

EVERYTHING
SALADS

FRESH AND HEARTY

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Hi I'm Luay!

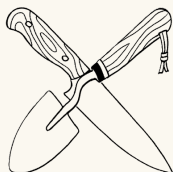
*Hey everyone! I'm Luay Ghafari, the creator, recipe developer, writer and photographer of **Urban Farm and Kitchen**, a blog dedicated to fresh garden-to-table, Levantine and Mediterranean recipes.*

Luay shares **fresh, easy** and **delicious** recipes inspired by his garden-to-table philosophy. On his blog he includes classic Levantine and Eastern Mediterranean recipes with innovative modern twists. He is passionate about preservation and shares **preservation tips, advice and recipes** to turn beautiful and nutritious homegrown produce (or a farmer's market haul) into pickles, salsas, sauces, ferments, spice mixes and more. He resides in Toronto, Ontario.

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In 2023, Luay published his first book, **Seed to Table: A Seasonal Guide to Organically Growing, Cooking and Preserving Food at Home**. It was one of the highlights of his career and a book that has been a true labor of love and represents everything he is passionate about. Find more information about the cookbook [here](#).





welcome

I love a good salad. Their versatility, freshness and how quick most of them are to prepare makes them a favourite around here. And salad's do not need to be boring! They can be fresh, hearty, bold and briny, full of intense flavours. They can stand their own or be paired with cooked meats and vegetables for a complete, delicious meal. So, if you are looking for the perfect salad, look no further, I have just the salad for you!



Before We Begin

Salad Top Tips

Before diving in, there are some general tips and tricks you can go over to get the most out of this salad e-book.



1 Cucumbers

I recommend using Persian-style cucumbers wherever cucumbers are called for. Their seed cavities are smaller and the skin is tender. English cucumbers work, but I recommend peeling them and cutting out the seed cavity so that the salad does not end up too wet

2 Red Onions

Whenever adding red onions to a salad, soak them in cold water for a milder flavour. The key is to also slice them as thinly as possible for the best texture and flavour in the salad.

3 Feta Cheese

Use Greek feta wherever feta is called for in a salad recipe. Greek feta is creamy and the sourness plays nicely with the rest of the ingredients.

4 Fresh Herbs

I love adding fresh herbs to salads. They provide an intense punch of flavor! They are often fresh and fragrant, some popular ones to use are dill, mint, basil, parsley and cilantro.

5 Customize

Feel free to customize each of these salad recipes to your liking. You can add extras like leafy greens, juicy tomatoes, bell peppers, avocado or kalamata olives. You can also add a protein source like cooked chicken, steak, shrimp or beans. Experiment, the sky is the limit!

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Prep Time
15 minutes



Servings
4



Total Time
15 minutes

Traditional Greek Salad (Horiatiki Salata)

INGREDIENTS

Salad Dressing

3 tbsp extra virgin olive oil

2 tbsp lemon juice

1 tsp dried oregano

¼ tsp kosher salt

¼ tsp black pepper

Salad Ingredients

3 large tomatoes, cut into chunks
(about 3 cups)

2 Persian cucumbers, cut into
chunks

½ green bell pepper, cut into
strips

½ red onion, cut into thin strips

½ cup kalamata olives

½ cup feta cheese (block)

Drizzle of olive oil and a sprinkle
of dried oregano for garnish

INSTRUCTIONS

- 01 **Prepare Dressing.** Make the dressing by whisking together the olive oil, lemon juice, oregano, salt and pepper in a small bowl.
- 02 **Assemble.** In a serving bowl, add the tomatoes, cucumbers, green bell pepper, red onion and olives.
- 03 **Toss.** Pour the dressing over the vegetables and toss gently to combine. Taste the salad, it should be just salty enough. Adjust seasoning to your liking.
- 04 **Add Cheese and Serve.** Place the feta cheese block on top of the salad. Drizzle with olive oil and a sprinkle of dried oregano for garnish. Serve immediately or at room temperature.

Note. Careful not to add too much salt as the feta is also salty, start with a little and add more later if you need to.



Prep Time
15 minutes



Servings
6



Total Time
15 minutes

Watermelon, Cucumber, Feta Salad

INGREDIENTS

Salad Dressing

2 tbsp extra virgin olive oil

1 tsp lime zest

1 tbsp lime juice

½ tsp kosher salt

¼ tsp black pepper

Salad Ingredients

3 cups watermelon, cut into chunks

3 Persian cucumbers, diced

1 cup blueberries

½ cup feta cheese, crumbled

2 tbsp fresh mint, finely chopped

2 tsp sumac

INSTRUCTIONS

- 01 **Prepare Dressing.** In a large serving bowl make the dressing by whisking together the olive oil, lime zest, lime juice, salt and pepper.
- 02 **Assemble.** Add the watermelon, Persian cucumbers, blueberries, feta cheese, mint and sumac to the bowl.
- 03 **Toss.** Gently toss everything together. Taste and adjust the seasoning if needed. garnish with some extra mint leaves. Serve immediately or chill for 10-15 minutes for an extra-refreshing bite.

Note. Careful not to add too much salt as the feta is also salty, start with a little and add more later if you need to.



Prep Time
10 minutes



Servings
4



Total Time
10 minutes

Classic Greek Lettuce Salad (Maroulosalata)

INGREDIENTS

Salad Dressing

- ½ cup Greek feta cheese, crumbled
- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- ½ tsp kosher salt
- ¼ tsp black pepper

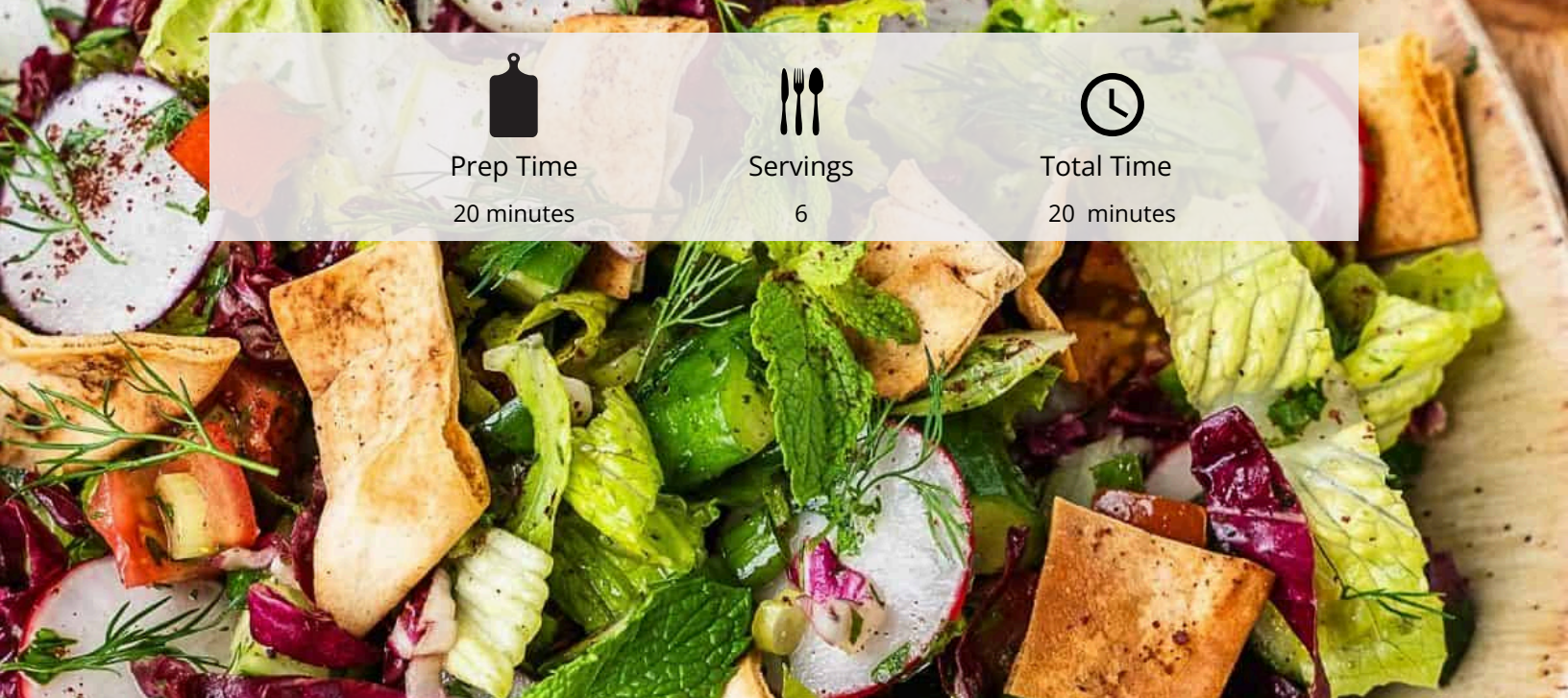
Salad Ingredients

- 2 Romaine hearts, chopped roughly
- 5-6 green onions, finely chopped
- ¼ cup fresh dill, finely chopped
- ¼ cup fresh mint, finely chopped

INSTRUCTIONS

- 01 **Prepare Dressing.** To a large bowl, add the feta cheese, olive oil, lemon juice, salt and pepper. Using a fork, smash the crumbled feta lightly mixing it with the oil and lemon juice.
- 02 **Assemble.** To the same salad bowl, add the chopped romaine, green onions, dill and mint.
- 03 **Toss.** Using your hands or tongs, mix everything together. Taste and adjust the seasoning. Garnish with some extra dill fronds and mint leaves.

Note. Careful not to add too much salt as the feta is also salty, start with a little and add more later if you need to.



Prep Time
20 minutes



Servings
6



Total Time
20 minutes

Authentic Lebanese Fattoush Salad

INGREDIENTS

Pita Croutons

1 Lebanese pita, cut into 1 inch squares
1-2 tbsp olive oil
kosher salt

Salad Dressing

3 tbsp extra virgin olive oil
2 tbsp lemon juice, from 1 lemon
1 tsp lemon zest, from 1 lemon
1 tsp sumac
2 tsp pomegranate molasses
Kosher salt and fresh cracked pepper to taste, start with ½ tsp salt, you can always add more

Salad Ingredients

1 romaine heart, chopped (or use half a head of romaine)
½ small radicchio head, chopped
3 medium tomatoes, chopped into ¾ inch cubes
3 Persian cucumbers, chopped into ¾ inch cubes
4-6 radishes, sliced into rounds of half moons
3 green onions, chopped
¼ cup flat leaf parsley, finely chopped
2 tbsp fresh mint, finely chopped
2 tbsp fresh dill, finely chopped

INSTRUCTIONS

- 01 **Bake Pita.** Preheat the oven to 400F/200C. Place the pita squares on a parchment paper lined baking sheet. Drizzle with the olive oil and a big pinch of salt, mix well, arrange in a single layer (don't overlap), and bake for 7-10 minutes until golden brown. Keep an eye on them, they will burn quickly. You might need to shake the baking sheet or turn the chips over, so they can toast evenly. Set aside to cool completely.
- 02 **Prepare Dressing.** Combine all the dressing ingredients in a large bowl and whisk to emulsify.
- 03 **Toss.** To the same bowl, add all the salad ingredients. Toss to combine
- 04 **Serve.** When ready to serve, add the toasted pita chips to the top of the salad. You can also transfer to a serving platter if you prefer.

Note. For the radicchio, use less, more or none at all depending on preference.



Prep Time

10 minutes



Cook Time

10 minutes



Servings

6



Total Time

20 minutes

Grilled Peach Salad

INGREDIENTS

Salad Dressing

3 tbsp extra virgin olive oil

2 tbsp red wine vinegar

½ tsp kosher salt

¼ tsp black pepper

¼ cup basil leaves, packed

Salad Ingredients

3 peaches, quartered

6 cups arugula

1 cup cherry tomatoes, halved

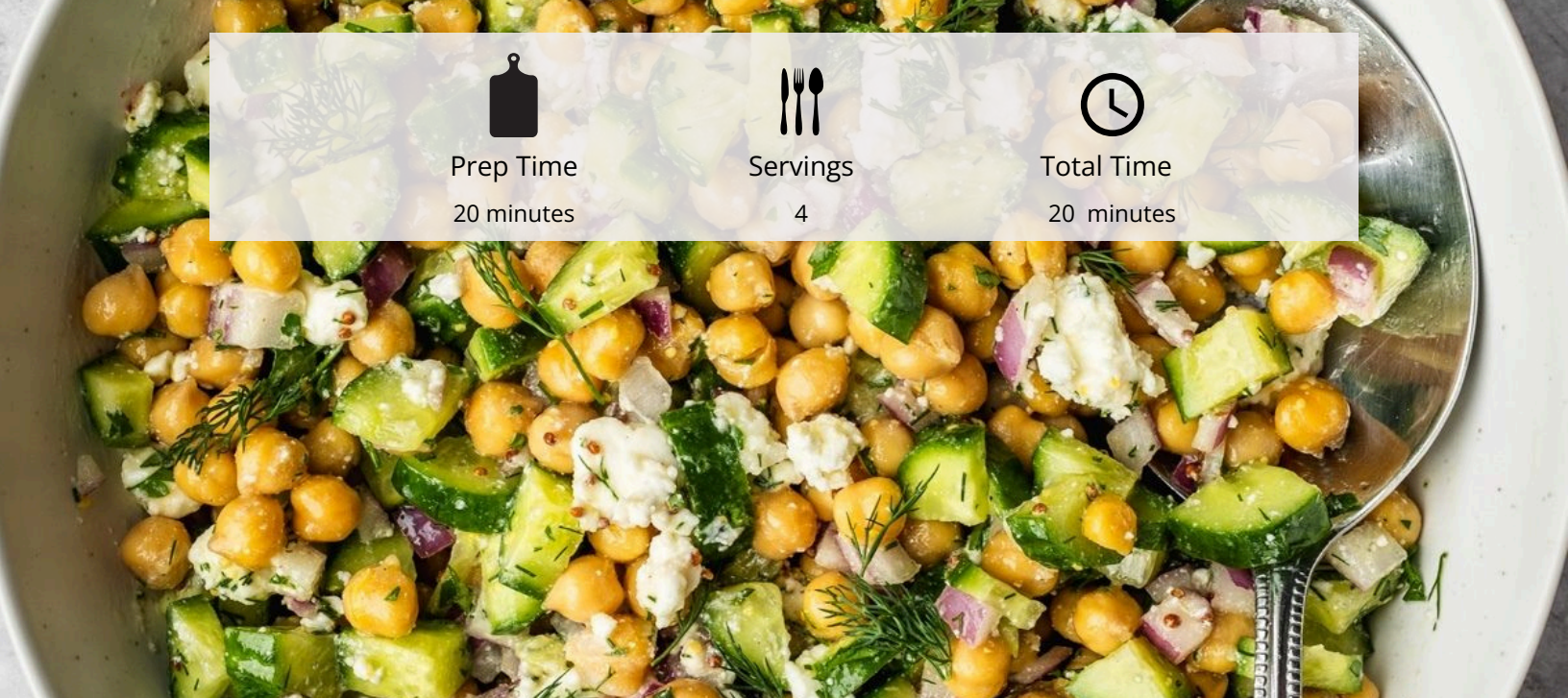
½ cup goat cheese, crumbled

2 tbsp slivered or sliced almonds

Basil leaves for garnish

INSTRUCTIONS

- 01 **Prepare Dressing.** In a small food processor or blender, combine the olive oil, red wine vinegar, salt, pepper and basil. Blend until smooth and set aside.
- 02 **Grill the Peaches.** Grill the peaches on a preheated and lightly oiled grill pan or BBQ until charred and tender, about 2-3 minutes per side. You want the peaches to have some grill marks on the cut side.
- 03 **Dress the Arugula.** In a large bowl, toss the arugula with half the basil vinaigrette. Arrange it as the base on your serving platter. Taste the arugula and adjust salt as needed.
- 04 **Assemble.** Layer the grilled peaches, blueberries, cherry tomatoes, goat cheese and slivered almonds over the arugula. Drizzle with the remaining vinaigrette. Top with a few basil leaves for garnish and serve immediately.



Prep Time
20 minutes



Servings
4



Total Time
20 minutes

Cucumber Chickpea Feta Salad

INGREDIENTS

Salad Dressing

- 3 tbsp extra virgin olive oil
- 2 tbsp red wine vinegar
- 1 tbsp grainy mustard
- ½ tsp kosher salt
- ¼ tsp black pepper

Salad Ingredients

- 1 540 ml/19 ounce can chickpeas, drained
- 4 Persian cucumbers, diced
- ½ cup Greek feta cheese, crumbled
- ½ cup red onion, finely chopped (to taste)
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh dill, chopped

INSTRUCTIONS

- 01 **Prepare Dressing.** In your serving bowl, whisk together the olive oil, red wine vinegar, mustard, salt and pepper to make the dressing.
- 02 **Assemble.** Add the chickpeas, cucumbers, feta cheese, red onion, parsley and dill into the bowl with the dressing.
- 03 **Toss.** Gently mix everything until well combined. Taste and adjust seasoning as needed. Serve immediately or chill for a bit to let the flavors meld.

Note. Careful not to add too much salt as the feta is also salty, start with a little and add more later if you need to.



Prep Time
30 minutes



Servings
6



Total Time
30 minutes

Greek Chicken Salad (with Butter Beans)

INGREDIENTS

Roasted Chicken

2 chicken breasts (skinless and boneless)

1 tbsp olive oil

1 tsp dried oregano

½ tsp kosher salt

¼ tsp black pepper

Salad Dressing

4 tbsp extra virgin olive oil

2 tbsp lemon juice

1 tsp lemon zest

1 tsp dried oregano

1 tsp kosher salt

½ tsp black pepper

Salad Ingredients

1 400 ml/14 ounce can butter beans, drained and rinsed

1 pint cherry tomatoes, halved

3 persian cucumbers, diced

½ cup red onion, thinly sliced (to taste)

¼ cup pitted kalamata olives, roughly chopped

1 cup Greek feta, crumbled

2 tbsp fresh dill, chopped

2 tbsp fresh parsley, chopped

2 tbsp fresh mint, chopped

INSTRUCTIONS

- 01 Roast the Chicken.** Preheat your oven to 400F/205C. Line a small baking sheet with parchment paper. Season the chicken breasts with the olive oil, oregano, salt and pepper. Roast for 20-30 minutes or until the chicken is golden and cooked through to an internal temperature of 170F. Let the chicken cool slightly before mixing the salad.
- 02 Prepare the Dressing.** While the chicken roasts, prepare the dressing by whisking the olive oil, lemon juice, lemon zest, oregano, salt and pepper in a small mixing bowl. Set aside.
- 03 Prepare the Salad.** In a large mixing bowl, add the butter beans, cherry tomatoes, cucumbers, red onion, kalamata olives, feta, dill, parsley, mint and the cooked chicken (cut into cubes). Try to keep the size of all the ingredients consistent.
- 04 Toss and Adjust Seasoning.** Add the dressing to the salad bowl, toss to coat, taste and adjust the seasoning. Serve right away at room temperature or cool in the fridge before serving. Garnish with fresh dill fronds.



Prep Time
30 minutes



Servings
6



Total Time
30 minutes

Bean Antipasto Salad

INGREDIENTS

Salad Dressing

- 4 tbsp extra virgin olive oil
- 3 tbsp red wine vinegar
- 2 tsp dijon mustard
- 2 tsp dried oregano
- 1 tsp kosher salt
- ½ tsp black pepper

Salad Ingredients

- 1 540 ml/19 ounce can white kidney beans or navy beans, drained
- 1 pint cherry tomatoes, halved
- 1 cup mozzarella or bocconcini pearls
- ½ cup salami, roughly chopped into strips or squares
- ½ cup green olives, rough chopped
- ½ cup marinated artichokes, rough chopped
- ¼ cup red onion, finely sliced
- Fresh basil leaves for garnish

INSTRUCTIONS

- 01 Prepare Dressing.** In a small bowl, combine the olive oil, red wine vinegar, dijon mustard, oregano, salt and pepper. Whisk to combine.
- 02 Assemble.** To a large bowl add the kidney beans, cherry tomatoes, mozzarella or bocconcini, salami, green olives, artichokes, and red onion.
- 03 Toss.** Add the salad dressing to the bowl. Toss everything, making sure to coat the salad ingredients with the dressing. Taste and adjust the seasoning.
- 04 Garnish and Serve.** I like to garnish with some fresh basil leaves at the very end. Serve cold or at room temperature.



Prep Time
10 minutes



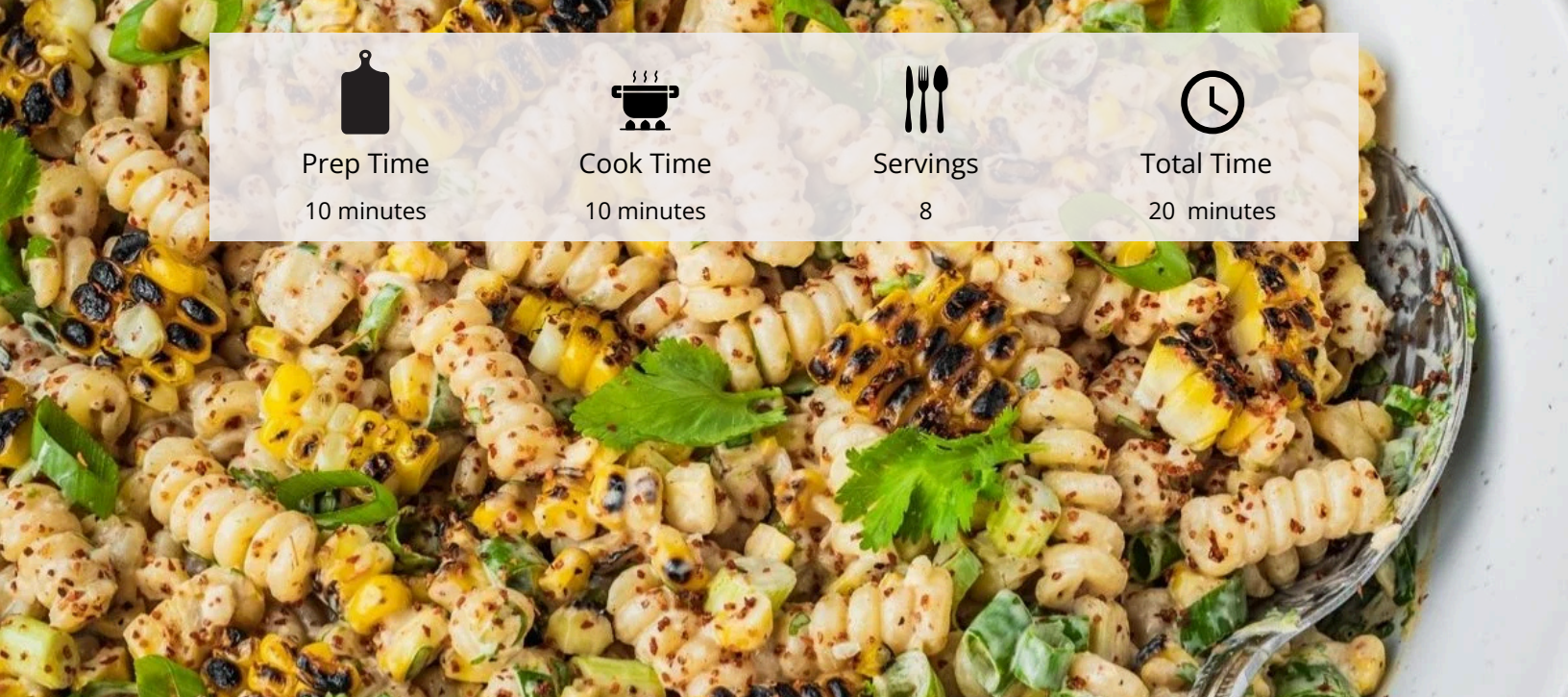
Cook Time
10 minutes



Servings
8



Total Time
20 minutes



Elotes Pasta Salad

INGREDIENTS

½ lb pasta (fusilli, penne, or other small shape)
3 ears of corn
¼ cup mayonnaise
¼ cup sour cream
3 tbsp lime juice, from 2 limes
1 tsp lime zest, from 1 lime
1 tsp smoked paprika, you can use sweet or hot or chili powder
1 tsp tajin seasoning
½ tsp kosher salt
¼ tsp black pepper
5 green onions, chopped
¼ cup fresh cilantro, chopped
1 cup cotija cheese, crumbled
Garnish with extra green onion, cilantro and tajin

INSTRUCTIONS

- 01 **Boil Pasta.** Boil the pasta in well-salted water until al dente. Drain and rinse under cold water to stop the cooking process and cool it down.
- 02 **Grill the Corn.** Grill the corn on an outdoor grill or indoor grill pan until nicely charred. Let it cool slightly, then carefully slice the kernels off the cob with a sharp knife.
- 03 **Prepare the Dressing.** In your serving bowl, whisk together the mayonnaise, sour cream, lime juice, lime zest, smoked paprika, tajin seasoning, salt and pepper.
- 04 **Assemble.** To the bowl with the dressing, add the cooled pasta, grilled corn kernels, green onions, cilantro and cotija cheese.
- 05 **Toss and Taste.** Toss everything together until evenly coated. Taste and adjust seasoning if needed. Garnish with extra green onion, cilantro and tajin before serving.



Prep Time

15 minutes



Cook Time

15 minutes



Servings

6



Total Time

30 minutes

Asparagus Potato Salad with Peas and Herbs

INGREDIENTS

Salad Dressing

4 tbsp extra virgin olive oil

2 tbsp lemon juice

1 tbsp lemon zest

1 tbsp grainy mustard

½ tsp kosher salt, plus more for the pot

¼ tsp black pepper

Salad Ingredients

2 lbs new potatoes, cut in half

1 lb asparagus, trimmed and cut into bite-sized pieces

1 cup frozen peas

2 tbsp fresh dill, finely chopped

2 tbsp fresh parsley, finely chopped

Garnish with extra parsley leaves and dill fronds

INSTRUCTIONS

- 01 Prepare the Dressing.** In your serving bowl, stir together the olive oil, lemon juice, lemon zest, mustard, salt and pepper.
- 02 Boil the Potatoes.** Add the potatoes to a large pot filled with cold water. Season the water heavily with salt. Make sure there is at least 2 inches of water covering the potatoes. Bring the pot to a boil on high heat and then cook until the potatoes are just tender, 10-15 minutes. Test the doneness with a fork. You want the potatoes to be cooked but not mushy.
- 03 Add the Asparagus and Peas.** When the potatoes are done add the asparagus and peas to the pot. Boil for only 1-2 minutes more. They do not need much time.
- 04 Strain.** Strain the potatoes, peas and asparagus in a colander. Set aside to drain and cool slightly.
- 05 Dress.** Transfer the drained vegetables to the serving bowl. Add the dill and parsley. Toss, taste and adjust the seasoning. Serve warm right away or cool in the fridge. Garnish with the extra parsley and dill.

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Thank you

I hope you enjoy every bite of
these salad recipes!

- Luay -



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