

Late Summer Fall Harvest

Yellow Tomato & Corn Salad

Ingredients: serves 2

- 6-9 small plum tomatoes (cut in half lengthwise)
- 1 cob of corn (cut off cob)
- Yellow bell peppers
- 2 celery stalks finely cut
- 1 cup small arugula leaves
- 2 tbsp sweet onion finely chopped
- ½ cup Fresh peas

Preparing the Salad

Step 1: cut all the vegetables as directed above

Step 2: put the cut veggies into a large salad bowl along with the arugula and peas

Step 3: toss everything with the dressing and serve (recipe below)

Basil Dressing: put the following into your mini blender and process until creamy. This keeps well for up to a week in the fridge.

- Fresh sweet basil (handful)
- ¼ cup of each: apple cider vinegar & virgin olive oil
- 1 tsp Dijon mustard
- 1 tsp raw honey
- 1 clove garlic minced

Fall Harvest Soup

Ingredients: to serve 4

- 10 Brussels's Sprouts sliced in half
- 6 mini red potatoes diced into ½" cubes
- ¼ cup sweet onion (diced finely)
- ½ cup celery (sliced thinly)
- 1 clove garlic (minced)
- 2 tbsp coconut oil
- ½ cup finely sliced leeks
- ½ cup fresh or frozen peas
- 1½ cup water
- 1 tsp dry mustard or 1 tbsp Dijon mustard
- Sea salt to taste
- ½ tsp nutmeg
- 2 tbsp nutritional yeast
- 3-5 fresh basil leaves finely chopped
- 1 cup coconut milk
- 1 cup cooked Quinoa

Step 1: Cut the veggies and put in a large saucepan with

the coconut oil and 1 cup water then simmer on low/medium heat until tender (about 15-30 minutes).

Step 2: add the mustard, nutmeg, nutritional yeast and basil along with 1 cup coconut milk and simmer for another 15-20 minutes.

Step 3: serve the soup in large soup bowls with a ¼ cup of cooked quinoa to each bowl.

