

## *Mixed Salad Bowl with Carrot Lentil Dip*

**Ingredients:** serves 2

- 4 handfuls of fresh kale
  - ½ cup chopped cauliflower
  - ⅓ cup shredded cabbage
  - ½ cup finely chopped bell peppers
  - ¼ cup onion finely chopped
  - 2 tbsp sprouted lentils (see how below)
  - ½ cup carrot lentil dip (see recipe below)
1. In your food processor pulse the kale into small pieces and put this in a salad bowl
  2. Add the rest of the veggies around the kale in small piles
  3. Put the Carrot dip in the centre of the salad
  4. Drizzle with the Carrot Ginger dressing (below) and serve
  5. Let each person mix the salad as they eat it

**Carrot Ginger Dressing:** makes 1 cup

Put the following into your mini blender and blend until creamy:

- 1 lemon juices
- ½ cup olive oil
- 1 tsp CarrotJuiceMax
- 1 tsp honey
- 1 tsp ginger or 3-4 thin slices
- 1 small clove of garlic

### **Sprouting Lentils**

I like to add freshly sprouted lentils to my salads and soups and they are easy to do:

- Just take the dried lentils (I always buy organic ones) and put into a bowl then cover with distilled water so they have room to expand
- Let sit on the counter covered with a paper towel for 24 hours.
- Once they are sprouted rinse with cool water, drain and they are ready!

**Carrot Lentil Dip** (makes 1 cup)

Put the following in your food processor and blend until creamy

- 1 large or 2 medium carrots (pulse these first until coarse)
- 2 tbsp chopped onion
- 2-3 thin slices of ginger root
- ¼ cup sprouted lentils

This will keep for 3-5 days in the fridge. You can use it as a dip with crackers or thinly sliced cucumber pieces.



## *Carrot/Cabbage Salad Bowl*

with a Creamy Corn Dressing

**The Salad:** serves 3-4 (keeps well for a second day)

- 2-4 carrots to make 2 cups grated
- 2 cups grated cabbage

**Step 1:** process the carrots and purple cabbage in your food processor until coarse in texture (or grate) then slightly toss them in a salad bowl

- ½ cup finely sliced celery
- ½ cup diced zucchini or cucumber
- ½ cup diced yellow or orange bell peppers
- ½ cup diced jicama
- ¼ cup sesame seeds

**Step 2:** sprinkle the above veggies over the carrot/cabbage mixture and garnish with a sprinkle of sesame seeds

**Step 3:** Drizzle the dressing below over the salad and toss as you serve it.

**Creamy Corn Dressing** (makes 1 cup)

Put the following into your food processor and blend until creamy

- ¼ cup apple cider vinegar
- ¼ cup virgin olive oil
- ¼ cup organic frozen corn or fresh off the cob if in season
- 2-3 thin slices of ginger root
- 2 tsp Dijon mustard

**Salad Bowls** are an easy way to serve your salad – you can make one big one then toss as you serve or make individual bowls for each person so they can toss it as they eat it (I use my pasta bowls because they are wide mouthed and display the salad well). Other

**Serving Suggestions:** 1<sup>st</sup> Give each person a pasta bowl half filled with salad greens.

2<sup>nd</sup> Prepare all your choices of veggies chopped or diced or grated ready to be used. Put these veggies out in nice serving dishes and let the people make up their own bowl so they can pick and choose what they like best.

3<sup>rd</sup> Include an assortment of seeds or chopped nuts as well to use as a garnish.

4<sup>th</sup> Then have 2 choices of freshly made dressing so they again can have their own choice and let them drizzle the dressing over the salad before they eat it. They can toss the salad as they eat it.

