

Easy Fall Salads-to-Go with Limoneira Citrus

*Take the stress out of meal prep with recipes from Limoneira Spokesperson
Megan Roosevelt*

(Santa Paula, CA) – September means back to school, the end of summer, and the establishing of new routines. This month, Limoneira spokesperson Megan Roosevelt is making the kitchen a less stressful place with healthy, delicious salads that can be made in advance for the whole family – and that pair beautifully with a simple lemon salad dressing. She brings this and other recipes for great fall tips and treats to the Limoneira YouTube channel all month long.

For a helpful demonstration, you can watch Megan create the salads below [here](#) on the Limoneira YouTube channel. Don't forget to subscribe – videos with more wonderful recipes, tips and tricks not detailed in this release will be added to the channel each Friday throughout the month.

Limoneira has also partnered with additional global chefs and mixologists, nutritionists, and beauty lifestyle and green cleaning experts to share their knowledge with the customers of our grocery and food service partners around the world. Their biographies can be found on [Limoneira's website](#).

In addition to being healthy alternatives to heavier kitchen fare, salads can be as versatile as they are tasty, and a light lemon dressing packs a punch of flavor without weighing the ingredients down. Without further ado, here are three stress-free salads to try out this fall.



Homemade Lemon Salad Dressing – Easy to make and delightful on the taste buds.

Ingredients:

- 3 tbsp Limoneira lemon juice
- ½ cup olive oil
- ¼ tsp sea salt
- 2 tbsp tahini

Directions: Add all ingredients to a small jar and whisk until smooth. It's as easy as that!

Quinoa Chickpea Salad – The ultimate in plant-based protein, with just enough texture.

Ingredients:

- 2 cups baby arugula
- 2 tbsp pine nuts
- 1 cup cooked quinoa
- 1 cup cooked chickpeas



Fiesta Salad – Color! Crunch! Flavor! This salad has it all.

Ingredients:

- 2 cups kale
- 1 cup black beans
- 2 tbsp sliced black olives
- ¼ cup corn
- ¼ cup diced carrots

Sesame Cashew Slaw – The ultimate in light yet hearty fare.

- 2 cups shredded cabbage
- ¼ cup diced carrots
- 2 tbsp sesame seeds
- 1 sliced green onion
- ½ cup cashews



Directions: Add three tbsp (or to taste) of homemade lemon salad dressing to preferred storage container (mason jars work great), and then layer the ingredients with the heavier ingredients on the bottom and the lettuce on top. Top with a lid, and store in the fridge. Enjoy within three days.

Each month, Megan will be featuring another wonderful facet of citrus living. Subscribe to [Limoneira's Youtube channel](#) for more information on the many ways this endlessly versatile fruit can improve life inside the home and beyond.

