

Home > Lifestyle News > Food News > Article > Stay cool with these salads Chefs share refreshing recipes to soothe your body and mind

Stay cool with these salads: Chefs share refreshing recipes to soothe your body and mind

Premium

Updated on: 27 June, 2024 10:52 AM IST | Mumbai
Maithra Agarwal | maithra.agarwal@mid-day.com

Share: [f](#) [t](#) [x](#) [in](#) [Google News](#) [Print](#)

Text [A](#) [A](#) [Join Us](#)

Chefs share culinary creations designed to nourish your body and calm your mind in the scorching summer

0 Share



Craving a summer salad that's both satisfying and refreshing? Look no further than this unique recipes

ADVERTISEMENT



More Stories

Bigg Boss OTT 2 winner Elvish Yadav summoned by ED in money laundering case



IN PHOTOS: Discover Mumbai's top loaded French fries

Summer salad

Craving a summer salad that's both satisfying and refreshing? Look no further than this crunchy salad with greens, nuts, and a soothing cilantro lime salad dressing. "The unique combination of tamari, chili powder, and a touch of balsamic vinegar delivers a burst of umami flavor with a hint of spice, perfectly complementing the fresh ingredients," shares Jagmohan Singh, food and beverage manager at Araiya Hotels and Resorts.

Ingredients

Romaine lettuce 1 medium head

Shiitake mushroom 100 gm

Walnut 5 no

Red cabbage and radish 80 gm

Jalapeno sliced (optional)

Sliced avocado 1 no

Cilantro lime dressing 80 gm

Crispy tortilla sliced into strips 2 no

Chopped bell pepper 30 gm

Corn 30 gm

Green onion 30 gm

Olive oil 1 tbs

Sea salt as per taste

Freshly ground black pepper as per taste

Method

1. Preheat the oven to 400 degrees, and line a baking sheet with parchment paper.
2. Toss the tortilla strips with a tiny bit of olive oil.
3. Over medium heat put olive oil add mushrooms and cook until begin to brown and soften.
4. Stir in the walnut and lightly toast for 1 to 2 minutes.
5. Stir in the tamari and chilli powder. Add balsamic vinegar and stir again.
6. Remove from the heat and season with salt and pepper to taste.
7. Assemble the salad with the romaine lettuce, cabbage, black beans, radishes, tomatoes, avocados, jalapenos, and generous dollops of cilantro lime avocado dressing.
8. Drizzle with olive oil and sprinkle with sea salt. Serve with lemon wedges and extra dressing on the side.



BECOME A MID-DAY PREMIUM MEMBER TODAY

[SUBSCRIBE NOW](#)