

Trim Healthy
W I S D O M

Amazing Weird Salad (E or XO)

(Depending upon the amount of nuts used)

(P – Yes, this salad is weird... I mean cucumber usually doesn't get grated and raisins cut in half. What the???!!! But it all works together somehow. It came into being when I didn't have leafy greens in the fridge. In fact, I needed to go grocery shopping, and my usual salad ingredients were all used up. I did have some pre-cooked quinoa in the fridge, though, a cucumber and a carrot, and I found a lone packet of tuna in my cupboard. I put these things together, threw in some raisins and now this salad stays in the rotation because it is somehow awesome! Go make it and tell me if I'm crazy or genius. I won't be offended if you pick the first, but give it a go before you decide! I typically use this on weeks when I already have a big pot of cooked quinoa in my fridge, so this thing comes together very quickly without having to worry about making quinoa.

Oh... and about the raisins cut in half... you just get more pops of sweetness throughout the salad without overdoing raisins.)

Single Serve Full-Meal Salad

INGREDIENTS:

- 1 large organic, unpeeled carrot (grated)
- 1/3 - 1/2 large English cucumber (grated)
- 12 - 14 raisins (cut in half)
- 1/2 - 2/3 cup pre-cooked quinoa
- 1 1/2 Tbs apple cider vinegar (or more to taste)
- 1 squirt Bragg Liquid Aminos
- 1/4 tsp [TH Super Sweet Blend](#) or 1/2 Tbs [TH Gentle Sweet](#)
- 1 light sprinkle of cayenne pepper
- 3 - 5 oz pouch or canned tuna (we like Safe Catch Brand or Trader Joe's brand for the most protein per ounce)



- curry powder (to taste)
- [TH Mineral Salt](#) (to taste)
- 1 Tbs almond slices (Fresh Gourmet Brand works well)
- 1 Tbs nut butter of choice or ½ avocado for XO (optional)

INSTRUCTIONS:

1. Put the grated carrot, cucumber, and raisins in your favorite large salad bowl.
2. Add the apple cider vinegar, Bragg Liquid Aminos, and cayenne powder and toss well.
3. Add the pre-cooked quinoa and toss all ingredients gently.
4. Heat tuna in a healthy-style non-stick pan and sprinkle with curry powder and mineral salt. It will be warm in about 1 minute.
5. Top the salad with the warm tuna and nuts, and add either ½ diced avocado or drizzle on 1 tablespoon of your favorite nut butter if you desire an XO.

Protein Nerd Notes:

If you prefer a lower tuna protein option, you can utilize Protein Option 1 and use a garnish amount of just 2-3 ounces. To make up the rest of the protein you need for your Protein Nerd Level 3 requirements, you can add more protein to your dressing by omitting the Super Sweet and replacing it with a ½ Tbs [TH ESSENTIAL](#). Or you can put a serving of [TH Optimized Collagen](#) in a coffee or tea (or chug it with water and a tsp of ESSENTIAL before your meal) or use a half serving of another optimized protein powder in another way, perhaps by starting your meal with the *Side Protein & Fiber Chocolate Milk* or the *PYY Booster* using the added tablespoon of the [TH Optimized Plant Protein](#). If using this lower protein option, use the full ⅔ cup quinoa. For Protein Option 2, use more tuna (5 ounces), and this will provide all your Nerd 3 protein requirements; if doing so, consider cutting the quinoa amount down to ½ cup.