

Salads and Dressings

Spinach, Strawberry, Pecan Salad

Salad:

1 lb fresh spinach - washed and dried
1 pt strawberries - washed and halved
1/2 c pecan halves - toasted

Dressing:

1/3 c raspberry vinegar
1 tsp dry mustard
1 tsp salt
1/2 c sugar
1 c. Vegetable or olive oil
1 1/2 T poppy seeds

Combine dressing ingredients except the poppy seeds in a blender.

Add the poppy seeds by hand.

Toss dressing with spinach, strawberries, and hot pecans (the hot nuts will slightly wilt the greens).

Nectarine Raspberry Salad

Salad:

Fresh spinach or spring mix
Raspberries
Nectarines - sliced

Dressing:

1 nectarine - skinned, pitted, and chopped
2 T fresh lemon juice
3 T olive oil
1 T honey
Salt and pepper to taste

For Dressing:

Add all ingredients to blender. Blend until smooth.

Taste - adding more salt and pepper if necessary.

Serve over salad greens, nectarines, and raspberries.

Dressing will keep in the refrigerator for a couple of weeks.

Can't Get Enough Kale

1 large bunch kale finely chopped (I also remove main stem)
2 carrots shredded (I use more)
Pint of grape tomatoes - halved or quartered (optional)
1/2 c soaked pinenuts (optional)
1/2 c sun-dried tomatoes - soaked and chopped (optional)
1 red onion cut into thin slices (I like mine chopped)
Raw black olives (optional)
Juice of 1 lemon
1/4 c cold pressed extra virgin olive oil
Sea salt to taste
Few dashes of Bragg's Liquid Aminos

Mix all ingredients, cover, and let sit at room temperature for a couple of hours and then refrigerate overnight.

Crab Delight - Crab Salad without the Crab

2 c almonds - soaked for 12-48 hours and blanched to remove skins)
1 red bell pepper - finely chopped
2 T lemon juice
1-2 tsp kelp powder (I go very light on this or leave out completely)
3 stalks celery - finely chopped
1/2 red onion - finely chopped
1 tsp sea salt

Process almonds in food processor. You are looking for finely chopped almonds not almond butter!

Add the remaining ingredients and mix well.

When I use kelp powder, I put it in at the end little by little until I get the taste I want.

This is a great salad!

Sunshine Salad

2 carrots - grated
2 yellow squash - grated
1 sweet potato - grated
2 oranges - peeled and diced (more if desired)
1 T pure maple syrup

Mix well and enjoy.

Broccoli Salad Recipe

1 lb Broccoli florets (about 2 1/2 heads of broccoli)
1/2 c chopped red onions
1/2 c dried cranberries
1/2 c sunflower seeds (I like roasted and salted for this recipe)
1/4 c raw tahini
2 1/2 T red wine vinegar
2 T maple syrup (or monk fruit)
3/4 tsp salt
1 clove garlic, minced
Freshly ground pepper to taste

- Cut broccoli florets into bite-sized pieces and place in a large mixing bowl. Add in the red onions and cranberries.
- In small bowl mix tahini, vinegar, syrup, salt, garlic and black pepper and stir until well combined. Add 1-2 T of water as needed to thin out dressing. You want it thick but pourable to coat the broccoli. Taste and adjust any seasonings. The flavor will be diluted when added to the vegetables!
- Pour dressing over the veggies and toss well to coat. Cover and let the salad marinate in the refrigerator for at least an hour. Just before serving, stir in the sunflowers (to retain their crunch).
- Left overs can be covered and stored in the refrigerator.

Italian Vegan Pasta Salad

4 shredded zucchini, squash - or mixture of the two
1 onion - finely diced
1/4-1/2 c pine nuts
1/4-1/2 c sunflower seeds
Juice of 1 lemon (3-4 T)
1 1/2 tsp Italian seasoning
1/4 c Olive Oli
1-2 T nutritional yeast
1/8-1/2 tsp cayenne pepper (if desired)

Adjust ingredients to your taste and mix together.

Marinated Mushrooms

1/2 lb Portabella mushrooms, chopped
1/4 c Nama Shoyu (or Coconut aminos, or Braggs Liquid Aminos) - organic
1 T apple cider vinegar
1 T dried basil

Marinate mushrooms in sauce for 12 hours. Serve as side or topping. Excellent!

Dressings

Blueberry Balsamic Vinaigrette

1 c fresh blueberries
3/4 c extra virgin olive oil
1/3 c balsamic vinegar

Place blueberries in small saucepan, adding just enough water to cover the bottom of the pan.

Cook on medium low heat until berries are soft and thickened.

Place the berry mixture in a blender and blend with oil and vinegar. Blend on high until well combined.

Allow to cool, and store in the refrigerator for up to 5 days.

You can use this on salads, yogurt, on ice cream, or spread on toast.

Honey Mustard Vinaigrette

2 T Dijon mustard
2 T extra virgin olive oil
2 T apple cider vinegar or fresh lemon juice
1 T honey
1 small garlic clove - grated or minced (or 1/8 tsp powdered)
1/4 tsp sea salt (to taste)
Freshly ground black pepper

In small bowl, whisk together all the ingredients.

Sweet Onion and Citrus Dressing

1 c diced sweet onions (like Vidallia)
1/2 c light olive oil
1/4 c fresh squeezed lemon juice - 1 large lemon
3 T honey or agave
2 T Dijon mustard
1 tsp tapioca starch
1/2 tsp sea salt
1/4 tsp paprika
1 large clove fresh garlic (1/8 tsp garlic powder)

Add all ingredients to a blender and puree until smooth and thoroughly combined.

Chill for 30 minutes before serving.

Store leftovers in the refrigerator for up to 1 week.

Italian Dressing

1/4 c extra virgin olive oil
3-4 T white wine vinegar
1/2 - 1 T Italian seasoning blend
1/2 T garlic powder
1/4 tsp salt
Freshly ground black pepper

Optional

1-2 tsp fresh parsley
1 clove garlic - smashed and minced
1/8 tsp crushed red pepper flakes

Whisk all the ingredients together and allow to sit to allow the dressing time to infuse flavors and the herbs to soften.

This will keep in the refrigerator for about 1 week.

Avocado Dressing

1 whole large avocado - pitted and skinned
1 clove garlic, peeled
1/2 T fresh lime or lemon juice
3 T olive oil or avocado oil
1/4 tsp kosher salt
1/4 tsp ground black pepper
Water - to make the right consistency

Place all ingredients in a food processor (except water) and blend. Add water slowly to get it to the desired consistency.

Creamy Cilantro Dressing

Ingredients

- 2 tablespoons lime juice
- 1 cup cilantro leaves and tender stems, lightly packed
- 1/2 cup Greek yogurt (can use coconut yogurt)
- 1/4 cup mayonnaise
- 2 tablespoons olive oil
- 1 tablespoon water
- 1/2 teaspoon maple syrup or honey
- 1/2 teaspoon each garlic powder and onion powder
- 1/4 teaspoon kosher salt

Instructions

- Place all ingredients in a standard, small or immersion blender and blend for several minutes until pureed and creamy, stopping and scraping down the bowl as needed. If using a standard blender, you'll need to stop and scrape often.
- Serve immediately or refrigerate for up to 1 week.
- Bring to room temperature prior to serving.

Salsas

Kiwi Fruit and Tangerine Salsa

3-4 Kiwi Fruit - peeled and diced (1 1/2 c)
2 medium tangerines or 1 large orange - peeled and diced
1 c peeled and diced jicama
1/2 c diced sweet yellow or red bell peppers
1/4 c chopped cilantro
1 T lime juice
1 T vegetable oil
1/4 tsp salt

Combine all ingredients and chill.

Serve as a dip with tortilla chips, toasted pita, warm tortillas.

Serve as a sauce - on grilled halibut, swordfish, chicken or pork or over warm tortilla filled with scrambled eggs.

Traditional Salsa

28-oz can diced peeled tomatoes - including juice
1/2-3/4 c of diced green chili (mild, medium, hot, extra hot - depending on your taste)
1 bunch green onions (mainly use the onion part)
3 cloves garlic (more if you like it) - or 1/2 tsp garlic powder
1/4 c fresh cilantro leaves

Place all ingredients in food processor. Process on low for 10 seconds then on high for 15 seconds (depending on how chunky you like it).

Serve with tortilla chips.

Store in the fridge.

Pico de Gallo

6 medium tomatoes - diced
1 medium onion - diced
1/4 c fresh cilantro - chopped
2-4 fresh Serrano or jalapeño peppers - seeded and minced
Garlic powder - just a pinch
Salt to taste

Put all ingredients in a bowl and add 1/2 c of cold water.

Mix well. Let sit for a few minutes.

Black Bean Salsa

1 lb ripe tomatoes - diced
1/2 c red onion - minced
1/4 c cilantro - finally chopped
1 jalapeno pepper - remove ribs and seeds and finely chop
15 oz black beans or 1 1/2 cup cooked
1 lime (2 T) juice
1/2 tsp salt or more to taste

Instructions

- Mix all ingredients in bowl.
- Taste and add salt to taste.