 4 g
Carbohydrate: 36 g
Sugar: 12 g
Total fat: 2 g
    Calories from fat: 32%
Fiber: 7 g
Sodium: 246 mg