MS Salad Recipes

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Changing Recipes For Multiple Sclerosis

The types of salads you are able to eat when you have MS depends on your ability to chew food. If it’s becoming more difficult for you to chew but you can still swallow, you can still enjoy the same salads you love -- you’ll just need to make a few changes.

Let’s examine a few recipes here to see how you might change them to be MS recipes.

Tropical Chickpea Carrot Salad

Yield: 3-4 servings

Old Recipe
Ingredients:

- 15 ounces (one can) chickpeas
- 2 cups grated carrot
- ¼ cup shredded coconut
- ½ cup pineapple, sliced
- ½ cup fresh parsley
- ¼ cup cilantro, sliced
- ½ cup fresh fennel, sliced
- ½ cup coconut water
- Salt and pepper to taste

New Recipe
Ingredients:

- 15 ounces (one can) chickpeas, *mashed*
- 2 cups *finely shredded* carrot
- ¼ cup *shredded* coconut
- ½ cup pineapple, *crushed*
- ½ cup fresh parsley, *finely diced*
- ¼ cup cilantro, *finely diced*
- ½ cup fresh fennel, *finely diced*
- ½ cup coconut water
- Salt and pepper to taste

The directions for the recipe remain the same:

1. In a large bowl, mix the carrots and chickpeas together. Then add the fresh fennel, parsley and cilantro.
2. Add the coconut water and toss.
3. Top with the pineapple and the coconut.
4. Salt and pepper to taste.
5. Serve cold.

The key is to finely slice and dice the ingredients to make sure you're chewing as little as possible. You can do the same to this next recipe.

Beet Broccoli Detox Salad

Yield: 5-6 servings

Old Recipe
Ingredients:

- 1-1/2 cups beets, diced
- ½ cup parsley, chopped
- ½ cup celery, chopped
- 1 clove garlic, minced
- ¼ cup chopped cilantro
- ½ pound broccoli florets
- 1 bunch green onions, sliced
- 2 tablespoons olive oil
- ½ teaspoon Dijon mustard
- 1-1/2 tablespoons apple cider vinegar

New Recipe
Ingredients:

- 1-1/2 cups beets, *finely diced*
- ½ cup parsley, *finely chopped*
- ½ cup celery, *finely chopped*
- 1 clove garlic, minced
- ¼ cup cilantro, *finely chopped*
- ½ pound broccoli florets, *finely chopped*
- 1 bunch green onions, *finely chopped*
- 2 tablespoons olive oil
- ½ teaspoon Dijon mustard
- 1-1/2 tablespoons apple cider vinegar

Again, you see that it's still possible to eat the healthy salads you love, as long as you finely chop all the ingredients. The directions for this recipe would also remain the same:

Directions:

1. In a large bowl, mix beets, parsley, celery, garlic, cilantro, broccoli, and onions.
2. In a blender, mix olive oil, mustard and apple cider vinegar. Blend for 30 seconds.
3. Pour blended mixture over ingredients in the large bowl. Then toss.

Food slides down your throat much easier when you follow this principle. So don't give up on eating healthy salads!