

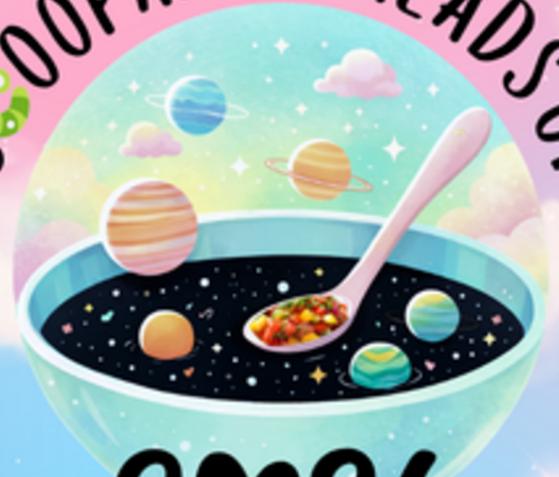


NOODLEONCEMORE  
2026

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SCOOPABLE SALADS OF



2026

**TITLE: SCOOPABLE BLISS**

- Cucumber x2
- Red Bell Pepper x1
- Green Onion x3
- Fire Roasted Corn x2 (frozen base)
- 1 can black beans
- Cheese
- mayo
- lime x1
- Salt
- chili powder
- onion powder
- avocado
- frozen chicken strips
- tortilla chips

**FAVORITE RECIPE!**  
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I MADE THIS ONE & LOVED IT!

I used a veggie chopper for all of the veg here using the smallest chopping plate I had, which minces!

- Chop all the veggies!
- Throw them in a bowl!
- Rinse your beans and throw them in!
- Use any cheese you want, I used feta for 1/2 of this recipe and shredded colby jack for the other 1/2 >> both were delicious.
- Squeeze the entire lime over the top.



VT: **MARIANNA'S PANTRY**

**Honey Mustard Broccoli Crunch Salad!**

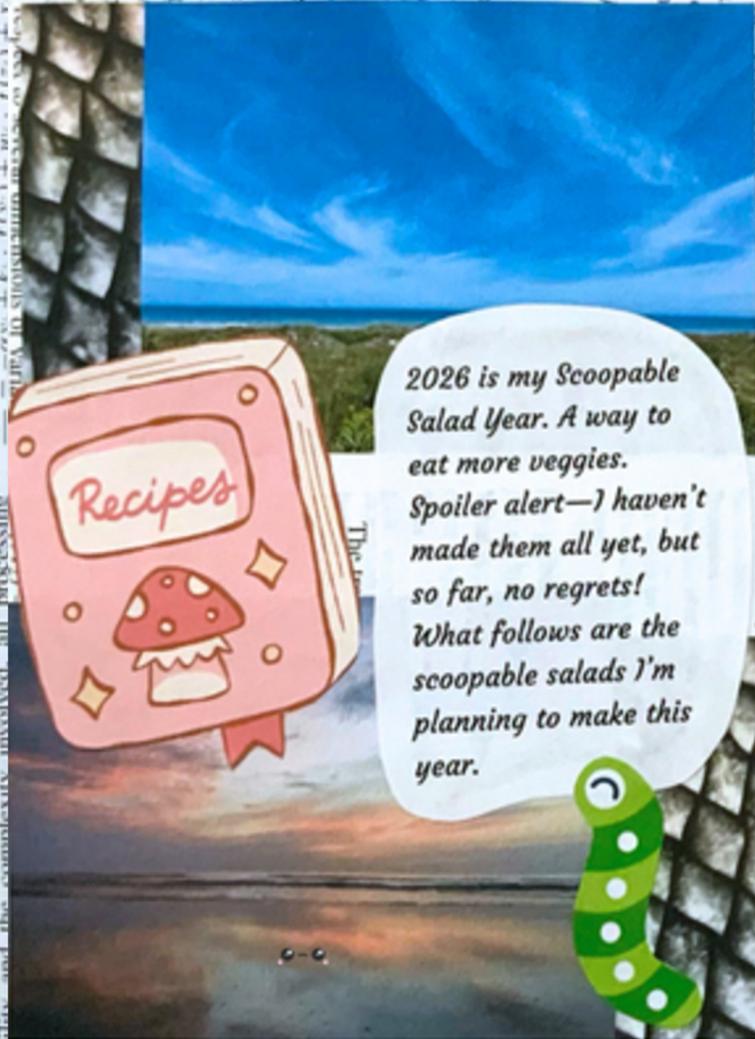
broccoli (1 bunch) - very chopped up  
 Shredded carrot - bagged 1 cup  
 beans of choice - 1 can  
 red bell pepper - 1  
 shredded cheese - 1/2 cup

onion 1/2c  
 cucumber 1  
 opt: bacon  
 cranberry

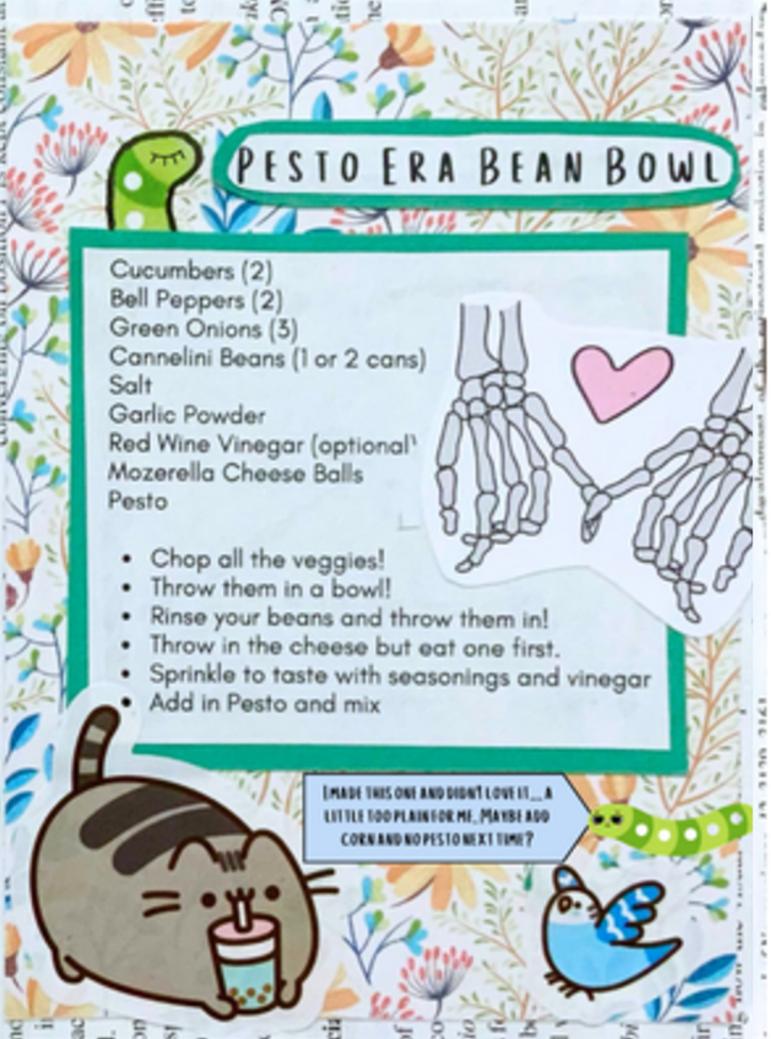
- olive oil 1/3c
- dijon mustard 3/2
- honey 1.5
- greek yogurt 3
- Salt + pepper
- water



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2026 is my Scoopable Salad Year. A way to eat more veggies. Spoiler alert—I haven't made them all yet, but so far, no regrets! What follows are the scoopable salads I'm planning to make this year.



## PESTO ERA BEAN BOWL

- Cucumbers (2)
- Bell Peppers (2)
- Green Onions (3)
- Cannellini Beans (1 or 2 cans)
- Salt
- Garlic Powder
- Red Wine Vinegar (optional)
- Mozzerella Cheese Balls
- Pesto



- Chop all the veggies!
- Throw them in a bowl!
- Rinse your beans and throw them in!
- Throw in the cheese but eat one first.
- Sprinkle to taste with seasonings and vinegar
- Add in Pesto and mix

MADE THIS ONE AND DIDN'T LOVE IT... A LITTLE TOO PLAIN FOR ME. MAYBE ADD CORN AND NO PESTO NEXT TIME?



## Edamame & Friends

- Cucumbers (2)
- Frozen Edamame (1 bag)
- Fire Roasted Corn (1 bag)
- 3 tablespoons finely chopped fresh parsley
- Scallions (3)
- Tomatoes (2 large)
- Feta
- Lemon (1)
- Garlic Powder
- Onion Powder
- Cumin
- Paprika
- Tahini
- Salt and Pepper
- Honey

- Chop all the veggies!
- Throw them in a bowl!
- Add the corn, edamame, honey and tahini.
- Sprinkle with all the sprinkleables.
- Add feta and stir.



Everything without a measurement should be measured with your heart, this is important.



## THINGS TO ADD ON TOP TO MIX IT UP!

- rotisserie chicken or microwavable chicken pieces
- fresh avocado
- roasted potatoes
- rice
- hot sauce
- baked tofu
- hardboiled egg



## Scooping vessel ideas

- tortilla chips
- toasted sour dough
- pita chips
- pita bread
- bagel chips
- pretzel thins
- plantain chips
- crackers
- triscuits

Tips!  
• you might want a citrus squeezer the next day



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