

## Using Nuts in Salads and Dressing

**Nuts or seeds** are a great source of Omega 3, protein, essential fatty acids, so we want to make them part of our daily food but we need to eat them sparingly because they are high in fat

**Waldorf Salad:** serves 3-4

**Ingredients:** apples, celery, raisins, pecans, plum

Here is an old classic salad I served every summer made healthier!

In a large bowl put the following:

- 2 apples (diced)
- 1 cup diced celery
- ½ cup of each: organic raisins and chopped pecans
- 1 plum diced
- ½ cup almond mayonnaise (see recipe below)

Toss well with the mayonnaise below and serve on a bed of baby spinach or romaine lettuce.



### Almond Mayonnaise:

**Ingredients:** almonds, lemons, nutmeg, cinnamon, allspice, cloves, agave, olive oil

Soak almonds overnight, strain and rinse well

Put all ingredients in blender, blend on high until smooth:

- 1 cup almonds
- ½ cup lemon juice
- ½ tsp. of each: cinnamon, nutmeg, allspice, cloves
- 2-4 tbsp. water
- 2 tbsp. apple agave syrup

Add 2-3 tbsp. olive oil at the end of blending – keep cool until ready to serve

**Note:** You can make this mayonnaise more suitable for using on a sandwich or in a potato salad by substituting garlic and other herbs in the place of the spices here.

### Boston Lettuce Wraps with Pecan Lentil Spread

**The Spread:** makes 2 cups

**Ingredients:** pecans/walnuts, lentils, mustard, vinegar, onion, celery, sesame oil, garlic & cloves

In your food processor pulse the following ingredients until creamy:

- 1 cup pecans or walnuts (soak 2 hours then drain)
- ½ cup lentils (soak overnight then drain before using)
- 2 tbsp organic mustard
- ¼ cup apple cider vinegar
- ¼ cup of each: onion diced & diced celery
- 1 tbsp sesame oil
- 1 small clove of garlic minced

**The Wrap:** 1 piece lettuce per person

Ingredients: mushrooms, zucchini, honey, mustard, vinegar,

Wash the Boston lettuce and let each leaf sit drying until needed.

Slice thinly the following:

- 6 medium mushrooms
- 1 zucchini into rounds

Toss with Honey Mustard Dressing:

- ¼ cup apple cider vinegar
- ¼ cup olive oil
- 1 clove garlic
- 2 tsp of each: mustard & honey

Blend in your blender on high until creamy.

Take each leaf of lettuce and fill with some mushroom & zucchini slices and a large spoonful of the pecan/lentil spread, wrap the leaf so the filling does not fall out.

These keep well for 2-3 hours in the fridge until ready to serve.



Almonds are a great snack as they are loaded with magnesium, calcium, vitamin E, potassium, fiber and good fat. Almonds have more fiber than any other nut.

Pecans are a good source of unsaturated fats, omega 6 and manganese, vitamin B1, zinc, phosphorus, and magnesium.

Walnuts They have good sources of manganese, phosphorus, magnesium, zinc, folate, and vitamin B6 & B1. The walnut is an excellent source of omega 6 having the most of all nuts.



**We have a NEW mini E-book called “NUTS & SEEDS” by Judy Fleming so if you would like more recipes using nuts and seeds just call our toll free number to order this PDF booklet for just \$5.00 1-866-478-2224.**