

RETREAT RECIPE COLLECTION



# NOURISH

SALAD SERIES

FRESH, SEASONAL RECIPES  
FOR SHARED TABLES



CREATED BY

HARMONIOUS WELLBEING



# A FEW WORDS

## FROM THE KITCHEN

These recipes were created through years of cooking and sharing meals at wellness retreats — simple dishes designed to bring people together around the table.



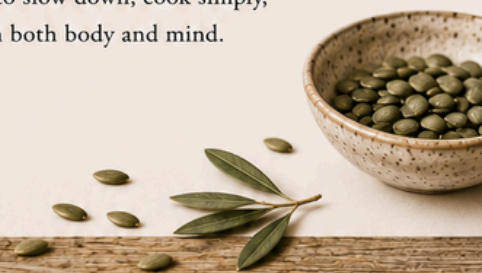
The salads in this collection are some of my most loved retreat recipes: fresh, seasonal, nourishing, and easy to prepare while cooking for groups. Each recipe is designed to serve four people, though ingredients can easily be adjusted for smaller gatherings or larger shared meals.



Inspired by slow living and fresh ingredients, these recipes focus on simplicity, balance, and the enjoyment of sharing food with others. The meals are intentionally uncomplicated — created to feel both nourishing and effortless, whether enjoyed at a retreat, a family table, or a quiet lunch in the sun.



This collection is an invitation to slow down, cook simply, and enjoy meals that nourish both body and mind.



# CONTENTS



## LIGHT & FRUITED

Blueberry Cucumber Salad	04
Apple Seed Crunch Salad	05
Pear Walnut Salad	06
Citrus Avocado Salad	07
Grapefruit Herb Salad	08

## HERBED & MEDITERRANEAN

Herbed Lentil Salad	09
Lemon Herb Chickpea Salad	10
Roasted Vegetable Salad	11
Lemon Dill Cucumber Salad	12

## HEARTY & NOURISHING

Quinoa Roasted Vegetable Salad	13
Sweet Potato Tahini Salad	14
Warm Kale Lentil Salad	15
Roasted Beet Walnut Salad	16

## FRESH & SIMPLE SIDES

Carrot Ribbon Salad	17
Cabbage Apple Slaw	18
Avocado Herb Green Salad	19



# BLUEBERRY CUCUMBER SALAD

CRISP, FRESH, AND LIGHTLY SWEET



4 SERVINGS



15 MINUTES



## INGREDIENTS

### SALAD

- Spring greens — 8 cups
- Blueberries — 1 cup
- Baby cucumbers — 4, sliced
- Green onions — 4, sliced
- Parmesan —  $\frac{1}{4}$  cup
- Sliced almonds —  $\frac{2}{3}$  cup
- Sugar — 3 tbsp

### DRESSING

- Balsamic vinegar —  $\frac{1}{4}$  cup
- Olive oil —  $\frac{1}{2}$  cup
- Heavy cream — 2 tbsp
- Dijon mustard — 2 tsp
- Honey — 2 tsp
- Garlic — 1 clove, minced
- Fresh chives — 2 tbsp
- Salt & pepper

## DIRECTIONS

- Cook almonds and sugar in a skillet over medium heat until golden and caramelized, about 6–8 minutes. Let cool.
- Add greens to a large bowl and season lightly with salt and pepper. Top with blueberries, cucumbers, onions, parmesan, and almonds.
- Whisk together all dressing ingredients until smooth and creamy.
- Drizzle dressing over salad just before serving. Toss gently and enjoy.

# APPLE SEED CRUNCH SALAD

FRESH, LIGHT, AND MADE FOR SHARING



4 SERVINGS



15 MINUTES



## INGREDIENTS

### SALAD

- Mixed greens — 8 cups
- Green apple — 1, thinly sliced
- Cucumber — 1, sliced
- Pumpkin seeds — 3 tbsp
- Sunflower seeds — 2 tbsp
- Feta —  $\frac{1}{4}$  cup
- Fresh dill — 2 tbsp

### DRESSING

- Olive oil — 3 tbsp
- Apple cider vinegar — 2 tbsp
- Honey — 1 tsp
- Dijon mustard — 1 tsp
- Salt & pepper

## DIRECTIONS

- Add greens, apple, cucumber, seeds, feta, and dill to a large bowl.
- Whisk together olive oil, vinegar, honey, mustard, salt, and pepper.
- Drizzle dressing over salad just before serving and toss gently.

# PEAR WALNUT SALAD

CRISP PEAR WITH EARTHY CRUNCH



4 SERVINGS



15 MINUTES



## INGREDIENTS

### SALAD

Mixed greens — 8 cups

Pear — 1, thinly sliced

Cucumber — 1, sliced

Walnuts — ½ cup

Pumpkin seeds — 2 tbsp

Parmesan — ¼ cup

### DRESSING

Olive oil — 3 tbsp

Lemon juice — 2 tbsp

Honey — 1 tsp

Dijon mustard — 1 tsp

Salt & pepper

## DIRECTIONS

- Add greens, pear, cucumber, walnuts, pumpkin seeds, and parmesan to a large bowl.
- Whisk together olive oil, lemon juice, honey, mustard, salt, and pepper.
- Drizzle dressing over salad just before serving and toss gently to combine.

# CITRUS AVOCADO SALAD

BRIGHT, CREAMY, AND REFRESHING



4 SERVINGS



15 MINUTES



## INGREDIENTS

### SALAD

Mixed greens — 8 cups

Orange — 2, sliced

Avocado — 1, sliced

Cucumber — 1, sliced

Pumpkin seeds — 2 tbsp

Feta — ¼ cup

Fresh mint — 2 tbsp

### DRESSING

Olive oil — 3 tbsp

Lemon juice — 2 tbsp

Honey — 1 tsp

Dijon mustard — 1 tsp

Salt & pepper

## DIRECTIONS

- Add greens, orange slices, avocado, cucumber, pumpkin seeds, feta, and mint to a large bowl.
- Whisk together olive oil, lemon juice, honey, mustard, salt, and pepper.
- Drizzle dressing over salad just before serving and toss gently.

# GRAPEFRUIT HERB SALAD

FRESH CITRUS WITH DELICATE HERBS



4 SERVINGS



15 MINUTES



## INGREDIENTS

### SALAD

- Mixed greens — 8 cups
- Grapefruit — 1, segmented
- Cucumber — 1, sliced
- Red onion —  $\frac{1}{4}$ , thinly sliced
- Walnuts —  $\frac{1}{2}$  cup
- Fresh parsley —  $\frac{1}{4}$  cup
- Parmesan —  $\frac{1}{4}$  cup

### DRESSING

- Olive oil — 3 tbsp
- White wine vinegar — 1 tbsp
- Honey — 1 tsp
- Dijon mustard — 1 tsp
- Salt & pepper

## DIRECTIONS

- Add greens, grapefruit, cucumber, onion, walnuts, parsley, and parmesan to a large bowl.
- Whisk together olive oil, vinegar, honey, mustard, salt, and pepper.
- Pour dressing over salad just before serving and toss gently to combine.

# HERBED LENTIL SALAD

FRESH HERBS AND SIMPLE MEDITERRANEAN FLAVORS



4 SERVINGS



20 MINUTES



## INGREDIENTS

### SALAD

- Cooked lentils — 3 cups
- Cherry tomatoes — 1 cup
- Cucumber — 1, diced
- Red onion — ¼, finely sliced
- Fresh parsley — ¼ cup
- Fresh mint — 2 tbsp

### DRESSING

- Olive oil — ¼ cup
- Lemon juice — 2 tbsp
- Red wine vinegar — 1 tbsp
- Garlic — 1 clove, minced
- Salt & pepper

## DIRECTIONS

- Combine lentils, tomatoes, cucumber, onion, parsley, and mint in a large bowl.
- Whisk together olive oil, lemon juice, vinegar, garlic, salt, and pepper.
- Pour dressing over salad and toss until well coated.
- Let sit for 10 minutes before serving for best flavor.

# LEMON HERB CHICKPEA SALAD

BRIGHT HERBS AND FRESH CITRUS



4 SERVINGS



15 MINUTES



## INGREDIENTS

### SALAD

Chickpeas — 1 can, drained

Cherry tomatoes — 1 cup

Cucumber — 1, diced

Red onion — ¼, sliced

Fresh parsley — ¼ cup

Fresh mint — 2 tbsp

### DRESSING

Olive oil — 3 tbsp

Lemon juice — 2 tbsp

Garlic — 1 clove, minced

Salt & pepper

## DIRECTIONS

- Combine chickpeas, tomatoes, cucumber, onion, parsley, and mint in a large bowl.
- Whisk together olive oil, lemon juice, garlic, salt, and pepper.
- Pour dressing over salad and toss until evenly coated.
- Let sit for 10 minutes before serving for best flavor.

# ROASTED VEGETABLE SALAD

ROASTED AND FULL OF FLAVOR



4 SERVINGS



40 MINUTES



## INGREDIENTS

### SALAD

Chickpeas — 1 can, drained

Zucchini — 1, chopped

Bell pepper — 1, chopped

Red onion — ½, sliced

Cherry tomatoes — 1 cup

Olive oil — 2 tbsp

Fresh parsley — ¼ cup

### DRESSING

Olive oil — 3 tbsp

Lemon juice — 2 tbsp

Garlic — 1 clove, minced

Dried oregano — 1 tsp

Salt & pepper

## DIRECTIONS

- Preheat oven to 425°F / 218°C
- Toss zucchini, bell pepper, onion, and tomatoes with olive oil, salt, and pepper. Spread onto a baking tray.
- Roast for 25–30 minutes until golden and tender.
- Add roasted vegetables and chickpeas to a large bowl.
- Whisk together olive oil, lemon juice, garlic, oregano, salt, and pepper.
- Pour dressing over salad, toss gently, and top with fresh parsley before serving.

# LEMON DILL CUCUMBER SALAD

COOL, CRISP, AND REFRESHING



4 SERVINGS



15 MINUTES



## INGREDIENTS

### SALAD

Cucumbers — 4, sliced

Red onion — ¼, thinly sliced

Fresh dill — 2 tbsp

Feta — ¼ cup

### DRESSING

Olive oil — 3 tbsp

Lemon juice — 2 tbsp

White wine vinegar — 1 tbsp

Salt & pepper

## DIRECTIONS

- Add cucumbers, onion, dill, and feta to a large bowl.
- Whisk together olive oil, lemon juice, vinegar, salt, and pepper.
- Pour dressing over salad and toss gently to combine.
- Chill for 10 minutes before serving.

# ROASTED VEG & QUINOA SALAD

WARM VEGETABLES AND FRESH HERBS



4 SERVINGS



40 MINUTES



## INGREDIENTS

### SALAD

- Cooked quinoa — 3 cups
- Zucchini — 1, chopped
- Bell pepper — 1, chopped
- Cherry tomatoes — 1 cup
- Red onion — ½, sliced
- Fresh parsley — ¼ cup

### DRESSING

- Olive oil — 3 tbsp
- Lemon juice — 2 tbsp
- Garlic — 1 clove, minced
- Dried oregano — 1 tsp
- Salt & pepper

## DIRECTIONS

- Preheat oven to 425°F. / 218°C
- Toss zucchini, bell pepper, tomatoes, and onion with olive oil, salt, and pepper. Roast for 25 minutes.
- Add quinoa and roasted vegetables to a large bowl.
- Whisk together dressing ingredients and pour over salad. Toss gently and top with parsley.

# SWEET POTATO TAHINI SALAD

WARM, EARTHY, AND NOURISHING



4 SERVINGS



45 MINUTES



## INGREDIENTS

### SALAD

- Sweet potatoes — 2, cubed
- Mixed greens — 6 cups
- Chickpeas — 1 can, drained
- Pumpkin seeds — 2 tbsp
- Fresh parsley — ¼ cup

### DRESSING

- Tahini — 2 tbsp
- Lemon juice — 2 tbsp
- Olive oil — 2 tbsp
- Honey — 1 tsp
- Water — 1-2 tbsp
- Salt & pepper

## DIRECTIONS

- Preheat oven to 425°F. / 218°C
- Toss sweet potatoes with olive oil, salt, and pepper. Roast for 30 minutes until tender.
- Add greens, chickpeas, sweet potatoes, pumpkin seeds, and parsley to a bowl.
- Whisk together tahini, lemon juice, olive oil, honey, water, salt, and pepper until smooth. Drizzle over salad before serving.

# WARM KALE LENTIL SALAD

HEARTY GREENS WITH FRESH HERBS



4 SERVINGS



20 MINUTES



## INGREDIENTS

### SALAD

- Cooked lentils — 3 cups
- Kale — 6 cups, chopped
- Cherry tomatoes — 1 cup
- Red onion —  $\frac{1}{4}$ , sliced
- Parmesan —  $\frac{1}{4}$  cup
- Fresh parsley —  $\frac{1}{4}$  cup

### DRESSING

- Olive oil — 3 tbsp
- Lemon juice — 2 tbsp
- Garlic — 1 clove, minced
- Dijon mustard — 1 tsp
- Salt & pepper

## DIRECTIONS

- Massage kale with a small drizzle of olive oil for 1–2 minutes until softened.
- Add lentils, tomatoes, onion, parmesan, and parsley to the bowl.
- Whisk together dressing ingredients until combined.
- Pour dressing over salad and toss gently before serving.

# ROASTED BEET WALNUT SALAD

EARTHY FLAVORS WITH WARM SWEETNESS



4 SERVINGS



50 MINUTES



## INGREDIENTS

### SALAD

Beets — 3, peeled and cubed

Mixed greens — 6 cups

Walnuts — ½ cup

Feta — ¼ cup

Red onion — ¼, thinly sliced

Fresh parsley — 2 tbsp

### DRESSING

Olive oil — 3 tbsp

Balsamic vinegar — 2 tbsp

Honey — 1 tsp

Dijon mustard — 1 tsp

Salt & pepper

## DIRECTIONS

- Preheat oven to 425°F. / 218°C
- Toss beets with olive oil, salt, and pepper. Roast for 35–40 minutes until tender. Let cool slightly.
- Add greens, roasted beets, walnuts, feta, onion, and parsley to a large bowl.
- Whisk together olive oil, balsamic vinegar, honey, mustard, salt, and pepper.
- Drizzle dressing over salad and toss gently before serving.

# CARROT RIBBON SALAD

FRESH, BRIGHT, AND LIGHTLY SWEET



4 SERVINGS



15 MINUTES



## INGREDIENTS

### SSALAD

Carrots — 4, peeled into ribbons

Cucumber — 1, sliced

Fresh mint — 2 tbsp

Pumpkin seeds — 2 tbsp

Feta —  $\frac{1}{4}$  cup

### DRESSING

Olive oil — 3 tbsp

Lemon juice — 2 tbsp

Honey — 1 tsp

Salt & pepper

## DIRECTIONS

- Peel carrots into thin ribbons using a vegetable peeler.
- Add carrots, cucumber, mint, pumpkin seeds, and feta to a bowl.
- Whisk together olive oil, lemon juice, honey, salt, and pepper.
- Drizzle dressing over salad and toss gently before serving.

# CABBAGE APPLE SLAW

CRISP, REFRESHING, AND FULL OF CRUNCH



4 SERVINGS



15 MINUTES



## INGREDIENTS

### SALAD

Green cabbage — 6 cups, shredded

Apple — 1, thinly sliced

Carrot — 1, shredded

Sunflower seeds — 2 tbsp

Fresh parsley — 2 tbsp

### DRESSING

Olive oil — 3 tbsp

Apple cider vinegar — 2 tbsp

Honey — 1 tsp

Dijon mustard — 1 tsp

Salt & pepper

## DIRECTIONS

- Add cabbage, apple, carrot, sunflower seeds, and parsley to a large bowl.
- Whisk together olive oil, vinegar, honey, mustard, salt, and pepper.
- Pour dressing over salad and toss until evenly coated.
- Let sit for 10 minutes before serving.

# AVOCADO HERB GREEN SALAD

CREAMY GREENS WITH FRESH HERBS



4 SERVINGS



15 MINUTES



## INGREDIENTS

### SALAD

- Mixed greens — 8 cups
- Avocado — 1, sliced
- Cucumber — 1, sliced
- Green onion — 2, sliced
- Pumpkin seeds — 2 tbsp
- Fresh parsley — ¼ cup
- Fresh dill — 2 tbsp

### DRESSING

- Olive oil — 3 tbsp
- Lemon juice — 2 tbsp
- Honey — 1 tsp
- Dijon mustard — 1 tsp
- Salt & pepper

## DIRECTIONS

- Add greens, avocado, cucumber, green onion, pumpkin seeds, parsley, and dill to a large bowl.
- Whisk together olive oil, lemon juice, honey, mustard, salt, and pepper.
- Drizzle dressing over salad just before serving and toss gently to combine.