

**Easy Salads & Dressings:** These steps will help make healthy and interesting salads.

**Step 1:** Select dark green leafy greens such as: romaine, spring mix, spinach, endive, parsley, Bok Choy or cabbage. For fresh organic greens see my Garden Tower at the end of the recipes this week.



**Step 2:** Add at least 3-6 veggies such as: bell peppers, peas, asparagus, celery, broccoli, cauliflower, onion, radishes, corn, yams, turnip, beets, cucumber, carrots and tomatoes....just to name a few (these can be shredded or cut into bite size pieces).

**Step 3:** Add some nuts or seeds - almonds, Brazil nuts, hazelnuts, pecans, walnuts or sunflower and pumpkin seeds, or poppy and sesame seeds.

**Step 4:** Put all the ingredients you have chosen into a large bowl then toss with a home-made dressing see step 5.

**Step 5:** Once you have this great salad, let's not spoil it by using a store bought dressing, it is so simple to make a fresh dressing that will enhance the taste and keep it all Raw



**Formula for Dressings:** All you need are 3 main ingredients.

Dressings are best if mixed in a blender so the flavours blend together well. This can be done ahead and then kept cold until ready to serve with your salad

**Something Acidic:** lemon, lime, tomato, apple cider vinegar, orange, or grapefruit

**A Fat:** extra virgin olive oil, flaxseed oil, avocado, and an assortment of nuts & seeds

**Seasoning:** garlic, onion, and herbs (basil, cloves, oregano, paprika, sage, thyme, rosemary, allspice, cinnamon, cloves, nutmeg, or ginger)

By mixing the above combinations you can make an unlimited variety of dressings.

## Apple/Grape Salad with a Sweet Cinnamon Dressing

**The Salad:** (serves 4-6 people)

Wash 4 cups baby Romaine or Arugula lettuce and put in a large salad bowl and add the following:

- 2 golden Delicious apple (cored & diced)
- 1 cup diced celery
- ¼ cup sunflower seeds
- ¼ cup chopped pecans
- ½ cup sliced red grapes

Toss well with the dressing below.

**The Dressing:** makes ½ cup

Put the following into your blender:

- 3 tbsp. of each: apple cider vinegar & extra virgin olive oil
- 1 tsp. of each: ginger & cinnamon
- 1 tsp. maple syrup
- 4 grapes

Mix well until creamy. Add the dressing to the salad and toss just before serving.



**Did You Know:** 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 – my suggestion is a handful a day.

## Beet Chutney Pepper Boats with a Pomegranate Dressing

Take some red bell peppers and cut in half lengthwise and remove the seeds then set aside.

**The Chutney:** makes 2 cups to serve 2

Put the following ingredients into your food processor – using the pulse button process just enough to break it down into a chunky relish:

- 1 beet
- 1 stalk of celery
- 1 tbsp. chopped onion
- ¼ apple
- 1 cup spinach

Put the chutney in a bowl and add the dressing below.

**The Dressing:** makes ½ cup

- 1 pomegranate juiced (put aside a few of the pomegranate seeds)
- 2 tbsp. olive oil
- 2 thin slices of ginger root
- 1 pinch cayenne pepper
- 2 tsp. raw agave syrup

Blend well then mix with chutney

To assemble this salad place some chutney into the red pepper halves and garnish with the pomegranate seeds. These can be kept in the fridge overnight.



## Okra Green Bean Salad with a Lime Dressing

**The Salad:** serves 4

Put the following into a large salad bowl:

- 1 cup fresh okra (sliced diagonally)
- 2 cups green beans (cut into 1 inch pieces)
- 2 green onions (chopped)
- 3 large vine ripe tomatoes (diced)
- ½ cup chopped cilantro

Toss well with the dressing below. Okra has a tendency to become gooey use the same day.

**The Dressing:** makes ⅓ cup

Blend the following until creamy:

- 2 tsp. extra virgin olive oil
- 2 limes juiced
- 1 tsp. garlic powder or 1 clove
- ¼ tsp. coriander powder
- ⅛ tsp. of each: cumin & cloves

Pour this dressing over the salad and toss well before serving. This keeps well in fridge for 3-5 days

**Did You Know?** Okra is a heat-loving plant with fuzzy, green pods that appears in most gumbo recipes. It grows well in a wide variety of warm climates including those found in Africa, South Asia, China, Australia, and the southern United States. Okra is packed full of fibre, vitamin C, and folate, making it both a delicious and nutritious addition to your summer meals.



## Quinoa Stuffed Tomatoes with Cilantro/Ginger Relish

**The Relish:** makes 2 cups

Put the following in your food processor and pulse until a relish consistency:

- 2 cups cilantro
- 5-8 thinly sliced pieces of ginger root
- 1 lemon juiced
- ¼ cup sweet white onion
- Season to taste with: sea salt, garlic powder & cumin

Put in a bowl and add:

- 1 raw cob corn (slice the corn off with a sharp knife)

Stir together then put a scoop of this in a lettuce leaf and serve alongside the stuffed tomato.

**The Stuffed Tomatoes:** 1 tomato per person

Take a medium tomato and slice off the top (put this aside)

Scoop out the tomato with a large spoon (put this aside)

Mix the following in your food processor until chunky:

- the tomato pieces
- ¼ cup onion diced
- 1 clove garlic
- 1 cup spinach

Mix this tomato mixture in a bowl with the following:

- 1 cup quinoa (soaked overnight then drained)
- ½ tsp sea salt

Stuff each tomato – these can be stored in the fridge

overnight. Serve at room temperature along with the Cilantro/Corn Relish above.



### Easy SALAD Meals

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