

MEDICAL MEDIUM® ANTHONY WILLIAM

SALADS



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Rainbow Greek Salad

The best meals are not only packed full of flavor and healing ingredients; they're also a feast for the senses. The rainbow of color and the fragrant herbs in this recipe make it a special sensory treat that you can feel good about enjoying every day or as often as you'd like. This salad is a wonderful option to serve up to family, friends or simply devour all on your own.

Ingredients:

- 1/2 orange cherry tomatoes, halved
- 1/2 cup red cherry tomatoes, halved
- 1 cup diced cucumber
- 1/2 diced red bell pepper
- 1/2 diced yellow bell pepper
- 1/3 thinly sliced red onion
- 1 cup diced avocado
- 3/4 cup olives, pitted and halved
- 2 tbsp fresh oregano, leaves only
- 2 tbsp fresh thyme, leaves only
- 3 tbsp fresh lemon juice
- Sea salt and pepper, to taste

Directions:

Make the date caramel by blending the dates, almond milk, water and vanilla until smooth. Add a bit more water if needed to blend. Set aside.

Arrange the apple slices on a serving plate. Top with cinnamon, date caramel, walnuts, cranberries and tahini.

erve immediately.

Serves: 4 people



Arugula Nectarine Salad

Arugula and nectarine are a match made in heaven in this fresh, juicy salad. With just the right amount of spice from the arugula and some crunch from the pistachio nuts and romaine, it's a salad you may find yourself making over and over again.

Ingredients:

- 4 cups arugula
- 2 small romaine heads, chopped
- 3 nectarines, thinly sliced
- 1 tbsp thyme, leaves only
- 3 tbsp lemon juice
- Sea salt and pepper, to taste
- 3 tbsp pistachios, shelled and roughly chopped

Directions:

Place the arugula, romaine, nectarine and thyme in a mixing bowl. Add the lemon juice, sea salt and pepper and toss lightly.

Arrange on a platter or plate and top with chopped pistachios. Serve immediately.

Serves: 2 people



Avocado Caprese Salad

This delicious and beautiful twist on a caprese salad may just have you envisioning yourself at an Italian trattoria on a cute cobblestone street. Instead of the traditional mozzarella, this recipe uses the wonderful avocado. As you'll read below, avocado is an incredibly healing food that also mimics the creaminess of cheese. Dairy products put a strain on the digestive system and liver, and negatively impact health in many other ways, so they are best avoided. This caprese salad is perfect for serving as a finger food, entrée, or light main meal for guests or just for yourself.

Ingredients:

- 2 1/2 cups fresh strawberries, hulled and quartered
- 3 tbsp lemon juice
- 1 tsp zest
- 1/4 cup maple syrup
- 3 tbsp chia seeds

Directions:

Cut the tomatoes into thick discs and set aside. Cut the avocado across the middle (not lengthways) and remove the pit. Peel off the skin and cut into discs, about the same thickness as the tomato.

Arrange the tomato slices on a plate or platter and top with avocado. Place a basil leaf on each, then drizzle with lemon juice and the optional olive oil. Season with sea salt and pepper. Serve immediately.

Serves 2-4 people



Plum & Almond Salad

Eating plums on a regular basis can help bring benefits such as improved vision, healthier skin, healthy brain functioning, regulated digestive tract, reduced inflammation, resistance against colds and infections, and improved metabolism. Plums are especially good for digestive disorders such as IBS, gastritis, and constipation. The magnesium in plums works as a natural tranquilizer which can sooth your nerves and also work as a catalyst to reinstate your natural REM sleep.

Ingredients:

- 5 ripe soft plums, thinly sliced (or substitute with another fruit like pear, apricots, strawberries or peaches)
- 4 cups baby spinach
- 1/2 cup fresh basil, leaves only
- 2.5 tbsp lemon juice
- 1/2 tsp lemon zest
- 2.5 tbsp orange juice
- 1/2 tsp orange zest
- Sea salt and pepper, to taste
- 1/4 cup almond flakes

Directions:

Place the plums, baby spinach and basil in a bowl. Add the lemon juice, zest, orange juice and zest, sea salt and pepper and toss to combine. Transfer salad to serving bowls and top with almond flakes. Serve immediately.

Serves: 10-12 bites



Kale Apple Salad

Full of flavor and just the right amount of crunch, this delicious salad is a great way to get more leafy greens and fruit into your diet. Massaging the kale with avocado tenderizes the green, while the apple and pecans give the salad just the right amount of crunch. This recipe would be great on a fall or winter holiday table or simply serve it up any day of the week. For a lower fat recipe, you can reduce or omit the pecans and bring in crunchy vegetables of your choice such as finely chopped celery, carrot, or cabbage.

Ingredients:

- 4 cups kale, destemmed and roughly chopped
- 1 small avocado (about 1/2 cup)
- 1/2 tbsp raw honey
- 1/4 cup lemon juice
- 1/2 tsp sea salt, more if needed
- 1/2 tsp black pepper, more if needed
- 1/2 cup pecans, roughly chopped
- 1/2 cup dried cranberries
- 2 large red apples, such as gala or fuji, chopped

Directions:

Place the kale, avocado, raw honey, lemon juice, salt and pepper in a large bowl. Massage the avocado into the kale, then add the pecans, cranberries and apples. Mix well and serve.

Serves: 3-4 people



Orange & Olive Salad

With juicy oranges and satisfying olives and avocado, this sweet-savory dish is perfect when you're looking for a meal that feels light and filling at the same time. Plus, it's a stunner, with vibrant colors that offer both health benefits and eye appeal. Enjoy this salad on its own, over salad greens, or in a wrap.

Ingredients:

- 6 oranges, any variety
- 1/4 cup sliced green olives
- 1/4 cup finely chopped parsley
- 1/4 cup thinly sliced red onion
- 1 avocado, diced
- Black pepper (optional)

Directions:

Cut off the top and bottom of each orange. Then, resting each orange flat on the cutting board, cut down and around the sides, removing all of the peel. Slice the oranges horizontally into disks and arrange on plates. Top the oranges with the remaining ingredients, serve, and enjoy!

Serves: 2-4 people



Leafy Green Salad with Lemon Dressing

This simple salad is full of flavor and perfect for lunch at work. Just keep the dressing separate until right before eating, and you can enjoy a delicious, vibrant lunch right at your desk. Make sure to look for raw pistachios if you can. They're tender and absolutely perfect alongside the sweetness of the strawberry and the brightness of the lemon.

Ingredients:

- 1/2 cup lemon juice
- 1/4 cup olive oil
- 2 tablespoons raw honey
- 8 cups leafy greens
- 2 cups sliced strawberries
- 1/2 cup unsalted raw pistachios

Directions:

For the dressing, blend the lemon juice, olive oil, and honey until smooth. Toss the leafy greens with the dressing in a large bowl until the greens are evenly coated. Divide the salad into individual bowls. Top with the strawberries and pistachios.

Serves 2-4 people



Rainbow Chopped Salad

With the bright savory flavors of sage, garlic, and lemon blended into a creamy dressing and poured over a brilliant array of chopped vegetables, this hearty salad is a stand alone meal unto itself and will leave you completely satisfied.

Ingredients:

- 8 cups of chopped spinach
- 1/2 cup cabbage, chopped
- 1/2 cup bell pepper, chopped
- 1/2 cup carrot, chopped
- 1/2 cup cucumber, chopped
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cashews
- 1 cup zucchini, peeled and chopped
- 1/2 lemon, juiced
- 1 garlic clove
- 1 large leaf of sage

Directions:

Build salad bowls by layering all the brightly colored veggies over beds of spinach. Any additional vegetables may be added as desired.

For the dressing, blend cashews, lemon juice, zucchini, garlic and sage until smooth. Pour over top and enjoy!

Serves: 2



Cucumber Rolls

These pretty little rolls are so easy to prepare and even easier to eat! A perfect snack for anytime of day that pairs perfectly with an Asian inspired tomato ginger dipping sauce. Make extras because they won't last long.

For the Rolls:

- 2 cucumbers
- Any desired sliced veggies for filling (examples: bell pepper, carrot, cabbage, mango, green onion, avocado)

For the Dipping Sauce:

- 1/4 cup tomato
- 1/4 orange juice
- 2 tbsp raw hulled hemp seeds
- 1 cup zucchini, peeled and diced
- 1/2 inch jalepeno without seeds
- 1 inch sized piece of ginger
- 2 dates
- 1 garlic clove

Directions:

For the dipping sauce, blend all ingredients in a blender until smooth. Set aside.

Slice thin sheets of cucumber lengthwise using a mandolin or vegetable peeler. Starting with one end, place any desired fillings and roll towards the end, using a dab of sauce to stick in place. Make as many as desired and enjoy!

Serves: 2-4



Tabouli Salad with Veggie Hummus

This raw tabouli salad is a wonderful way to incorporate more fresh veggies and herbs into your daily diet. Quick and easy to make, its the perfect lunch or dinner that is energizing and satisfying on every level.

For the Salad:

- ½ head cauliflower florets
- 2 cups tomatoes, diced
- 2 cups cucumber, diced
- 1 lemon, juiced
- 1 tsp cumin
- 1 bunch parsley

For the hummus:

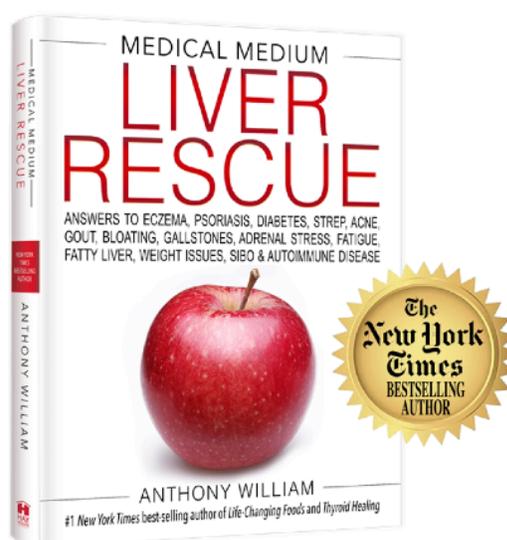
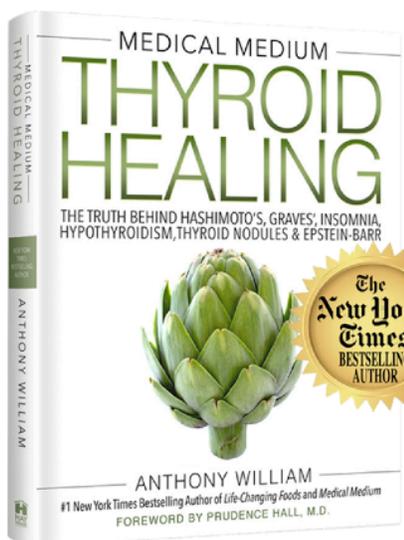
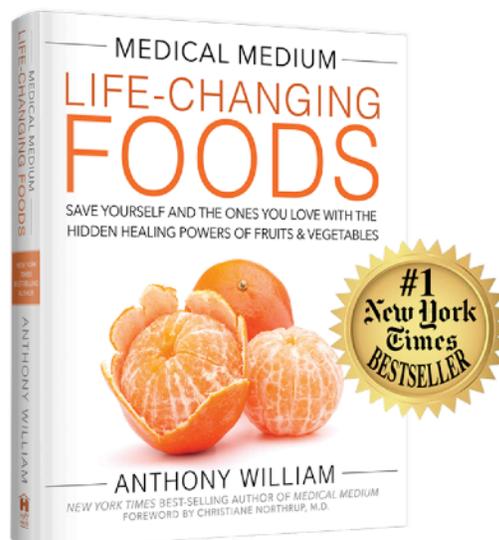
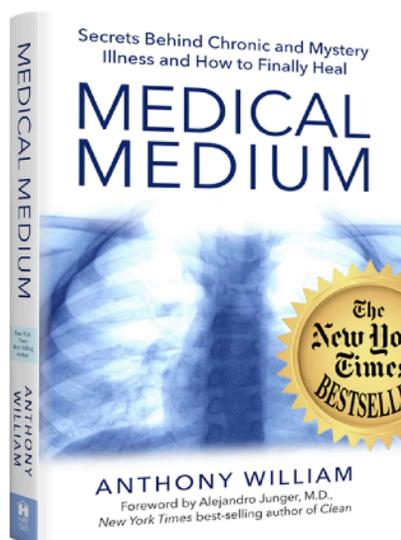
- ¼ cup tahini
- ½ date
- 1 zucchini, peeled and diced
- ½ lemon juiced
- 1tsp cumin
- 1 tsp olive oil
- 1-2 garlic cloves
- paprika (optional)

Directions:

In a food processor, pulse cauliflower, parsley, and cumin until "rice" is formed. In a large bowl, mix together with tomatoes, cucumber, and lemon juice until combined. For the hummus, blend tahini, dates, zucchini, lemon juice, cumin, olive oil, and garlic until smooth. Serve topped with paprika as desired.

Serves: 2

Find out more in #1 New York Times Bestselling Author Anthony William's four groundbreaking books [Medical Medium](#), [Life-Changing Foods](#), [Thyroid Healing](#), and [Liver Rescue](#).



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