

DIGESTLIVE™

Veggies are Our Besties by DigestLIVE™

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Yoo-hoo! It's me, Nomi, the head nutritionist over here at DigestLive.

I have put together some great recipes for you. Need a little inspiration to up your veggie game? Check out these 15 colorful salad recipes. We've got an array of phytonutrients, a whole bunch of fiber, and yummy, simple to prepare food that will help you to digest your best.

Feel free to take a picture of your favorite recipe and tag us @digestlivebyorganza on Insta. We love spreading health and sharing tips.

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All information included in this document is for educational purposes only. Please discuss all food, supplement, and exercise changes with your doctor.

Lemony Kale & Cauliflower Salad

8 ingredients · 15 minutes · 4 servings



Directions

1. In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
2. Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
3. Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 cup of salad.

More Flavor

Add chopped tomatoes, peppers or black olives. Serve with lemon wedges.

Meal Prep

Make the cauliflower rice head of time or use store-bought cauliflower rice instead.

Ingredients

- 1/2 cup** Lemon Juice
- 1/2 tsp** Garlic Powder
- 1/4 tsp** Sea Salt
- 3 cups** Kale Leaves (finely chopped)
- 1/2 cup** Parsley (chopped)
- 1/2 cup** Green Olives (pitted, chopped)
- 1/2 head** Cauliflower (small, chopped into florets)
- 2 tbsps** Extra Virgin Olive Oil

Herb & Garlic Roasted Vegetables

8 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the cauliflower, beet, broccoli, and squash to the baking sheet. Drizzle with coconut oil and season with parsley, garlic powder, and salt.
3. Bake for 35 to 40 minutes or until browned and tender. Season with additional salt if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

More Flavor

Add other dried herbs and spices to taste.

Vegetables

Use Brussels sprouts, sweet potato, carrots, or bell peppers instead.

Ingredients

- 1/2 head** Cauliflower (small, cut into florets)
- 1** Beet (large, peeled and chopped)
- 2 cups** Broccoli (cut into florets)
- 1 cup** Butternut Squash (cut into cubes)
- 1 tbsp** Coconut Oil (melted)
- 1 tsp** Dried Parsley
- 1/2 tsp** Garlic Powder
- 1/4 tsp** Sea Salt

Summer Salad with Grapefruit Vinaigrette

10 ingredients · 20 minutes · 4 servings



Directions

1. Fill each individual salad bowl with a large handful of arugula. Evenly set the pecans, avocado, strawberries, blueberries and raspberries across all bowls. Sprinkle each bowl with a bit of your chopped basil.
2. Create your dressing by combining your grapefruit juice, olive oil and apple cider vinegar in a bowl and stir. Spoon the dressing evenly over each bowl. Enjoy!

Ingredients

- 4 cups** Arugula
- 1/2 cup** Strawberries (sliced)
- 1/2 cup** Raspberries
- 1/2 cup** Blueberries
- 1/2 cup** Pecans (toasted)
- 1** Avocado (peeled and diced)
- 1/4 cup** Basil Leaves (chopped)
- 1/2** Grapefruit (juiced)
- 2 tbsps** Extra Virgin Olive Oil
- 2 tbsps** Apple Cider Vinegar

Spiralized Veggie Noodles with Peanut Sauce

12 ingredients · 15 minutes · 3 servings



Directions

1. Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
2. In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
3. To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

Notes

Leftovers

For best results, refrigerate veggies and peanut sauce in separate airtight containers for up to three days.

Serving Size

One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.

Soy-Free

Use coconut aminos instead of tamari.

Nut-Free

Use sunflower seed butter instead of peanut butter.

Additional Toppings

For extra crunch add sliced almonds, chopped peanuts or pumpkin seeds. Serve with lime slices.

Ingredients

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Water
- 2 tbsps Lime Juice
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 tbsps Hemp Seeds

Lemon Parmesan Salad

7 ingredients · 10 minutes · 2 servings



Directions

1. In a salad bowl, mix together the lemon juice and oil. Season with salt and pepper.
2. Add the lettuce to the bowl and toss well to combine.
3. Top the salad with pomegranate seeds, almonds, and parmesan. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add sliced apple or pear.

No Sliced Almonds

Use hazelnuts, walnuts, or pecans.

Nut-Free

Omit almonds or use sunflower seeds instead.

Ingredients

- 1/2 Lemon (juiced)
- 1 1/2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 head Green Lettuce (leaves separated)
- 1/4 cup Pomegranate Seeds
- 2 tbsps Sliced Almonds (coarsely chopped)
- 1/4 cup Parmigiano Reggiano (finely grated)

Marinated Veggie Salad

12 ingredients · 20 minutes · 4 servings



Directions

1. Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
2. Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

Mix It Up

Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

No Lentils

Serve with chickpeas, tofu, or tempeh.

Cheese Lover

Add plant-based feta cheese.

Ingredients

- 1/4 cup Apple Cider Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 tsp Cayenne Pepper
- 2 cups Broccoli (chopped into small florets)
- 1/2 Cucumber (diced)
- 1 cup Matchstick Carrots
- 1 Yellow Bell Pepper (finely sliced)
- 1/4 cup Red Onion (finely sliced)
- 1 cup Cherry Tomatoes (halved)
- 1 cup Mushrooms (sliced)
- 2 cups Lentils (cooked, drained and rinsed)

Hearty Kale & Apple Tuna Salad

9 ingredients · 10 minutes · 4 servings



Directions

1. Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

- 1 can Tuna (drained)
- 2 stalks Celery (diced)
- 4 cups Kale Leaves (finely sliced)
- 1 Carrot (grated)
- 1 Apple (diced)
- 1/4 cup Sunflower Seeds
- 2 tbsps Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Almond, Broccoli & Cabbage Salad

9 ingredients · 15 minutes · 4 servings



Directions

1. Add the broccoli, cabbage, raisins, almonds, and half of the shallots together in a bowl.
2. In a separate bowl or cup, with an immersion blender, blend the orange juice, miso, almond butter, remaining shallots, and oil until smooth. You can also use a mini food processor or small blender.
3. Pour the dressing over the vegetables and toss to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups of salad.

Additional Toppings

Cilantro, parsley, and/or chives.

Ingredients

- 2 cups** Broccoli (cut into florets)
- 1 cup** Purple Cabbage (thinly sliced)
- 1/4 cup** Raisins
- 1/4 cup** Slivered Almonds
- 1/4 cup** Shallot (chopped, divided)
- 1/3 cup** Orange Juice
- 1 tbsp** Miso Paste
- 1 tbsp** Almond Butter
- 1 tbsp** Avocado Oil

Apple, Beet & Carrot Slaw

8 ingredients · 10 minutes · 3 servings



Directions

1. In a large bowl add the beets, carrots, kale and apple.
2. In a small bowl, whisk together the orange juice, lemon juice and sea salt.
3. Add the dressing to the salad and toss to combine. Top with parsley and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to about 3/4 cup salad.

More Flavor

Add some dijon or honey mustard to the dressing.

Additional Toppings

Top with pumpkin seeds.

Ingredients

- 2 Beet (medium-size, peeled, julienned)
- 2 Carrot (julienned)
- 2 cups Kale Leaves (shredded)
- 1 Apple (julienned)
- 3 tbsps Orange Juice
- 1 tbsp Lemon Juice
- 1/8 tsp Sea Salt
- 1/4 cup Parsley (chopped)

Apple Cranberry Slaw

8 ingredients · 15 minutes · 3 servings



Directions

1. Combine all ingredients in a large bowl and toss until well combined. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add ground mustard.

Ingredients

- 1 Apple (medium, diced)
- 1/4 cup Red Onion (diced)
- 1/2 cup Dried Unsweetened Cranberries
- 1/4 cup Pumpkin Seeds
- 1/2 tsp Celery Salt
- 3 cups Napa Cabbage (finely sliced)
- 2 tbsps Avocado Oil
- 1 tbsp Apple Cider Vinegar

Cabbage, Carrot & Tofu Salad

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
3. In a small bowl, combine the sesame oil, rice vinegar, and lime juice.
4. In a large bowl add the cabbage, carrot, and cilantro. Add the dressing and mix well with your hands to ensure everything is coated. Top with tofu. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to about three cups of salad with tofu.

More Flavor

Add salt, pepper, chili flakes, minced garlic and/or ginger to the dressing, or sweeten with coconut sugar.

Additional Toppings

Add chopped peanuts on top.

Ingredients

- 12 1/3 ozs Tofu (extra-firm, pressed and cubed)
- 2 tbsps Tamari
- 2 tbsps Arrowroot Powder
- 1 tbsp Sesame Oil
- 2 tsps Rice Vinegar
- 1 1/2 tsps Lime Juice
- 4 cups Purple Cabbage (thinly sliced)
- 1 Carrot (shredded)
- 1/3 cup Cilantro (chopped)

Citrusy Kale & Carrot Salad

7 ingredients · 10 minutes · 4 servings



Directions

1. Cut away the peel and pith of the orange then cut the orange into segments away from the membranes. Roughly chop the orange segments and set aside.
2. In a small bowl combine the oil, lemon juice, and Dijon mustard
3. Add the kale to a mixing bowl. Add the dressing to the kale and massage with your hands for one to two minutes until wilted and tender.
4. Stir in the carrot then top with the orange segments and walnuts. Season the salad with additional lemon juice, if needed, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Nut-Free

Omit the walnuts or use pumpkin seeds instead.

More Flavor

Use roasted walnuts and add fresh parsley. Season with salt and pepper.

Ingredients

- 1 Navel Orange (medium)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsps Dijon Mustard
- 8 cups Kale Leaves (finely chopped)
- 1 Carrot (small, peeled and finely grated)
- 1/3 cup Walnuts (chopped)

Grain-Free Tabbouleh

7 ingredients · 15 minutes · 3 servings



Directions

1. In a large bowl, combine the parsley, mint, cucumber, bell pepper, and green onion. Add lemon juice and season with salt to taste. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add olive oil, minced garlic, and black pepper to taste.

Additional Toppings

Diced tomato, quinoa, or cauliflower rice.

Ingredients

2 cups Parsley (tough stems removed, finely chopped)

1/3 cup Mint Leaves (finely chopped)

1 Cucumber (medium, finely diced)

1 Red Bell Pepper (large, finely diced)

3 stalks Green Onion (thinly sliced)

2 tbsps Lemon Juice (to taste)

1/4 tsp Sea Salt (to taste)

Sweet Potato & Pomegranate Salad

8 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C). Toss the sweet potato with 1/3 of the oil and salt. Arrange on a baking sheet and bake in the oven for 30 minutes.
2. In a small bowl, whisk together the remaining oil, lemon juice, and maple syrup.
3. Add the pomegranate seeds, red onion, and parsley to a large bowl. Add the sweet potato and pour on the dressing. Mix well to coat. Season with additional salt if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 3/4 cup.

More Flavor

Add mixed greens or romaine and your protein of choice to turn this into a main dish.

Ingredients

- 2 Sweet Potato (cubed)
- 1 **tbsp** Extra Virgin Olive Oil (divided)
- 1/8 **tsp** Sea Salt (to taste)
- 1 **tbsp** Lemon Juice
- 1 **tsp** Maple Syrup
- 2 **cups** Pomegranate Seeds
- 1/2 **cup** Red Onion (diced)
- 1/4 **cup** Parsley (chopped)