



Salads for Spring



[Sheri Burke](#)

<http://international-patient-facilitators.com>



Balsamic Burger Salad

1 serving
15 minutes

Ingredients

- 3 ozs Extra Lean Ground Beef
- 1/4 tsp Onion Powder
- 1/2 tsp Chili Powder
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1/2 tsp Dijon Mustard
- 1/2 cup Arugula
- 1/4 Avocado (cubed)
- 1 tsp Red Onion (thinly sliced)

Nutrition

Amount per serving	
Calories	315
Fat	23g
Carbs	9g
Fiber	4g
Sugar	3g
Protein	19g

Directions

- 1 In a medium-sized bowl, add the beef, onion powder, chili powder, and salt and pepper to taste. Mix to combine and form into patties.
- 2 Heat a cast-iron skillet over medium heat. Add a splash of oil if needed. Once hot, add the patties and cook for four to five minutes per side or until cooked through to your liking. Remove and set aside.
- 3 In a small bowl, whisk together the oil, balsamic vinegar, and dijon mustard. Season with salt and pepper.
- 4 Divide the arugula onto plates and top with avocado and red onion. Add the burger and drizzle the dressing on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Cherry tomatoes, green onion, bacon, goat cheese, and/or pickles to the salad.

No Beef: Use ground turkey, chicken, or pork to make a burger patty instead.



Chicken Salad with Lemon Garlic Tahini Dressing

1 serving
45 minutes

Ingredients

- 3 ozs Chicken Breast
- 3/4 tsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (divided)
- 1 tbsp Tahini
- 1 tbsp Water (warm)
- 1 tbsp Lemon Juice
- 1/2 Garlic (clove, small, minced)
- 1/4 head Romaine Hearts (chopped)
- 1/4 Cucumber (chopped)
- 1 Egg (hard boil the egg)

Nutrition

Amount per serving	
Calories	310
Fat	19g
Carbs	8g
Fiber	2g
Sugar	2g
Protein	29g

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper. Place the chicken breast in the prepared baking dish. Drizzle with the oil and season with half of the salt. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let cool. Boil one egg - allow time for it to cool
- 2 Whisk the tahini, water, lemon, garlic, and remaining salt together in a mixing bowl.
- 3 To assemble the salad, chop the cooked chicken breast into cubes. Divide the lettuce and cucumber between bowls and top with the chicken and the egg. Drizzle the tahini dressing otop and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Top with nutritional yeast, nuts, seeds or other chopped veggies.

Meal Prep Option: Cook the chicken breast and hard-boil the egg ahead of time.



Sheri's BLT Salad Bowls

1 serving
15 minutes

Ingredients

- 1 Egg
- 1 slice Organic Bacon
- 1 cup Arugula
- 1/4 cup Cherry Tomatoes (halved)
- 1/4 Avocado (sliced)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	313
Fat	27g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	12g

Directions

- 1 Hard boil your egg by placing it in a small pot and fill with enough cold water to cover it by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place your egg in a bowl of ice-cold water for 10 minutes.
- 2 While the egg is cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
- 3 To assemble the salad: place arugula in a bowl and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

Notes

Leftovers: These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

Vegan: Use smokey tempeh slices instead of bacon and omit the egg.

More Carbs: Serve with toast or quinoa.



Cheeseburger Salad

1 serving
15 minutes

Ingredients

- 3 ozs Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 1 tsp Mayonnaise
- 1 tsp Apple Cider Vinegar
- 1/2 tsp Yellow Mustard
- 1/2 head Boston Lettuce
- 1/4 cup Cherry Tomatoes (halved)
- 1/2 oz Cheddar Cheese (shredded)
- 2 tbsps Red Onion (diced)
- 2 tbsps Pickle (chopped)

Nutrition

Amount per serving	
Calories	256
Fat	17g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	21g

Directions

- 1 Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary and season with salt and pepper.
- 2 In a bowl, whisk together the mayonnaise, apple cider vinegar, and mustard.
- 3 Divide the lettuce, tomatoes, ground beef, cheese, red onion, and pickle between plates. Drizzle the dressing over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving equals approximately four cups.

Dairy-Free: Use vegan cheese instead of cheddar.

More Flavor: Add garlic to the ground beef.

Additional Toppings: Add sliced green onions.



Sheri's Tahini Chopped Salad

1 serving
10 minutes

Ingredients

- 1 tbsp Tahini
- 2 tbsps Water
- 1 tbsp Chives
- Sea Salt & Black Pepper
- 1/4 head Romaine Hearts (chopped)
- 1/4 Cucumber (medium, chopped)
- 1/4 Carrot (medium, peeled and chopped)
- 1/4 Red Bell Pepper (medium, chopped)
- 1/4 cup Broccoli (chopped)
- 3 ozs Chicken Breast, Cooked (chopped)

Nutrition

Amount per serving	
Calories	253
Fat	11g
Carbs	11g
Fiber	4g
Sugar	4g
Protein	30g

Directions

- 1 Add the tahini to a small bowl and stir in the water. Add the chives and season with salt and pepper to taste.
- 2 Divide the lettuce between bowls and top with cucumber, carrot, red pepper, broccoli, and chicken. Pour the dressing over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Serve with lemon wedges or add fresh lemon juice or maple syrup to the dressing.

Additional Toppings: Add other chopped veggies or fresh herbs.

No Cooked Chicken: Use cooked shrimp, salmon, or tofu instead.

No Chives: Use fresh parsley instead.



Sheri's Peanut Lime Chicken Mason Jar Salad

1 serving
10 minutes

Ingredients

- 1 tbsp All Natural Peanut Butter
- 1 tbsp Lime Juice
- 2 tbsps Water
- 1 tsp Tamari
- 1/2 tsp Sesame Oil
- 3 ozs Chicken Breast, Cooked (cut into cubes)
- 1/4 Red Bell Pepper (medium, chopped)
- 1/4 Carrot (medium, cut into matchsticks)
- 1 stalk Green Onion (chopped)
- 1 leave Romaine (chopped)

Nutrition

Amount per serving	
Calories	273
Fat	13g
Carbs	10g
Fiber	3g
Sugar	5g
Protein	31g

Directions

- 1 Combine the peanut butter, lime juice, water, tamari, and sesame oil in a small bowl. Add the dressing to your mason jar. Add the chicken to the dressing in the bottom of the jar.
- 2 Add the pepper, carrot, and green onion to the jar followed by the romaine lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: 16oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

Nut-Free: Use sunflower seed butter instead.

More Flavor: Add garlic, ginger, red pepper flakes or liquid sweetener of choice to the dressing.

Make it Vegan: Use chickpeas or lentils instead of chicken.

No Tamari: Use coconut aminos or soy sauce instead.



Cobb Salad Sheri-Style

1 serving

25 minutes

Ingredients

- 1 Egg
- 1 slice Bacon
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1/4 tsp Dijon Mustard
- 4 leaves Romaine (chopped)
- 2 ozs Chicken Breast, Cooked (chopped)
- 1/4 Cucumber (sliced)
- 1 stalk Green Onion (chopped, greens parts only)

Nutrition

Amount per serving	
Calories	365
Fat	24g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	29g

Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the egg to a bowl of cold water and let the egg sit until cool enough to handle. Peel and slice.
- 2 Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- 3 To a jar add the oil, lemon juice, and mustard. Shake to combine.
- 4 To serve, place the romaine on a plate and top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add stevia, monk fruit, dried herbs, fresh garlic, salt, and/or pepper to the dressing.

Additional Toppings: Cheese, olives, tomatoes, and/or avocado.

No Romaine: Use baby spinach or another salad green instead.



Sheri's Jerk Shrimp Salad

1 serving
15 minutes

Ingredients

- 4 ozs Shrimp (large, peeled, deveined)
- 1 tsp Jerk Seasoning
- 1/4 Lime (juiced, zested)
- 1 1/2 tpsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 4 leaves Romaine (roughly chopped)
- 1/4 Avocado (sliced)
- 2 tpsps Red Onion (thinly sliced)
- 2 tpsps Cilantro (roughly chopped, optional)

Nutrition

Amount per serving	
Calories	277
Fat	15g
Carbs	13g
Fiber	6g
Sugar	3g
Protein	25g

Directions

- 1 Add the shrimp to a medium-sized bowl along with the jerk seasoning. Toss to combine and let it marinate for about 10 minutes, while you prepare the rest of the salad.
- 2 In a small jar add the lime juice and zest, 2/3 of the oil, salt and pepper. Shake to combine.
- 3 Heat a cast-iron skillet over medium-high heat. Once hot, add the remaining oil and then add the shrimp. Cook for 3 minutes each side, or until cooked through. Remove and set aside.
- 4 Plate the romaine, and top with avocado, red onion and cilantro, if using. Add the shrimp on top and drizzle with the lime dressing. Enjoy!

Notes

Leftovers: Refrigerate salad and shrimp in separate sealed containers for up to two days. The dressing can be refrigerated for up to five days.

Serving Size: One serving is equal to approximately 1 cup of salad and 4 to 5 shrimp.

Likes it Sweeter: Add a drizzle of honey to the dressing.



Sher's Mason Jar Salmon Salad

1 serving
20 minutes

Ingredients

- 1/4 tsp Sea Salt (divided)
- 4 ozs Salmon Fillet
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1/2 tsp Dijon Mustard
- 1/2 Cucumber (sliced)
- 2 leaves Romaine (chopped)

Nutrition

Amount per serving	
Calories	318
Fat	21g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	24g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add sea salt to the salmon and bake for 10 to 12 minutes or until cooked through and flaky. Once cooled, flake into pieces with a fork.
- 2 In the mason jar, whisk together the extra virgin olive oil, lemon juice, mustard and remaining sea salt. Add the cucumber, salmon and the romaine. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Refrigerate in the mason jar or an airtight container for up to two days.

More Flavor: Add additional herbs or spices to the salmon.

Additional Toppings: Add additional veggies to the salad such as carrots, peppers or cabbage.



Sheri's Avocado & Steak Salad

1 serving
30 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 4 ozs Flank Steak
- Sea Salt & Black Pepper (to taste)
- 4 leaves Romaine (chopped)
- 1/4 Tomato (quartered)
- 2 tsps Red Onion (thinly sliced)
- 1 1/2 tsps Lime Juice
- 1/4 tsp Dijon Mustard
- 1/2 Avocado (cubed)
- 2 tsps Cilantro (roughly torn)

Nutrition

Amount per serving	
Calories	443
Fat	31g
Carbs	16g
Fiber	10g
Sugar	3g
Protein	28g

Directions

- 1 Heat a cast-iron skillet over medium-high heat. Add 1/3 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
- 2 In a large bowl, add the romaine, tomato, and red onion.
- 3 In a small bowl combine the remaining olive oil, lime juice, and mustard and season to taste with salt and pepper. Drizzle the dressing over the salad and toss to combine. Divide onto plates and top with the avocado, cilantro, and steak. Enjoy!

Notes

Leftovers: Salad is best stored separate from the dressing. Keep in an airtight container for up to three days.

No Steak: Use chicken, bacon, tempeh, chickpeas, or lentils instead.