

# ALKALINE SALAD GOURMET

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[www.thealkalinediet.org](http://www.thealkalinediet.org)



Balance Your Acidity,  
Restore Your Health &  
Lose Weight

Published in 2011 by Emma Deangela and Isabelle Ngin

[www.theAlkalineDiet.org](http://www.theAlkalineDiet.org)

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## Prologue

# Alkaline Salad Recipes

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Many people have the perception that an alkaline diet means consuming vegetables, fruits and grains only.

Technically, the alkalizing principle is based upon the 7:2:1 rule which will help you to attain your alkalizing objective; 7 parts vegetables, 2 parts fruits and 1 part grains.

Many people are perturbed as to how to apply this principle to the food that we eat. Should we eat all vegetables, less fruits and grains? Should we take note of the pH of every food that we put into our mouth?

My advice is that as much as possible, choose alkaline foods to be included in your daily menu. Slowly but surely, with the right food, exercise and rest, your pH meter will return to the alkaline state.

We've often received questions from readers: how do I make a quick, fuss-free, yet delicious alkaline meal? I'm always rushing from one location to the

next - i don't have much time to whip up a fancy gourmet meal.

The good news is that, you don't have to spend incessantly amount of time in the kitchen to prepare a nutritious alkaline meal. Think salads and the convenience it brings.

I know what on your mind. Salads are boring, and isn't it for leafy greens eaters? This alkaline salad recipes, packed full with 50 delicious and visually enticing, will certainly change your mind from now on.

We've also prepared sections that will help to transition from the common 'acidic' food to an alkaline lifestyle. You'll also learn how to prepare homemade healthy dressings to accompany the wholesome salads!

So, what are you waiting for? Put on your apron and start to cook up a storm in no time!

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## Dairy Alternatives

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To obtain an alkaline environment in our body, dairy is not an option. If you wish to have a more healthful diet, it should be casein-free. And also, many people are lactose intolerant.

Here's a list of acidifying dairy products that you should avoid. Read the food labels very carefully and if they state that it is "vegan" and "dairy-free", they do not contain dairy products and are casein free.

### List of ingredient to avoid:

Butter

Cow's milk, cheese, cream

Goat's or sheep milks and their by products

Yogurt (Made from cow's milk)

Whipped cream and whipped toppings

Ice cream, frozen yogurt, sherbet

Custard and pudding

Salad dressing/ Mayonnaise dressing  
(Non-vegan types)

### Healthy Alternative

Rice Milk

Nuts Milk - Almond Milk, Cashew Nut Milk, Chestnut Milk, Hazelnut Milk

Hemp Milk

Soy Milk (Non-GMO beans)

Soy Yogurt

Coconut Oil

Coconut Milk



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## Healthy Milk Alternatives

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Soy Milk is used in some of the recipes. It's high in protein, low in fat, and the unsweetened version has a low sugar content. One of the advantages is that you can buy organic soy powder, add a little water, and you'll get a ready made instant organic soy milk in no time.

Almond milk is the best alkalizing choice but it takes some time to prepare them fresh. It is sweet and a great substitute for cow's milk, which is acidic.

Rice milk may not be as alkalizing as almond milk but they are also healthy and a good complementary ingredient in salad sauces.

Almond, rice, soy and hemp milk can be used to substitute in almost everything but if the food needs a thicker dressing, you will need to add tapioca or arrowroot powder to thicken them properly.

Soy milk, rice milk and hemp milk works well as a base for thickening.

Always remind yourself to refrigerate the milk after opening. If the milk is freshly made, take note of its shelf life.

*Note for Nut Milk:* If you have a nut allergy, make sure that soy milk, rice milk, hemp milk or coconut milk does not contain trace of nuts.

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## Healthy Cooking Oils

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### **Extra Virgin Olive Oil**

I would recommend several oils, but my personal favorite is extra virgin olive oil.

Besides having anti-inflammatory benefits, the polyphenols found in olive oil also lowers the risk of heart diseases and act as an anti-oxidant in our body.

You can buy organic cold-pressed extra virgin olive oil at the local grocery store, major supermarkets or health stores.

It has a very light flavor and is suitable for baking, and drizzling over salads to complete the dressing.

### **Grapeseed Oil**

If you would like to try other oils, you may consider grapeseed oil which is reputed to lower cholesterol and contains antioxidants.

One benefit of grapeseed oil is that it is able to withstand high cooking

temperatures, so it's great for stir frying and sauteing.

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## Guide for Grains

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To make a more filling salad loaded with healthy carbohydrates, grains are often included as part of the salad for a more wholesome meal. Alkalizing grains are chosen for their alkalizing properties that will help to keep your body's internal pH tilted to the alkaline side of the balance.

### **Millet**

A very small and light grain, millet should be rinsed well and cooked in a pan. The ratio of millet to water should be 1 to 2 and a half portions. Bring the millet to a boil, simmer and cook till it is fluffy. the cooking time takes about 25 to 30 minutes to yield a 3 ½ cup of cooked millet. There is no gluten in millet, and are rich in vitamin B and minerals like magnesium, potassium, calcium and folic acid.x

### **Quinoa**

Rich in protein and vitamins A, B, C, D and E, and containing twenty different

amino acids, quinoa is a popular favorite in salads. Minerals like iron, calcium, and phosphorus are also present in quinoa in good quantities. Quinoa is also a gluten-free and easily digested grain.

Most quinoa that are pre-packaged into boxes or packages has been rinsed for convenience. However, if the quinoa has not been rinsed previously, place it into a bowl and soak the quinoa in water for a few hours. Re-soak it repeatedly. Use a colander (that has smaller openings) or a small strainer, place it under running water.

The ratio of quinoa to water is 1 part quinoa to 2 parts water of vegetable broth. Bring the quinoa to a boil, simmer and cook till it is fluffy. It should take about 20 minutes for 1 cup of uncooked quinoa. After cooking for 25 to 30 minutes, there should be 3 ½ cup of cooked quinoa.

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## Guide for Grains

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### **Brown Rice**

Red rice is a healthier choice compared to brown rice and it's more economical compared to wild rice although wild rice is more alkaline.

To prepare brown rice (or red rice), rinse it thoroughly under running water and soak it as per the packaging instructions. Usually, the ratio of brown/red rice to water is 1 parts brown rice to 2 parts water. Add a dash of Celtic salt and some herbs to yield delicious brown rice. 1 part uncooked brown rice will give about 3 parts cooked brown rice.

Because brown rice has a harder texture, it will take a longer time, approximately 40 to 50 minutes, to attain fluffiness.

### **Wild Rice**

An alkalizing grain, wild rice is high in dietary fiber, protein, and amino acids. To cook wild rice, wash 1 cup of wild

rice and cook it with 3 cups of water.

Bring the wild rice to a boil, simmer and cook till it is fluffy. It will take about an hour for it to cook. Gives approximately 4 cups of cooked wild rice.

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## Sugar Substitutes

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### **Agave Nectar**

To stay in line with alkalizing foods, no white sugar was used. Instead, I have substituted it with an organic sweetener called agave nectar. The syrup comes from the core of the agave cactus plant.

The lighter version is slightly milder in sweetness and the darker version contains a heavier taste and is packed with more vitamins and minerals like iron, magnesium and potassium.

Agave nectar is low on the glycemic index, easily digested, and is 1.5 times sweeter than white sugar. It usually comes in plastic bottles so they're great to store and a good replacement for sugar and maple syrup.

### **Stevia**

A highly alkaline natural sweetener made from the stevia leaves, stevia is highly popular for its low carbohydrate and low sugar level. It is 30 - 45 time

sweeter than sucrose. Some people have experienced a bitter aftertaste after tasting stevia that is not raw which is due to other flavonoids and essential oils. However, raw stevia is extremely sweet and good quality stevia does not leave a bitter aftertaste. Stevia is available in both powder and liquid form.

### **Manuka Honey**

Manuka honey has gained popularity in recent years due to its healing properties. There are two types of Manuka honey: Active Manuka Honey and UMF Manuka Honey.

UMF stands for Unique Manuka Factor and this premium honey is audited by the UMFHA (Unique Manuka Factor Honey Association) in New Zealand, the only country in our planet that produces Manuka honey.

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## Sugar Substitutes

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The higher the UMF rating, the more precious are its healing and antibacterial properties. UMF rating Manuka honey commands a much higher premium because of its limited supply and superior healing properties.

Always remember to use a wooden or plastic spoon when scooping or stirring Manuka honey - a metal spoon will destroy the anti-bacterial properties of the Manuka honey.

Raw manuka honey is very thick so it's advisable to dilute it with a little water before using it as part of the salad's dressing. If you are a vegan, choose agave nectar, stevia or molasses as healthy sugar substitutes.

### **Molasses**

Molasses is also another alkalizing sweetener that is readily available in supermarkets and health stores.

A sweet substitute, molasses come in bottled liquid form, or packaged. There are two different sources of molasses - sugar cane and sugar beet. Blackstrap molasses, sold as a health supplement, is derived from boiling the syrup of sugar cane the third time.

Beet sugar molasses are not meant for human consumption as there is a bitter taste. Choose high quality cane molasses when flavoring your alkaline salads!

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## Spreads, Vinaigrette, Sauces, Cheese and Vegetable Stock

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It may be difficult to give up your favorite sauces, spreads or vinaigrette once you're committed to an alkaline diet. In fact, most commercial sauces have highly acidic ingredients. We've made this transition easy for you by showing you the steps to making your own delicious healthy spreads and sauces! There's also a lovely recipe on how to make vegetable stock from scratch using healthy alkaline ingredients. You also do not have to give up cheese! The selections are based on the upcoming recipes and I'm sure you'll love them as much as we do.

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## Vegan Mayonnaise

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### Vegan Mayonnaise

This is a very simple to make eggless mayonnaise that is a great accompaniment to any alkalizing salads. Makes 2 cups of vegan mayonnaise.

### Ingredients:

1 cup extra virgin olive oil

$\frac{2}{3}$  tsp mustard powder

$\frac{1}{3}$  cup tahini

1  $\frac{1}{2}$  tbsp lemon juice, freshly squeezed, or apple cider vinegar

$\frac{1}{6}$  freshly ground black pepper

$\frac{1}{3}$  tsp Celtic salt

$\frac{1}{2}$  tbsp molasses, or agave nectar (optional, for sweetness)

### Directions:

1. Combine all the ingredients except lemon juice and molasses/honey/ agave nectar into a food processor or blender and puree till it reaches a smooth consistency.
2. Add apple cider vinegar or lemon juice and/or molasses or agave nectar to taste.
3. Let the mayonnaise cool at room temperature as the turning motion will add heat to the mixture. Store in an airtight container in the refrigerator. The shelf life is maximum 2 weeks.



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## Tofu Sour Cream

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Organic soy beans are good for our body when consumed in moderate amounts. Slab generous amounts of this spread to give your salad a creamy and silky melt in the mouth taste.

### Ingredients:

1 pkg organic silken tofu, drained, and crumbled finely

1 tbsp extra virgin olive oil

1 tsp agave nectar

4 tbsp freshly squeezed lemon juice

1½ tsp apple cider vinegar

1 tbsp unsweetened soy milk (optional)

Celtic salt to taste

### Directions:

1. Add all the ingredients into the food processor or blender and blend till it is creamy and smooth.
2. Depending on the brand of tofu used, it may turn out to be slightly thick. If you find the mixture thick, add 1 tsp of soy milk and blend again.
3. Store in an airtight container. Keep it in the refrigerator for up to 5 days.

Yields about 1 cup.



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## Dijon Mustard Sauce

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A classic French mustard salad sauce with a twist of Dijon mustard. Traditionally made using white wine vinegar or red wine vinegar but we have replaced it with a healthier rice wine vinegar. Enjoy!

### Ingredients:

½ cup water

3 tbsp brown mustard seeds, finely ground

¾ cup mustard powder

½ clove garlic, finely minced

1 tsp dried tarragon leaves

¼ cup onion, finely chopped

3 tbsp rice wine vinegar

1 tsp canola oil

Celtic salt to taste

### Directions:

1. Grind mustard seeds and powder in a food processor and grind it together with rice wine vinegar and water till the mixture turns fine.
2. Add the rest of the ingredients and blend again till smooth. Store in an air-tight jar and refrigerate for up to 2 weeks.

# Balsamic Vinaigrette

A traditional salad dressing, balsamic vinaigrette goes well with most salad dishes. You can add fruits like raspberry, cherries, mulberry, orange and more to transform it into a fruit flavored vinaigrette. Makes 1 cup of balsamic vinaigrette.

**Ingredients:**

3 tbsp organic balsamic vinaigrette

1/4 apple cider vinegar

1/4 extra virgin olive oil

1 clove garlic, minced finely

Celtic salt and freshly ground black pepper to taste

1/2 tsp organic mustard powder

2 tsp molasses (optional for good quality balsamic vinegar)

**Directions:**

1. Combine all the ingredients in a food processor or blender until well blended.
2. Store in an airtight container and keep in the refrigerator.

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## Vegan Cheese

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Cheese made from dairy milk is acidifying but a favorite ingredient amongst many people, and most will discover that they dearly miss the elimination of dairy-free cheese from the diet.

Not to worry, these delicious tahini based vegan cheese will leave you craving for more. And it's easy to make too!

### Ingredients:

2 cups raw organic sesame seeds, finely grounded. (or organic tahini sauce)

1/6 cup extra virgin olive oil

1/6 cup organic rice vinegar

1 tbsp chopped fresh organic thyme leaves

1 tbsp fresh coconut creme (optional, to harden the cheese)

3 tbsp nutritional yeast

1 tbsp chopped fresh dill weed or any other raw seaweed

Celtic salt and pepper to taste

Optional herbs: rosemary, oregano

### Equipment:

Glass jar with a rubber air tight lid

### Note:

Do not ferment your cheese containers as it may emit chemicals. Also, do not ferment in metal containers as it will oxidize the cheese.

### Directions:

1. Chops the herbs finely. Blend it together with olive oil and vinegar. Add salt and pepper to taste. It's fine to add a little more salt as normal cheese taste a little salty.
2. Add ground sesame seeds or tahini sauce, and nutritional yeast, and blend till puree is smooth. You can use a blender or whisk it directly in the glass jar.
3. Cover the tightly, shake the mixture, and store it in the refrigerator!

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## Vegetable Stock

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This vegetable stock is excellent for cooking grains or preparing a soup base. Experiment with different fresh herbs to add a twist to your salads!

**Directions:**

1. Bring the ingredients to a boil and allow it to simmer till 2 to 3 cups.

**Ingredients:**

5 cups water

4 stalks celery, chopped

1 carrot, chopped

2 cloves garlic, chopped

1 onion, chopped

1/3 cup mushrooms, chopped

1/2 turnip or potato, chopped

2 bay leaves

1 tbsp extra virgin olive oil or grapeseed oil

Celtic salt and pepper to taste

Optional herbs: Thyme, rosemary, parsley

# Mexicali-Inspired Cucumber Tangy Salad

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## HEALTH BENEFITS

This salad is rich in potassium from avocado, which helps in regulating blood pressure; vitamin K from cucumber which promotes healthy bones; and vitamin C from mango, tomatillos, cilantro, and lime for strengthening the body's immune system.

# Mexicali-Inspired Cucumber Tangy Salad

Not only is this salad a mixture of vibrant vegetable colors, it also boasts a great mixture of health benefits from the salad all the way to the tangy dressing.

## INGREDIENTS:

### **Salad:**

- 3 cups cucumber, thinly sliced
- 2 cups ripe avocado, cubed
- 1 cup corn kernels
- 1 cup ripe mango, cubed
- 1 cup tomatillos, sliced
- ½ cup red onion, chopped
- ¼ cup stemmed cilantro, chopped

### **Dressing:**

- ½ cup spicy pepitas
- Lime juice from 1 ½ limes
- ½ cup cilantro sauce
- Celtic salt and cayenne pepper to taste

## DIRECTIONS:

1. Prepare the salad ingredients by washing, peeling, and removing their seeds when applicable. Slice or cube accordingly.
2. In one salad bowl, mix and toss together all the salad ingredients except for the chopped cilantro.
3. For the dressing, mix together all the ingredients and blend until smooth.
4. Top the salad with dollops of dressing and sprinkle with chopped cilantro. You can also toss the salad with the dressing for an even mix.
5. Ready to serve!

## Red Lentil Salad

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### HEALTH BENEFITS

Lentils are very rich source of protein, in fact it is third highest protein source among all other plant foods. It is a perfect substitute for meat in maintaining the ideal protein supply needed by the body. Together with sweet potato, lentils also lower blood cholesterol and help stabilize blood sugar level because of its high fiber content.



## Red Lentil Salad

A very healthy dish packed with protein, vitamins and minerals. It's high protein and high fiber content makes it ideal for people who want to lose weight, it is also rich in Vitamins A and C, which are known for its anti-oxidant properties. A perfect everyday dish that will not only make you healthier, but will also make you look younger.

### INGREDIENTS:

$\frac{3}{4}$  cup of soaked red lentils  
6 medium steamed red sweet potatoes, peeled and cubed  
1 cup soy mayonnaise  
1 tsp chopped parsley preferably Chinese parsley  
2 tsp powder of Cayenne pepper  
4 medium size ripe red tomatoes, cut into four parts  
A pinch of wild pepper powder  
Celtic salt to taste

### DIRECTIONS:

1. Soak the red lentils ahead of time, approximately for about 2 hours.
2. Bring water to boil and add red lentils, let it simmer for 1 minute.
3. Pour off the water and transfer the drained lentils to a large mixing bowl.
4. In the same mixing bowl, add the sweet potatoes, tomatoes and chopped Chinese parsley.
5. Toss the ingredients.
6. In a separate bowl, mix the soy mayonnaise, pepper, salt and wild pepper.
7. Add the mixture to the salad and toss lightly.



## HEALTH BENEFITS

Yam bean or tuber contains oligofructose insulin, a dietary fiber not metabolized by the body. Insulin is a sweet inert carbohydrate that contains zero calories, in addition, yam bean or tuber aids dehydration because it contains large amounts of water. Yam bean is also rich in Vitamin C, folic acid and beta-carotene.

# Asian Rojak Salad

Rojak is a fruit and vegetable salad with a thick sweet and spicy sauce, it originated from Asian countries like Malaysia, Indonesia and Singapore. Each country has a different interpretation of the dish. Rojak is also used in Malaysia in their prenatal ceremonies. Almost all fruits and vegetables can be used in making rojak, so if you're sick of boring tasteless snack, have a taste of Asia's popular rojak.

## INGREDIENTS:

### Raw:

- 1/4 cup medium size sliced cucumber
- 1/2 cup of sliced star fruit
- 1 cup of thinly sliced jicama yam bean
- 1 cup of fresh pineapple, thinly sliced

### Garnish:

- 1 regular size red chili, chopped
- 2 tbsp cashew nuts, coarsely grounded

### Dressing:

- 3 tbsp apple cider vinegar
- 1/2 cup of extra virgin olive oil
- 1 tbsp of agave nectar
- 1 tbsp red chili sauce
- 6 medium bird chili, chopped
- 1/2 tsp kelp granules
- 1/2 tsp Celtic sea salt
- 1/2 cup pure water

## DIRECTIONS:

1. Place the cucumber, yam beans, star fruit and pineapple in a large mixing bowl and mix properly.
2. Set the salad aside while preparing the dressing.
3. Prepare the dressing by whisking together the olive oil, vinegar, bird chili, water, kelp granules, and molasses. Finally add the salt to taste.
4. Pour the dressing into the salad and start to toss lightly.
5. Serve the salad with cashew nut and red chilli on top.

## Brown Rice Salad

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### HEALTH BENEFITS

Every cup of brown rice contains 1.8 grams of fat, 5 grams of protein, 3.5 grams of dietary fiber, 0.7g of sugar, 10 mg of sodium, 19.5 mg of calcium, 83.9mg of potassium, in addition brown rice contains no cholesterol.

## Brown Rice Salad

Brown rice is becoming famous among weight conscious individuals today. It is so called because of its brown color owing to bran, which is the outer covering of rice; it is also the bran that is responsible for the high fiber content of brown rice. Each cup of brown rice contains 3.5 grams more fiber compared to white rice.

### INGREDIENTS:

1 ½ cup of well cooked and seasoned long grain brown rice	½ cup toasted pumpkin or sunflower seed , nuts can also be used as an alternative
2 tbsp freshly squeezed lemon juice	1 tsp of Celtic salt
2 cups chopped spinach leaves	2 tbsp extra virgin olive oil
1 medium finely chopped red bell pepper	1 tbsp minced basil
1 finely chopped small cucumber, peeled and seeded before chopping	1 tbsp dried oregano
½ cup cooked black beans	¼ tsp black pepper
½ cup regular black olives	5 tbsp blackstrap molasses
½ cup chives	

### DIRECTIONS:

1. Let precooked rice cool to room temperature.
2. Whisk together in a bowl olive oil, lemon juice and basil pepper.
3. Add the salt to taste.
4. Meanwhile, mix the spinach, cucumber, bell pepper, olives, finally add the rice.
5. Add the dressing to the salad and toss lightly.
6. Serve.

## Classic Vegan Potato Salad

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### HEALTH BENEFITS

Potatoes contain high amounts of Vitamin B6 involved in carbohydrate breakdown, it is also rich in Vitamin C to support immunity, copper that helps prevent anemia, and manganese needed to maintain strong bones.

## Classic Vegan Potato Salad

Potato is the most famous tuber crop in the world, in fact almost all fast food chains has potato fries in their meals. This carbohydrate rich, deliciously crunchy, and oil soaking food is the culprit of obesity among people of today, which is why potatoes are usually ignored by weight conscious individuals. This dish will introduce you to a new and healthy way of eating potatoes, it is a very delicious dish, very easy to prepare and it is high in fiber and low in fat.

### INGREDIENTS:

8 medium Nicola potatoes, cooked, peeled, and cubed  
1/4 cup finely diced dill pickles  
1 stalk of celery, finely chopped  
3 whole scallions, sliced thin  
2 tbsp fresh minced dill or parsley as an alternative  
1 cup vegan mayonnaise  
2 tbsp vegan mustard  
4 tbsp of pickle juice  
A pinch of Salt  
1/2 tsp pepper to taste

### DIRECTIONS:

1. In a pot with water, bring to boil the potatoes. Allow it to simmer until cooked, approximately 10-15 minutes. Add a pinch of salt to taste. Finally, drain the potatoes and allow it to cool to room temperature.
2. Mix the pickles, celery, scallion, mayonnaise, mustard, and pickle juice in a large mixing bowl
3. Add potatoes to the mixture.
4. Put salt and pepper and adjust to taste.
5. Garnish with minced dill or parsley before serving.
6. Serve.



## Quick Tossed Green Salad

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### HEALTH BENEFITS

Spinach is a rich source of vitamins, minerals, and phytonutrients. It promotes good eyesight, prevents age-related macular degeneration (AMD), cataract, strengthens muscles, prevents atherosclerosis and heart attack.



## Quick Tossed Green Salad

A refreshing dish perfect to serve for picnics in the park, summer outings in the beach, and in any other family gatherings. It can also be serve as a side dish for barbeque, grilled fish or even in steaks.

### INGREDIENTS:

2 cups fresh baby spinach, washed and cleaned

2 cups organic mixed baby lettuce

2 cups fresh baby arugula

½ cup toasted and crushed walnut

½ cup sweet dried cranberries

Fat free vegan feta cheese for sprinkle

### **Dressing:**

2 tbsp freshly squeezed lemon juice

1/4 tsp of Celtic salt

1/2 tsp fresh ground pepper

1 tsp dried basil leaves or Mediterranean herb mix

1/4 cup extra virgin olive oil

### DIRECTIONS:

1. In a large mixing bowl, toss lettuce, spinach and arugula.
2. Set aside.
3. Prepare the dressing by mixing all the dressing ingredients in a medium sized bowl.
4. Spread the dressing on the salad, and toss.
5. Sprinkle the walnuts, cranberries and feta cheese over the salad.
6. Serve immediately.

## Chewy Quinoa Salad

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### HEALTH BENEFITS

Quinoa is a rich source of protein necessary in maintaining high energy for the body. It has plant-derivative calcium ideal for vegans and lactose intolerant individuals, and rich in dietary fiber perfect for weight conscious people.

## Chewy Quinoa Salad

Quinoa traces its origin from ancient Inca civilization. It is used as a rice substitute in many dishes. Unlike rice, it has a rich nutty flavor and chewy consistency.

### INGREDIENTS:

1 cup cooked chewy Quinoa

1 cup of peas (snow or shell), you can use chopped celery and chopped green beans as an alternative

1 - 2 small carrots, peeled and thinly sliced

1/2 green or red pepper, thinly sliced

1 1/2 cup chopped medium size cucumber

1 medium size ripe tomato, cut into half

1/4 cup parsley, chopped. you can use cilantro, or basil as an alternative

1/2 cup walnuts, chopped, or as an alternative cashew nut or sunflower seeds

### Dressing:

2 tbsp lemon juice

1/4 cup extra virgin olive oil

1/4 tsp Celtic salt

A pinch of ground pepper

A pinch of cayenne for additional flavor (Use minced garlic or garlic powder as alternative) optional

1/4 tsp dried ginger or minced a fresh ginger (optional)

### DIRECTIONS:

1. Cook quinoa and allow to cool at room temperature. It is best to prepare Quinoa ahead of time, about 2 hours.
2. Steam to cook the carrots and green vegetables, it should be crispy and not overcooked. Drain the vegetables, and rinse.
3. Meanwhile prepare the dressing by combining all the dressing ingredients in a jar. Shake the dressing to mix.
4. Mix the vegetables, cooked quinoa and dressing in a large bowl, finally add the walnut. Toss lightly.
5. Serve.

# Traditional Arabic Tabouleh Salad



## HEALTH BENEFITS

Mint is a famous breath freshener, but this herb doesn't only cure bad breath, it also promotes good digestion, the aroma of mint stimulates salivary gland to produce digestive enzymes which in turn promotes better digestion. It is also this aroma that eases nausea and vomiting and with regular and minimal use can even soothe asthma attack.

## Traditional Arabic Tabouleh Salad

Tabouleh is a traditional food served in most Arab countries. It is a combination of flavours of garlic, lemon, mint olive oil and parsley.

### INGREDIENTS:

- |                                      |  |
|--------------------------------------|--|
| 1 cup cooked bulgar wheat            | 1 tbsp marjoram                            |
| 1/3 cup pine nuts or walnut, toasted | 2 cup garbanzo beans, cooked               |
| 1/4 cup raisins or drained currant   | 1/4 cup lemon juice                        |
| 1/4 cup extra virgin olive oil       | A pinch of Celtic salt and pepper to taste |
| 1 clove chopped garlic               | 5 lettuce leaves, large and torn to pieces |
| 1 cup cucumber, chopped and peeled   |  |
| 1 large chopped tomato               |  |
| 1/4 cup basil or fresh mint, minced  |  |
| 1/4 cup minced parsley               |  |
| 1 tbsp fresh oregano, chopped        |  |

### DIRECTIONS:

1. Bring to room temperature all the cooked ingredients.
2. Put the garlic in oil and let it cook for 5 minutes.
3. Mix together the lemon juice and olive oil.
4. Combine all the ingredients in a mixing bowl and set aside for 15 minutes.
5. In a bowl, place the lettuce leaves in a line. Carefully put the tabouleh on the bowl as well.
6. For garnish, you can try using mint or basil leaves, parsley sprigs, pickled olives, crushed walnuts, or crumbled feta.
7. Serve.

# Roasted Squash in Thick Balsamic Dressing

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## HEALTH BENEFITS

Squash is rich in carotene which is proven to be beneficial in preventing lung diseases and even cancer. Carotene also prevents high blood pressure, heart disease and type 2 diabetes. It also contains high amount of vitamin C for immunity, vitamin B, potassium and niacin.

# Roasted Squash in Thick Balsamic Dressing

1 cup of squash contains 7 grams of carbohydrates, 1 gram of protein, less than one gram of fat and zero cholesterol. It is a perfect substitute for high carbohydrate vegetables like corn and potato.

## INGREDIENTS:

2 kg butternut squash, peeled and cut into 2 cm cubes

1 tbsp olive oil

A pinch of salt to taste

100 gram lentils

100 gram rocket (arugula)

1 tsp toasted sesame seed

6 long spring onions sliced

### **Dressing:**

5 tbsp extra virgin olive oil

3 tbsp balsamic vinegar

1 tbsp soy sauce

1 medium red chili, seeded and chopped

1 clove of garlic, chopped

1 tsp Manuka honey

## DIRECTIONS:

1. Preheat oven to 180-200 C
2. Arrange the squash in a baking sheet, drizzle with 1 tbsp olive oil and season with salt.
3. Roast the squash for 20 minutes or until tender, shake the tray a couple of times to keep it from sticking.
4. Prepare the dressing, whisk together all the dressing ingredients.
5. Put the rocket in a shallow serving bowl and arrange the lentils and squash on top.
6. Pour the dressing over and top with sesame seeds and spring onion.

# Asparagus and Artichoke Salad

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## HEALTH BENEFITS

Asparagus has no fat, does not contain cholesterol and has low sodium content. It is rich in nutrients such as potassium, folic acid, vitamin B6, vitamin A, thiamine, vitamin C, and rutin which is a compound crucial in strengthening the walls of our capillary. Asparagus is also a prime source of glutathione and anti-oxidants that fight growing cancer cells.



# Asparagus and Artichoke Salad

Asparagus and artichoke combined with tasty balsamic vinegar is simply delightful. The anti-oxidant effect of asparagus combined with the cleansing power of artichoke that can be traced back from the ancient Egyptians, this dish is something every healthy eater shouldn't miss.

## INGREDIENTS:

4 medium artichokes, trimmed

2 medium lemons, cut in half

3 tbsp olive oil

1 tbsp coriander seeds

1 star anise

1 large thyme sprig

4tbsp white wine vinegar

30 asparagus spears

4 handful micro salad leaves

### Dressing:

5 tbsp olive oil

1 finely chopped small red onion

2 long spring onions, finely sliced

Small bunch chives, finely snipped

## DIRECTIONS:

1. Trim the artichoke and arrange it in a pan wide enough to hold them in a single layer. Squeeze in half of the lemon juice and half-fill with cold water. Add 2 tbsp of olive oil, all the spices, thyme, vinegar, artichokes and a generous pinch of salt. Bring to boil and simmer for 15 minutes until soft.
2. Set aside and allow to cool.
3. Prepare the asparagus by cutting the woody end, and then using a swivel blade peeler trim the ends, rotate them as you go to maintain uniformity of thickness.
4. Boil the asparagus in salted water for about 2 minutes. Drain, and then tip straight into a heavily iced water. Leave it to cool.
5. Make the dressing by heating 2 tbsp of olive oil in a frying pan, add red onion and cook for 5 minutes or until soft. Turn off the heat and stir in the spring onion and chives, then tip into a jug. Drizzle the rest of the oil and vinegar into the dressing.
6. Season to taste.
7. Prepare the vegetables, drain the artichokes, then cut into 6 wedges. Slice each asparagus on the angle into 3 equal pieces.
8. Wipe out the dressing pan and heat the remaining olive oil. Fry the asparagus with some seasoning until shiny, scoop onto a plate. Place the pan of artichoke back to heat and cook until it starts to brown.
9. Spoon dressing in the centre of the plate; balance the pieces of asparagus up against each other to circle the dressing. Scatter the remaining dressing over the vegetables. Serve.

# Tofu with Green Beans in Tahini Sauce

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## HEALTH BENEFITS

Regular consumption of tofu helps lower cholesterol, by absorbing 10% of cholesterol from unhealthy food. It is low in fat, low in calories and an excellent source of protein. Tofu is also rich in vitamin B, calcium and isoflavones which helps prevent osteoporosis,

# Tofu with Green Beans in Tahini Sauce

Tofu from soybeans is packed with vitamins and minerals in addition to its high protein content. Tofu is a very common alternative for meat, and is very famous among vegetarians as a good protein substitute.

## INGREDIENTS:

½ kg green beans

3 long scallions

3 sprigs of fresh parsley

Salad greens

12 pcs. grape or cherry tomatoes

Toasted sesame seeds or gomasio

8 oz baked lemon-pepper tofu

## Dressing:

1/4 cup tahini (sesame paste)

1 clove garlic, minced

1 Tbsp toasted sesame oil

½ diced green pepper

1 tbsp mirin (rice vinegar) or apple cider vinegar as an alternative

2 tbsp Tamari soy sauce

2½ juice of 1 lemon

1 tsp stevia

## DIRECTIONS:

1. Trim the green beans and chop into pieces that are 1 inch long. Chop the parsley and mince the scallions. Take the lemon-pepper tofu and cut it into strips of ¼ inch length. Cut the cherry tomatoes in half. Set aside.
2. Place the green beans in a steamer and let it steam for 8 minutes or until the beans are tender. Once steamed, run the beans under cold water. This will preserve the bean's dark green color. Set aside.
3. To create the dressing, mix together in a bowl all the ingredients for the dressing.
4. Take a large bowl and put together all the vegetable ingredients – green beans, parsley, and scallions. Pour a sufficient amount of the dressing, enough to coat the vegetables.
5. You can design your platter to make it more appealing by arranging the tofu strips and the green beans around the platter. At the center of the platter, place the sliced cherry tomatoes.
6. Use the remaining sauce to pour over the salad.
7. Add a sprinkle of gomasio or sesame seeds and serve.

# Tropical Mango and Tomato Salad

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## HEALTH BENEFITS

Mangoes are mostly seen during summer season. It is regarded as the king of all fruits because of its many health benefits. Mangoes are rich in flavonoids which is an anti oxidant, and together with vitamin C helps repair damaged capillaries resulting to faster wound healing, vitamin C for strong immunity and vitamin E, beta carotene and niacin needed to convert carbohydrates into sugar, iron which is an essential element needed for the production of red blood cells, and magnesium and calcium that promotes stronger bones.

# Tropical Mango and Tomato Salad

A taste of the famous sweetness of tropical mango with the juiciness of tomato mixed in a salad. A perfect side dish for anything grilled.

## INGREDIENTS:

- |                                     |   |
|-------------------------------------|---|
| 4 tbsp chopped tomatoes             | 2 tbsp cold pressed olive oil                 |
| 2 tbsp finely chopped red onion     | 1 tbsp finely chopped hot pepper for sprinkle |
| 1 bunch of finely chopped cilantro  | Dried oregano or Tarragon (optional)          |
| 1 cup ripe mango, peeled and sliced | ½ cup of lemon juice                          |
| A pinch of sea salt                 |   |
| ⅓ cup of water                      |   |

## DIRECTIONS:

1. Mix in a bowl the red onions, tomatoes, cilantro, olive oil and lemon juice. Allow to marinade for a few seconds.
2. Blend in the mango, dried oregano or tarragon.
3. Toss lightly
4. Sprinkle with hot bell pepper before serving.

# Pecan, Strawberry and Spinach Salad

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## HEALTH BENEFITS

A cup of strawberry contains 13% RDA of dietary fiber and 136% of RDA of Vitamin C, it is for this reason that strawberries are famous among health conscious individuals. It also contains rich amount of vitamin C, and phenol which is an anti inflammatory agent and potassium, vitamin K and magnesium for stronger bones.

# Pecan, Strawberry and Spinach Salad

Strawberries are one of the most versatile fruits, it can be used in baking, in cooking, and in making salad dishes. Strawberries owe its bright red color to its high content of phytonutrients and anti-oxidants. This dish is best to satisfy your strawberry craving.

## INGREDIENTS:

2 cups spinach torn, baby spinach can be used as a substitute

2 cups fresh strawberry, halved

1 cup vegan tofu

½ cup lightly toasted pecan, slice in half

### **Dressing:**

¼ cup extra virgin olive oil

dash dry mustard

2 tbs balsamic vinegar

1 tsp manuka honey

⅛ tsp dried tarragon

⅛ tsp of onion and garlic powder

## DIRECTIONS:

1. Mix the spinach, tofu, pecan and strawberries in a salad bowl.
2. Combine all the dressing ingredients in a tightly fitting jar and shake vigorously to mix.
3. Put the dressing over the salad and toss lightly.
4. Serve.

## Tasty Chipotle and Chickpeas Salad

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### HEALTH BENEFITS

Chickpeas which is also known as garbanzo beans contains molybdenum, a trace mineral needed in detoxifying sulfite's, which can cause headaches , racing heartbeat or confusion to sulphite-sensitive individuals. Chickpeas is also a good source of protein as well as minerals like iron, copper, manganese, zinc and magnesium. It also has high fiber content that helps lower blood cholesterol level.



## Tasty Chipotle and Chickpeas Salad

A chipotle spice mix that includes chipotle powder, smoked paprika, and dried red pepper. It is smoky tasting and not overly spicy.

### INGREDIENTS:

- 2 cups chickpeas, rinsed and drained
- 2 tsp chipotle spice blend
- 1 cup of fresh avocado, finely chopped
- 1/4 cup tomato, finely chopped
- 1 small green onion, chopped
- 2 1/2 tbsp lemon juice
- 1 tbsp extra virgin olive oil

### DIRECTIONS:

1. Combine chickpeas, tomato, avocado, and green onion in a mixing bowl.
2. To make the dressing, whisk together chipotle spice blend, lime juice, and oil.
3. Pour dressing over the bean mixture, carefully toss to mix.
4. Serve.

## Brown Confetti Rice Salad

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### HEALTH BENEFITS

Brown rice is usually preferred over white rice because of its high fiber content, owing to bran. Bran is the outer layering of rice, which when removed will produce white rice. Brown rice is rich in manganese, a trace mineral used in converting protein and carbohydrate stores to energy. It is also rich in selenium, also a trace element that is very helpful in preventing colon cancer.

## Brown Confetti Rice Salad

An energy boosting, fiber rich dish excellent for your active lifestyle, plus, it is a really tasty.

### INGREDIENTS:

- |                                 |  |
|---------------------------------|--|
| 1 1/2 cups brown rice           | 1 yellow bell pepper, diced                            |
| 2 1/2 cups water                | 5 stalks green onions, thinly sliced                   |
| 5 cups kidney beans             | 1 cup of cilantro, roughly chopped (stem and leaves)   |
| 5 cups or whole kernel corn     | 2 cups balsamic and olive oil salad dressing, to taste |
| 5 cups white beans or chickpeas | A pinch of Celtic salt to taste                        |
| 4 stalks celery, diced          |  |
| 1 red bell pepper, diced        |  |

### DIRECTIONS:

1. Boil kidney beans, corn and chickpeas with a little Celtic salt until cooked. Drain and leave it to cool.
2. Boil the water in a pot, add the rice and a pinch of salt. Allow the rice to boil for about 1 minute. Turn the stove down to simmer for about 45 minutes. It is advised to cook the rice about 2 hours from preparation to allow it to cool to room temperature.
3. Combine all ingredients in a large bowl; mix well.
4. Add half of the salad dressing and mix again. You can add more to suit your taste.
5. Refrigerate for at least 1 hour. Mix again before serving.

# Traditional Couscous Salad-Mexican Style

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## HEALTH BENEFITS

Couscous is made from of semolina granules and flour mixed with water. Semolina granules come from wheat kernel that is processed to remove the germ the endosperms in coarse grains and bran. Semolina is enriched with iron and folic acid which is needed to prevent certain kinds of anemia. It is also high in protein and B vitamins and it has no fat or cholesterol and is very low in sodium.

# Traditional Couscous Salad-Mexican Style

Couscous is the staple food throughout North Africa. It is a pasta dish made of tiny grains of dough that are steamed. It is usually served with savoury sauce and stew but can be serve as a dressed salad as well .

## INGREDIENTS:

2 cups couscous	¼ tsp turmeric
3½ tomatoes, diced	½ tsp dried oregano
¼ cup grated carrot	
1 cup fresh avocado, diced	
½ of red onion, diced	
3 cloves garlic, minced	
1 cup corn kernel	
1 cup black beans	
1 cup peas	
1 cup chickpeas	
½ cup finely chopped fresh cilantro	
½ tsp pressed black pepper	
½ tsp ground cumin	
½ tsp ground coriander	

## Vegetable Stock:

5 cups water
4 stalks celery, chopped
1 carrot, chopped
2 cloves garlic, chopped
1 onion, chopped
⅓ cup mushrooms, chopped
½ turnip or potato, chopped
2 bay leaves
Celtic salt and pepper to taste

## DIRECTIONS:

1. Boil black beans, corn and chickpeas with a little Celtic salt until cooked. Drain and leave it to cool.
2. Bring to a boil ingredients needed for vegetable stock and allow to simmer till it is 2- 3 cups.
3. Bring the vegetable stock to a boil, add couscous and allow to simmer for 2-3 seconds. Allow to cool at room temperature for about 10 minutes before whisking with a fork.
4. Add in all the ingredients to the couscous.
5. Toss lightly and serve.

## Mesclun Salad with Persimmon

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### HEALTH BENEFITS

Persimmon is a red orange fruit, similar to a tomato. Persimmon is used as a usual remedy for hiccups, lung infection, asthma diarrhea and haemorrhoids in countries like China. A study also showed that the peeling of persimmon has phytochemicals known as proanthocyanidins which is an active antioxidant helpful in fighting damaged cells associated with aging.

## Mesclun Salad with Persimmon

Mesclun is a combination of young leaves of a variety of green leafy vegetables made into salad. This dish doesn't just provide you with great tasting vegetables but also with the flavorful sweetness of persimmon.

### INGREDIENTS:

- |   |   |
|---|---|
| 2 large persimmons, finely chopped                                | $\frac{1}{4}$ cup crushed walnuts or pecans as a substitute |
| 1 bosc pear or apple as a substitute, unpeeled and finely chopped | 2 tbsp wheat germ, optional                                 |
| 1 cup finely chopped green mango                                  | $\frac{3}{4}$ cup lemon juice                               |
| $\frac{1}{2}$ cup avocado, chopped finely, (optional)             |   |
| 2 cups mesclun salad mix  |   |
| $\frac{1}{4}$ cup raisins or dried cranberries                    |   |
| 1 pomegranate seeds   |   |

### DIRECTIONS:

1. Prepare the persimmon by cutting the stem and lightly slicing it in uniform size.
2. Combine all the fruits in a salad bowl.
3. Add the dried cranberries or raisin, and pomegranate seed, toss lightly.
4. Squeeze in the lemon juice and top with crushed walnut and wheat germ
5. Serve.

# Apple Ginger Fruit Salad

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## HEALTH BENEFITS

An apple a day keeps the doctor away; apple has proved it's nutritional value in the past century. Its benefits ranges from curing asthma to preventing breast cancer and Alzheimer's disease. Apples contain flavanoid called phloridzin which helps prevent osteoporosis among post menopausal women. It also has pectin that lowers LDL which is the bad cholesterol by 16%. The pectin in apples contains galacturonic acid which lowers the body's need for insulin which is very helpful in managing diabetes.



# Apple Ginger Fruit Salad

The crunchy, juicy and sweet taste of apple combined with the spicy taste of ginger served with the goodness of other fruits enhanced by lime juice and minced mint.

## INGREDIENTS:

- |                                   |                            |
|-----------------------------------|----------------------------|
| 2 cups apple, chopped             | 1 tbsp fresh mint, minced  |
| 3 small kiwis, chopped            | 2 tbsp lime juice (1 lime) |
| 1 grapefruit, chopped             | ¼ tbsp of dried ginger     |
| 2 cups oranges, chopped           |                            |
| 1 ripe medium size mango, chopped |                            |
| 2 cups of chopped pineapple       |                            |
| 2 small peaches, chopped          |                            |

## DIRECTIONS:

1. Arrange all the fruits in a salad bowl and set aside.
2. Prepare the dressing by mixing in a small bowl the lime juice, ginger and mint.
3. Drizzle the dressing over salad and toss lightly.
4. Allow to chill in the refrigerator.
5. Sprinkle with mint leaves.
6. Serve.

# Mediterranean Fatoush Salad

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## HEALTH BENEFITS

Pita bread contains high amount of carbohydrates needed for normal body metabolism. It also contains healthy unsaturated fats and fatty acids, aside from this pita bread contains minerals such as manganese, calcium, iron, magnesium, phosphorus and copper.

# Mediterranean Fatoush Salad

Fatoush is a Mediterranean dish made of toasted or fried pita bread mix with green leaves or vegetables.

## INGREDIENTS:

1/2 head of medium size romaine lettuce	Pita bread (baked or fried)
2 medium size chopped tomatoes	4 tbsp lemon juice
1 cup chopped and seeded cucumber	1/4 cup extra virgin olive oil
1 tsp seeded and finely diced red bell pepper	A pinch of celtic salt
1 cup of chopped fresh mint leaves	1 clove minced garlic
2 tbsp fresh of parsley, chopped	2 1/2 tbsp sumac
1/4 cup small red onion thinly sliced (about 3 pcs)	3/4 tsp apple cider vinegar

## DIRECTIONS:

1. Make the dressing by combining lemon juice, olive oil, salt, garlic, sumac and vinegar, stir together all the ingredients and set aside
2. Cook the pita bread by cutting into bite size pieces. Fry the pita in a medium heat until golden brown in color. You can also bake the pita in the oven at 350 degrees for a healthier option.
3. Meanwhile, combine the lettuce, bell pepper, tomatoes, cucumber, mint, parsley, onion and pita bread.
4. Toss with dressing.
5. Serve.

# Celery with Vegan Tofu Salad

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## HEALTH BENEFITS

Celery is believed to lower blood cholesterol with its high fiber content. The leaves of celery have vitamin A, while the stem is not just crunchy but is a source of vitamin B1, B2, B6 and C. It also contains essential minerals such as ,calcium, magnesium, iron, phosphorus and sodium.

# Celery with Vegan Tofu Salad

Celery is a famous green vegetable used in dishes, in salads and as a sprinkle along with parsley. This dish brings out the juicy and tasty flavor of celery combined with tofu and other fruits.

## INGREDIENTS:

4 stalks of celery, chopped

1/4 cup vegan tofu

1 cup fresh apple, sliced in uniform sizes

1 cup pear, sliced in uniform sizes

2 tbsp green onions, finely chopped

1/4 cup walnuts, chopped

1/4 cup raisins or dried cranberries

### **Dressing:**

1/2 tbsp curry powder

1/2 tsp vegan mayonnaise

1/2 tsp of garlic powder

1/2 teaspoons celtic salt

1 tsp cumin to taste

1/4 cup lemon juice

## DIRECTIONS:

1. Mix all salad ingredients in a salad bowl.
2. Add lemon juice, curry powder, mayonnaise, salt, cumin, and garlic powder.
3. Toss the salad lightly
4. Serve.

# Orange and Kalamata Olives Moroccan Style Salad

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## HEALTH BENEFITS

Olives which the source of olive oil is an excellent source of oleic acid, an omega-9 monounsaturated fatty acid, it is also a good source of vitamin E. Olives are a good source phenolic and aromatic compounds such as oleuropein and flavonoids which is helpful in conditions like diabetes, atherosclerosis, colon cancer, arthritis and asthma.

## Orange and Kalamata Olives Moroccan Style

The smooth and meat-like taste of kalamata olives with the tasty and juicy flavour of orange combined in a dish.

### INGREDIENTS:

- 5 large oranges, segmented
- 30 pitted olives (kalamata olives), slice into half
- 1 cup finely chopped parsley
- ½ tsp cayenne
- 2 tsp paprika
- 1 tsp garlic, finely chopped
- 3 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 2 tbsp apple cider vinegar
- Celtic salt and pepper, to taste

### DIRECTIONS:

1. Blend in a salad bowl oranges, olives and parsley. Add cayenne, garlic, lemon juice, paprika, olive oil and vinegar, finally add salt and pepper to taste.
2. Toss the salad lightly.
3. Allow to chill in the refrigerator before serving.

## Wild Brown Rice Salad

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### HEALTH BENEFITS

Rice bran lowers body fat, cholesterol and prevents tumor because of its high content of Vitamin E. Gamma-oryzanol is an anti oxidant unique to brown rice, this antioxidant lowers cholesterol by converting fat stores into muscle mass in the body.



## Wild Brown Rice Salad

Brown rice is also called 'unpolished rice' and is brown in color. Brown rice is believed to be more nutritious as compared to white rice as, there are many nutrients in the brown layer that normally get taken off in the polishing process. When cooking brown rice, it needs to be soaked in water for around 25 minutes to 30 minutes before doing the normal cooking process.

### INGREDIENTS:

4 ½ cups water

½ tsp salt

2 ½ cups of unpolished rice or brown rice

1 ½ cups marinated artichoke hearts, drained and halved

1 cup green peas

4 tbsp coarsely chopped green pepper

4 tbsp medium size green onion, chopped

½ cup cherry tomato, halve

¼ cup of toasted almond for garnish

### Dressing

3 cups extra virgin olive oil

1 ½ cups rice vinegar

¼ cup grated vegan cheese

1 small clove of garlic, minced

1 tbsp agave nectar

1 tsp celery seed

½ tsp dry mustard

½ tsp ground white pepper

¼ tsp paprika

1 tsp Celtic salt

### DIRECTIONS:

1. Cook rice in a pot by boiling water, salt and rice. Allow the rice to simmer for 45 minutes to 1 hour over low heat. Excess water in the rice should be drained.
2. Let the rice cool down to room temperature. Set aside.
3. Mix the artichoke, peas, green onions, pepper and tomatoes to the rice and toss.
4. In a separate bowl, blend in all dressing ingredients. You can refrigerate the dressing after blending the dressing to a smooth consistency.
5. Add the dressing to the salad and toss again.
6. Top it with crushed almond before serving.

# Mushroom Salad Latkes with Chive Cream

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## HEALTH BENEFITS

Mushrooms are the only vegetable source of edible Vitamin D. It is rich in calcium that promotes healthy bones and iron that prevents anemia. It also contains potassium, copper and selenium. Although mushrooms are known to be beneficial to health, it should be understood that not all types of mushrooms are edible; consumption of inedible mushrooms can result to very serious problems and can even result to death.

# Mushroom Salad Latkes with Chive Cream

Chives are the smallest species of the edible onions, they are commonly used as household herb and are frequently grown in gardens, and its leaves are usually used in cooking as seasoning in soups, salads and other dishes.

## INGREDIENTS:

### Latkes:

5 cups of dried porcini mushrooms  
 4 cups of russet potatoes, peeled, and cubed  
 2 cups chopped onions  
 1 tablespoon cornstarch  
 1 teaspoon celtic salt  
 1 / 4 teaspoon finely ground black pepper  
 Vegetable oil or olive oil for frying

### Chive cream:

1 cup tofu sour cream  
 3 tbsp (or more) apple cider vinegar, divided  
 1/4 cup fresh chives, chopped  
 1 tbsp garlic cloves, pressed  
 2 tbsp extra virgin olive oil  
 1 cup fresh shiitake mushrooms, stemmed, caps sliced  
 3 cups crimini mushrooms, sliced  
 3 cups baby greens (packed)

## DIRECTIONS:

1. Bring to boil the porcini, and simmer for about 5 minutes or until soft. Drain and chop after.
2. Blend the potatoes and 1/2 cup of onions until finely ground, add a few drops of water. Drain the potato using a towel and squeeze the excess liquid.
3. Transfer the dried potato and onion mixture to a bowl and add the other half of onions, eggs, pepper, cornstarch, salt and pepper.
4. Continue mixing until it forms a batter. Add the porcini to the batter.
5. Scoop the batter using a spoon and then flatten it into thin rounds.
6. Fry. Latkes can be done ahead of time (at least 2 hrs) and should be re-warm before using.
7. To make the chive cream. Mix chives, tofu sour cream, and 1 1/2 tablespoons vinegar in small bowl.
8. Season the mixture with salt and pepper adjust to according to taste. Store the cream in an airtight container and chill.
9. Sauté the garlic and mushroom in a skillet. Add salt and pepper, continue cooking for 5-7 minutes or until it turns brown. Add vinegar to the mixture. Adjust the taste by adding more pepper, salt and vinegar.
10. Meanwhile, arrange the vegetables around the serving platter, and overlap the latkes in the center, add the mushroom as a topping of the latkes. Serve it with chive cream.

## Finnish Mushroom Salad

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### HEALTH BENEFITS

Mushrooms contain folate, niacin, pantothenic acid, ribloflavin and vitamin B6. It has very little calories and mostly made of water. It is also very low in sodium, carbohydrates and fat content but is very high in fiber, that is the reason why mushrooms are considered good for those aiming for weight loss.

## Finnish Mushroom Salad

This is a sweet and sour dish made of mushroom coupled with soymilk and chives. Mushrooms are basically fungi, which have a fleshy and spore-bearing fruiting body. They have been in use not only for consumption purposes, but also for medicinal purposes. In ancient Egypt, mushrooms are regarded as a delicacy, in Greece they it to be a source of strength and Chinese regarded them as health food.

### INGREDIENTS:

- 1½ cup fresh mushroom, sliced
- ¾ cup water
- 1 tbsp balsamic vinegar
- ½ cup plain unsweetened soymilk
- 2 tbsp fresh chives, finely chopped
- 1 package baby green mix or lettuce leaves for serving
- 1 tsp Manuka honey
- Celtic salt and pepper to taste

### DIRECTIONS:

1. Mix the water with the vinegar in a pot and allow to boil.
2. Add the mushrooms to the boiling water and allow to simmer until the mushroom becomes tender.
3. Drain and transfer the mushroom in a salad bowl.
4. Blend in the soymilk, honey, chives salt and pepper to the mushroom.
5. Place the baby greens in a salad bowl and pour the mushroom.
6. Toss the salad lightly
7. Serve.

## Edamame Beans with Corn Salad

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### HEALTH BENEFITS

Edamame beans has high nutritional value and health benefits, these include natural anti oxidants and isoflavones. Anti oxidants help prevent the harmful effects of free radicals that causes premature aging and production of abnormal cancer cells. This bean is also rich protein and has no cholesterol and very low saturated fat.

## Edamame Beans with Corn Salad

Crunchy and able to retain its greenish hue very well, this dish is easy to make and is very delicious to taste. An appealing salad that is perfect to serve as a side dish to any meal.

### INGREDIENTS:

3 cups edamame beans

2 cups corn kernel

1 cup diced carrot

A pinch of Celtic salt to taste

1 tsp virgin coconut oil or sesame oil

For sprinkle: 4 tsp sesame seeds (toasted)

### DIRECTIONS:

1. Steam the corn and carrot until cooked. Transfer in a bowl and allow to cool.
2. Add the carrots, corn, coconut oil and salt.
3. Toss the salad lightly and sprinkle with sesame seed.
4. Serve.



## Wakame Seaweed Salad

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### HEALTH BENEFITS

Recent studies show that wakame sea weeds have an anti-obesity property. Seaweeds also neutralizes the acidity of our body and is high in EPA (eicosapentaenoic acid) an essential fatty acid which is seen to decrease depression and suicidal attempts. Sea weeds are used as a beauty product because of its ability to provide hydration and restore moisture in the body therefore improving the skin tone and texture slowing the skin aging process, not only these, sea weeds also makes hair shiny and it contains anti-oxidants that fight cancer cells and beta carotene that also promotes healthier skin.



## Wakame Seaweed Salad

A sweet and sour taste combined with spicy taste of ginger and red pepper with a twist of fresh apple and cilantro, this sea weed dish will surely remind you of the coolness and refreshing feel of the beach.

### INGREDIENTS:

4 tbsp dried wakame seaweed	1 small tart fresh apple
3 tbsp apple cider vinegar	2 thinly sliced scallions
3 tbsp soy sauce	2 tbsp fresh cilantro, chopped
2 tbsp extra virgin olive oil	$\frac{3}{4}$ tbsp sesame seed, toasted
1 $\frac{1}{2}$ tsp agave nectar	$\frac{1}{4}$ cup medium size carrot, peeled and shredded
1 tsp finely grated peeled fresh ginger	A pinch of red pepper flakes
$\frac{1}{2}$ tsp minced garlic	

### DIRECTIONS:

1. Put the seaweed in warm water and soak for 5 minutes to clean.
2. Drain the water, and rinse the seaweed squeeze excess water after rinsing. Cut the wakame seaweed uniformly.
3. In a small bowl, mix together vinegar, soy sauce, sesame oil, nectar, pepper flakes, ginger, and garlic.
4. Combine the seaweed, scallions, carrots and cilantro in a larger mixing bowl and add the vinegar then toss carefully.
5. Sprinkle with sesame seed
6. Serve.

## Cranberries in Lettuce Salad

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### HEALTH BENEFITS

Cranberries help prevent and heal urinary tract infection (UTI) because of its ability to eradicate *Escherichia coli*, a bacterium that causes UTI. It is also believe to be a treatment for cancer, high blood pressure and diabetes.

## Cranberries in Lettuce Salad

If you're getting bored with the usual lettuce salad, why don't you try lettuce with a twist of cranberry? It is a contrast of crispiness of lettuce to the chewy flavor of dried cranberries combined with the nutty taste of cashew nuts with red apples and lettuce.

### INGREDIENTS:

3 cups shredded romaine lettuce

1/4 cup cranberries, dried

1 cup vegan cheese, shredded

1 cup cashew nuts

1 medium size red apple, cubed

1 medium size pear, cubed

### **Dressing:**

1/2 cup molasses

1/2 tsp Celtic salt

1/2 cup lemon juice

2/3 cup extra virgin olive oil

1 tsp poppy seed

1 tsp Dijon mustard

### DIRECTIONS:

1. Mix the lettuce, cranberries, cheese, nuts, apple and pear in a salad bowl.
2. Make the dressing by blending all the ingredients in a tight fitting jar, shake the jar to mix.
3. Add the dressing by slowly pouring in the center of the salad
4. Toss to mix evenly.
5. Serve.

# Green Zucchini and Cucumber Salad

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## HEALTH BENEFITS

Zucchini contains vitamin C and lutein that promotes eye health, and can also cure asthma and prevent diseases like scurvy. It has good amounts of folate, potassium and Vitamin A for good health.

## Green Zucchini and Cucumber Salad

Cucumber belongs to the family of melon, squash and pumpkins, it is very high in water and very low in calories. Cucumber has a cleansing action within the body by removing accumulated pockets of old waste material and chemical toxins. It is also known to alleviate sunburn and rehydrates body.

### INGREDIENTS:

2½ cups sliced cucumber	A pinch of hot chilli pepper
3½ cups sliced zucchini	½ cup hot water
1 medium-sized onion, sliced	
¼ cup apple cider vinegar	
¼ cup honey citron tea	
1 tsp Celtic salt	
1 tsp cracked black pepper	

### DIRECTIONS:

1. Arrange the zucchini, onions and cucumber in a mixing bowl. .
2. Add the vinegar, honey, salt, hot water, black pepper and red pepper flakes.
3. Toss to mix evenly.
4. Marinate the salad for at least an hour.
5. Serve.

# Romaine Lettuce and Arugula with Radicchio Salad

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## HEALTH BENEFITS

Lettuce is known for its very high fiber content, it is low in calories and has no cholesterol. It promotes good digestion and prevents heart attack and stroke by lowering the blood pressure of the body. It also has antioxidants that kills cancer causing cells.

# Romaine Lettuce and Arugula with Radicchio Salad

Although previously known as a green leafy salad, arugula is classified as a cruciferous vegetable along with broccoli, cauliflower and cabbage. Cruciferous vegetable seems to be useful in protecting against certain cancers. Eating leafy greens like arugula, spinach and beet greens is a great way to make sure you get a healthy range of nutrients.

## INGREDIENTS:

- |  |                                       |
|--|---------------------------------------|
| 2 cups romaine lettuce, cut in squares     | 1 tsp Bragg's Liquid Aminos, to taste |
| ½ cup radicchio, in bite sized pieces      | ⅓ cup extra virgin olive oil          |
| 3 bunches of arugula, in bite sized pieces |                                       |
| 2 tbsp fresh lemon juice                   |                                       |
| 1 tbsp apple cider vinegar                 |                                       |
| 2 tsp Dijon mustard                        |                                       |
| 1 tbsp garlic, pressed                     |                                       |

## DIRECTIONS:

1. Mix the lettuce, radicchio and arugula in a salad bowl.
2. Combine the lemon juice, vinegar, mustard, garlic, Worcestershire sauce and oil in a tight fitting container. Shake to mix
3. Pour the dressing to the salad and toss.
4. Ready to serve!

## Ripe Tomato and Onion Salad

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### HEALTH BENEFITS

Tomatoes are known to be rich in lycopene. Lycopene may be the most powerful carotenoid quencher; it has anti oxidant effect and is a very helpful agent in killing and preventing cancer cells from spreading.



## Ripe Tomato and Onion Salad

Tomato fruit is consumed in diverse ways, including raw, as an ingredient in many dishes and sauces and in drinks. While it is botanically a fruit, it is considered as a vegetable for culinary purposes. This fruit is very rich in lycopene, which may help prevent certain kinds of cancer.

### INGREDIENTS:

2 cups ripe tomatoes, cut in quarter  
1/4 cup chopped sweet onion  
1/4 cup extra virgin olive oil  
1 clove finely chopped garlic  
A pinch of Celtic salt  
1 tbsp molasses  
1/8 tsp fresh cracked black pepper  
1 tbsp dried oregano  
A bunch of finely chopped basil leaves

### DIRECTIONS:

1. Combine the tomatoes and onion in a salad bowl
2. Add the olive oil, garlic, molasses, salt and pepper to the salad
3. Toss to mix
4. Top the salad with dried oregano and basil leaves
5. Ready to serve!

## Mix Greens with Honey Citron Tea Vinaigrette

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### HEALTH BENEFITS

Citron is from the family of citrus with oranges and lemon. It is high in fiber and low in fat, it also has many vitamins and nutrients like calcium, carotene, phosphorous and iron. Its health benefits can be trace down from the ancient civilization where they use citron as a remedy for sea sickness, pulmonary trouble and intestinal ailments.

# Mix Greens with Honey Citron Tea Vinaigrette

Vinaigrette is a mixture of olive oil and vinegar, sometimes flavored with herbs and spices. It is used most commonly as a salad dressing but can also be used as a marinade or as a cold sauce. Honey citron tea vinaigrette gives a sweet and sour taste, a perfect compliment for green salad.

## INGREDIENTS:

### Vinaigrette:

1/8 tsp cayenne pepper  
 1/4 cup extra virgin olive oil  
 1/4 cup pomegranate juice  
 4 tsp lemon juice  
 2 tsp honey citron tea  
 1 tbsp chopped fresh cilantro  
 A pinch of Celtic salt  
 A pinch of black pepper  
 1/2 tbsp Bragg's Liquid Aminos, to taste

### Salad:

1 bag mixed greens  
 1 cup jicama  
 1 1/4 cups beets, cooked and sliced  
 4 cups grapefruits, peeled and segmented  
 2 cups apples, peeled and diced  
 1/2 cup pomegranate arils

## DIRECTIONS:

1. Make the vinaigrette by whisking together all the vinaigrette ingredients.
2. Arrange in a salad bowl the vegetables and fruits.
3. Pour the vinaigrette to the salad and toss evenly.
4. Ready to serve!

# Hazelnut and Beetroot Salad

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## HEALTH BENEFITS

Beetroot has beta cyanin that is found to detoxify the liver by eliminating toxins and potentially prevents the build-up of fatty deposits in the liver. Beetroot also helps prevent stroke and heart attack by lowering high blood pressure. Aside from this, beetroot is also rich in Vitamin C which boosts the immune system and betaine which enhances the mood-lifter hormone, serotonin.

## Hazelnut and Beetroot Salad

This salad is made from a unique combination of beetroot -- a usual salad ingredient -- and hazelnut commonly incorporated in chocolates and chocolate truffles. The nutty flavor of hazelnut compliments the earthy taste of beetroot in this salad.

### INGREDIENTS:

- 1/2 cup beetroot, chopped
- 1/4 cup hazelnut, unchopped
- 1 medium size lettuce, shredded
- 1 tsp extra virgin olive oil
- 1/2 cup medium size tomato, diced
- 1/2 cup medium red onion, thinly sliced
- A pinch of pepper to taste
- 1 tsp apple cider vinegar
- A pinch of Celtic salt
- 1 tbsp Bragg's Liquid Aminos, to taste

### DIRECTIONS:

1. To make the dressing, mix the honey, oil, vinegar and salt and pepper.
2. Set the mixture aside until ready to serve.
3. Place the beetroot, whole hazelnuts, tomato, onion and lettuce in a bowl.
4. Add the dressing to the salad. Toss carefully.
5. Ready to serve!

# Mediterranean Cauliflower and Carrot Salad

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## HEALTH BENEFITS

Cauliflower contains allicin, which can improve heart health and reduce the risk of stroke; it also has selenium, a chemical that works well with Vitamin C to strengthen the immune system. Cauliflower is also rich in fiber as most vegetables, which helps improve colon health.

## Mediterranean Cauliflower and Carrot Salad

This cauliflower and carrot salad is perfect as an appetizer or as a main dish for a light and healthy lunch. This mixture of cauliflower and carrot mixed with a curry-like taste of cumin and ginger makes for a true Mediterranean treat that is both tasty and healthy.

### INGREDIENTS:

2 cups cauliflower florets	2 tbsp sliced green onions, for garnish
½ cup carrot, thinly sliced diagonally	⅛ tsp Celtic salt, to taste
¼ tsp ginger, ground	
¼ tsp cumin, ground	
⅛ tsp coriander, ground	
⅛ tsp nutmeg, ground	
⅛ tsp red pepper flakes	
⅓ cup tofu sour cream	
2 tsp apple cider vinegar	
½ tsp Manuka honey	

### DIRECTIONS:

1. Steam the cauliflower and carrots and sauté with cumin, ginger, coriander, red pepper and salt until it turns brown. Add vinegar and allow to simmer.
2. Make the dressing by combining in a bowl the sour cream and honey and stir.
3. Pour the dressing to the salad and toss.
4. Chill in the refrigerator and sprinkle with green onions before serving.

# Green Salad with Caramelized Chestnut

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## HEALTH BENEFITS

Fresh chestnut fruits contain about 180 calories per 100 gram, which is a lot lower than walnuts and almonds. Like most plant foods chestnut has no cholesterol and contains very little fat. It is also the only nut that contains Vitamin C.



## Green Salad with Caramelized Chestnut

Chestnuts usually remind us of Christmas season, but countries in Europe, Asia and Africa often use chestnut as an everyday potato substitute. Sweet tasting chestnuts are usually served boiled, roasted or toasted, and this recipe will surely be a treat with caramelized chestnuts at the heart of a green and healthy salad.

### INGREDIENTS:

- 1/2 cup celery, trimmed
- 1/2 cup Coles 4 leaf salad mix
- 1/2 cup blanched green beans, sliced diagonally
- 1/3 cup molasses or stevia
- 3/4 cup roasted chestnut
- 1 1/2 tbsp extra virgin olive oil
- 1/2 cup vegan cheese, crumbled

### DIRECTIONS:

1. Separate the celery stalk from the leaves.
2. Cut celery stalks uniformly, then using a vegetable peeler, cut celery into ribbons.
3. Place celery and leaves in a bowl of iced water.
4. Meanwhile, warm olive oil in a frying pan on low heat. Add molasses and simmer till molten with a caramelized texture. Add chestnuts and simmer until tender.
5. Drain celery and transfer to a large bowl. Add beans to the salad mix.
6. Toss to combine.
7. Top the salad with cheese and caramelized chestnut. Ready to serve!

## Cherry and Pearl Onion Salad

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### HEALTH BENEFITS

Cherries have powerful anti-inflammatory components that helps reduce soreness of joints among athletes. It contains Vitamin C, a high source of fiber and Vitamin A.

## Cherry and Pearl Onion Salad

Cherries, whether dried or fresh, are known to contain the highest levels of disease-fighting antioxidants when compared to other fruits. Studies also showed that incorporating cherries in diet helps lower body weight by reducing body fats especially the ones concentrated in the belly. This salad incorporates the contrasting sweetness of cherry and the distinctive zing of onions in one delicious salad.

### INGREDIENTS:

- 1/2 cup dried cherries
- 2 cups of thinly sliced pearl onion
- 1 1/2 tbsp olive oil
- 1/2 cup fresh orange juice, include the zest
- 1/2 tsp grated ginger
- 1/2 cup molasses
- 1 tbsp lemon juice

### DIRECTIONS:

1. Sauté onion in a pan until it becomes transparent.
2. Add molasses, orange juice and zest, and ginger and allow to simmer for 15 minutes.
3. Add the cherries and cover for a few minutes.
4. Ready to serve!

# Spinach and Pomegranate in Balsamic Vinaigrette Salad

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## HEALTH BENEFITS

Spinach contains choline and inositol, a substance that help prevent atherosclerosis; it is also loaded with flavonoids which is an anti-oxidant. Aside from this spinach also contains carotenoid that helps fight cancer.

# Spinach and Pomegranate in Balsamic Vinaigrette Salad

Spinach and alfalfa helps stabilize blood sugar among diabetics. 100 gram serving of spinach contains 9,420 IU of Vitamin A, 59 mg of Vitamin C and 3 mg of Iron to prevent anemia. The balsamic vinaigrette will surely highlight the combined tastes of spinach, pomegranate, and walnuts, bringing every crunchy fork-full into a tangy treat.

## INGREDIENTS:

- 3 cups baby spinach leaves
- 1 tbsp red onion, finely chopped
- 1/2 cup chopped walnut
- 1/4 cup alfalfa sprouts
- 1/4 cup pomegranate seeds
- 1/2 cup crumbled vegan cheese
- 4 tbsp Balsamic vinaigrette

## DIRECTIONS:

1. Mix the spinach, red onion, alfalfa, and walnut in a salad bowl.
2. Top the salad with pomegranate seed.
3. Pour in the vinaigrette in the salad and toss.
4. Ready to serve!

## Pomelo with Toasted Coconut Salad

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### HEALTH BENEFITS

Pomelo rind contains high amount of bioflavonoid which helps stop breast cancer by removing excess estrogen from the body. Although pomelo has an acidic taste, it imparts an alkaline reaction in the stomach after digestion. Pomelo also has high amounts of Vitamin C like other citrus fruits.

## Pomelo with Toasted Coconut Salad

Pomelo is a citrus fruit found in Southeast Asia. It is pale green to yellow in color with pinkish flesh and taste sweet when ripe. It is considered as the largest and the heaviest among the fruits of the Citrus which include lemon and oranges. Pomelo has a grapefruit-like taste but unlike grapefruit, pomelo is larger and it lacks the bitter taste of grapefruit.

### INGREDIENTS:

- |  |  |
|--|--|
| 4 cups Pomelo, seeded and torn             | Extra virgin olive oil for frying      |
| 2 cups watermelon, sliced into bite size   | Chopped mint and coriander for garnish |
| 1 small chopped chili, to taste (optional) |  |
| 3 tbsp toasted coconut                     |  |
| 3 tbsp ground peanut                       |  |
| 1 tbsp toasted sesame seeds                |  |
| 1 tbsp palm molasses                       |  |
| ½ cup diced shallot                        |  |
| 1 tbsp lime juice                          |  |
| 1 tbsp Bragg's Liquid Aminos               |  |

### DIRECTIONS:

1. Mix the water melon, brags amino, lime juice, molasses and chilli on a salad bowl. Add pomelo and toss.
2. Toast the coconut in a pan with oil until light brown. Transfer the coconut into a separate container and use the same pan to toast the sesame seed.
3. Fry the shallots on medium heat until brown and crispy. Strain shallots from the oil and set aside to cool slightly.
4. Toss the coconut and sesame, mix along the ground peanut, half of the shallot and pomelo.
5. Garnish the salad with other half of the shallot, coriander and mint.
6. Ready to serve!

## Asian Style Kale Salad

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### HEALTH BENEFITS

Kale has carotenoid and flavonoids, two of the most powerful antioxidants that help prevent cancer producing cells. It has high fiber content that promotes good digestion and Vitamin K that prevents calcium build-up in the tissue that can lead to atherosclerosis, cardiovascular disease and stroke.



# Asian Style Kale Salad

Kale is a form of wild cabbage that is green or purple in color. It tastes sweet and flavorful when exposed to frost. Kale is usually served as a salad dish combined with nuts, vinegar and other spices. This version of the regular kale salad incorporates some Asian spices such as curry, oregano, cayenne and paprika to enhance the tastefulness and healthfulness of kale.

## INGREDIENTS:

2 cups shredded kale	1/8 tsp clove
1/8 cup carrot ,peeled and shredded	1/4 tsp paprika
1/4 cup vegan mayonnaise	1/8 tsp ground nutmeg
1/2 tbsp apple cider vinegar	1/4 tsp cayenne
1/4 cup toasted walnuts, chopped	1/4 tsp curry powder
1 tbsp molasses	1/8 tsp cracked pepper
1/4 tsp ground allspice	1/4 tsp Manuka honey
1/4 tsp dried oregano	1/8 tsp Celtic salt, to taste
1/8 tsp ground cinnamon	
1/4 tsp dried thyme	

## DIRECTIONS:

1. In a mixing bowl mix the kale, carrots and walnuts
2. Blend in sugar, mayonnaise, vinegar and spices in a separate bowl.
3. Add the mayonnaise mixture with the vegetables.
4. Toss evenly.
5. Chill before serving.

# Glass Noodle with Sugar-snap Pea Salad

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## HEALTH BENEFITS

Sugar snap peas are a good source of Vitamin K, and Vitamin B6 both promotes healthier bones. It also has Vitamin C for immune system and iron essential for the production of red blood cells therefore preventing anemia.

# Glass Noodle with Sugar-snap Pea Salad

Glass noodles or cellophane noodles are a type of noodles made of starch and water. It is so called because of its cellophane or glass like appearance when cooked. They are usually found in dried form and boiled when making soups and stir-fried dishes. This salad enhances the glass noodle with sugar-snap pea and other selected ingredients.

## INGREDIENTS:

1 cup glass noodles or mung-bean vermicelli

2 cup sugar-snap peas

4 tbsp white, basmati or jasmine rice

1 peeled and seeded cucumber, sliced into fine matchstick

1 cup unsalted peanuts

1 large carrot, sliced into thin matchsticks

1 cup red cabbage, shredded finely

1 cup radishes finely sliced

A handful of shredded mint

### Dressing:

Fresh kaffir lime leaves

$\frac{3}{4}$  cup extra virgin olive oil

$\frac{1}{4}$  tbsp peeled ginger, sliced into fine matchsticks

3 red chili, sliced

5 tbsp palm sugar or molasses

6 tbsp of Bragg's Liquid Aminos

4 tbsp lime juice

## DIRECTIONS:

1. Toast the uncooked rice in a dry frying-pan, until nutty and golden in color, crush the rice using mortar and pestle. Do the same with the peanuts.
2. Blanch the sugar-snaps in boiling water for at least a minute, drain well after .
3. Meanwhile, soak the noodles in cool water for 15 minutes, or until softened, make sure not to break the shape of the noodles.
4. Roll the kaffir lime leaves on top of each other.
5. Sauté the lime leaves, chilli, and ginger in olive oil for a few minutes, set the heat to low and add the sugar or molasses. Stir the mixture until it caramelise.
6. Turn off the heat and add the soy sauce or tamari sauce and lime juice.
7. Trim the noodles with scissors and mix with cabbage, carrots, cucumber, sugar-snap and radish
8. Garnish with rice and peanuts. Serve.

## Fresh Beets Salad

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### HEALTH BENEFITS

Beet leaves are used to promote wound healing. It is also used by ancient Romans as a treatment for fever and constipation. Beetroots have betanin that is protective against oxidative stress.

## Fresh Beets Salad

The roots of beets are usually served boiled, steamed or chilled as a salad. Beets are usually used as a food color in tomato paste and other products. This salad infuses beetroots with various healthy ingredients for a truly vegan-style salad that perks you up with its taste.

### INGREDIENTS:

- 4 beets, top removed
- 1 tbsp horseradish
- 1 medium pearl onion, sliced thinly
- 2 tsp Celtic salt, to taste
- ½ cup red wine
- ½ cup apple cider vinegar
- 4 whole cloves of garlic
- ½ tsp coriander powder
- 6 whole black peppercorns
- 3 tbsp extra virgin olive oil



### DIRECTIONS:

1. Bring to boil the beets, add 1 tsp of salt and simmer until cooked.
2. Drain the beets and set aside. (you can save some of the liquid for use later)
3. Once ready to handle, remove the skin of the beets, cut in uniform sizes and transfer in a bowl.
4. Meanwhile, bring to boil the red wine, vinegar, onion, cloves, coriander, peppercorns and remaining salt.
5. Place beets over the mixture. Observe for a while and add wine if the beets are not completely covered. Allow to cool at room temperature
6. Refrigerate the mixture for 24 hrs. Remove the pepper corn and cloves of garlic after.
7. In a small bowl, beat the olive oil and horseradish. Add the mixture to the beets.
8. Use the reserved liquid of beets if the sauce is too thick. Serve and enjoy!

# Tofu Mushroom Salad in Sesame Oil Dressing

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## HEALTH BENEFITS

Tofu is known for its very high protein content; tofu is also believed to help prevent heart diseases by lowering cholesterol levels in the body. Recent studies also show the link between dementia and consumption of tofu. It is believed that tofu helps cure dementia among old people.

# Tofu Mushroom Salad in Sesame Oil Dressing

Tofu is thought to have originated in China; it is made by coagulating soy milk and pressing the curd into white blocks. Tofu has a subtle flavor and is used in savory and sweet dishes in Southeast Asian cuisine. With tofu and mushroom as the highlight of this salad, you can expect a taste of Asia in a healthy and neat salad package.

## INGREDIENTS:

### Salad:

2 cups extra firm tofu, well drained (approximately 6 cakes)  
 4 cups whole mushrooms  
 1/2 cup carrot, grated or sliced in a matchsticks  
 1 small red bell pepper, chopped finely  
 2 cups shredded cabbage  
 2 minced shallot  
 1/2 cup fresh mung bean sprouts

### Toppings:

Minced fresh cilantro  
 1/2 cup coarsely chopped peanuts  
 1 medium size diced fresh tomato  
 Minced fresh parsley  
 Sprinkle of sesame seed

### Dressing:

4 tbsp extra virgin olive oil  
 5 tbsp apple cider vinegar  
 3 tbsp Bragg's Liquid Aminos  
 3 cloves of garlic, minced  
 1 tablespoon molasses  
 A pinch of salt  
 1 tsp fresh ginger, minced  
 1/4 tsp crushed red pepper flakes

## DIRECTIONS:

1. Make the dressing by mixing the dressing ingredients in an airtight container, shake vigorously.
2. Cut the tofu in cubes
3. Add all the vegetables (except the toppings) with tofu in the dressing.
4. Cover and let stand at room temperature to marinate for at least 2 hrs. it can also be stored in the refrigerator for a few days.
5. Garnish the salad with toppings before serving.



# Japanese Style Avocado Wasabi Salad

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## HEALTH BENEFITS

Among the many health benefits of eating avocado is its ability to lower blood cholesterol because of its high content of oleic acid, a monounsaturated fat found in animals and plants. Oleic acid is known to lower the risk of heart attack and other vascular diseases. Avocado is known to lower the risk of prostate cancer and breast cancer.



# Japanese Style Avocado Wasabi Salad

Wasabi or Japanese horse radish is famous for its very strong spicy flavor and is often used a condiment in Japanese dishes like sushi or sashimi. This unique salad dish is made from the combination of rich creamy taste of avocado combined with the very strong spicy taste of wasabi. You will be surprise how the two different elements

## INGREDIENTS:

2 cups of mixed green  
 1/3 cup of shredded carrots  
 1/2 cup almond, toasted  
 2 tsp extra virgin olive oil  
 1/2 cup chopped broccoli  
 5 corn black pepper, cracked  
 1 tsp extra virgin olive oil  
 1 can of chickpeas  
 1/4 tbsp of wasabi powder  
 1/2 tsp of agave nectar  
 1 tbsp of Bragg's Liquid Aminos

## Dressing:

2 medium size of diced ripe avocados,  
 2 tsp apple cider vinegar  
 3 cloves of garlic finely chopped  
 1 tsp of mustard  
 A pinch of salt  
 1/4 cup extra virgin olive oil  
 1/2 tbsp wasabi powder, you can adjust according to your preference

## DIRECTIONS:

1. Make the dressing by blending together the dressing ingredients until thick, do not add the oil yet. Using a spoon, scoop the mixture and check for its consistency, divide the oil into 3 and add the 1st part by whisking in the mixture. Continue whisking until it becomes smooth and add oil one part at a time. Continue whisking until it emulsifies and the texture is smooth. Set aside or refrigerate for at least one hour.
2. Sauté the chickpeas in a pan of olive oil until it start to brown, separate the chickpeas using a spoon when it starts to stick together. Add Bragg's amino, wasabi powder, and agave nectar. Allow to cool in room temperature.
3. In a different pan, sauté broccoli and add salt and pepper to taste. Set aside
4. In a salad bowl, combine the greens with chickpeas and broccoli, add the rest of the black pepper and toss to mix. Add the dressing and toss carefully.
5. Sprinkle the salad with toasted almond. Ready to serve!

## Millet and Sweet Potato in Orangey Dressing



### HEALTH BENEFITS

Orange doesn't only satisfy your thirst it's also packed with vitamins and nutrients to make you healthy. It is rich in beta carotene, a potent anti oxidant that fight cancer cells, it also high in calcium, folic acid and magnesium for good blood circulation. Orange is also believed to help cure asthma, pneumonia and tuberculosis. It is high in vitamin C that strengthens body's immunity.

# Millet and Sweet Potato in Orangey Dressing

The sweetness of orange mixed with millet and sweet potato, this heavy dish is perfect to serve in picnics and other family gathering. Its refreshing orangey flavor enhances the mildness of millet and sweet potato.

## INGREDIENTS:

2 cups chopped lettuce

1/2 cup baked sweet potato

3/4 cup dried millet

3/4 cup orange

1/4 cup tofu, cut in quarters

### **Dressing:**

2 tbsp juice of orange

1 tbsp Bragg's Liquid Aminos

1 tbsp apple cider vinegar

1/2 tsp agave nectar

A pinch of Celtic salt

3 tbsp extra virgin olive oil

## DIRECTIONS:

1. Cook the millet: sauté the millet in a pan until it turns brown, add salt and water and allow to boil over low heat for 15 minutes.
2. Make the dressing by whisking together all the dressing ingredients. Set aside
3. Mix in a salad bowl the lettuce, sweet potato, millet and tofu and toss.
4. Add the orange and pour in the dressing.
5. Toss and serve.

## Sweet Cabbage Salad in Maple Syrup

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### HEALTH BENEFITS

The vegetable known as the “drug of the poor” is indeed packed with many health benefits, among the list is its ability to prevent colon cancer with its very high fiber content. Cabbage is also very low in caloric content making it best for weight conscious people. It is also a good source of vitamin c and beta carotene which are powerful antioxidants.

# Sweet Cabbage Salad in Maple Syrup

Your cabbage made sweet in this salad dish. Say goodbye to the usual sour taste of cabbage salad, this dish will definitely make you come back for more; it's a perfect healthy dish to satisfy your craving for something sweet.

## INGREDIENTS:

2 cups of shredded cabbage, use the purple one

1 cup shredded carrots

1 cup diced pineapple

1 tbsp finely sliced bell pepper

1 cup cooked edamame beans

⅓ cup of chopped almond

½ cup raisins

### **Dressing:**

1 tbsp apple cider vinegar

2 tbsp of rice wine

2 tsp agave nectar

2 tbsp extra virgin olive oil

A pinch of Celtic salt and pepper to taste

## DIRECTIONS:

1. To make the dressing, mix together all the dressing ingredients except the oil, when the mixture thickens, add the oil slowly and whisk until the dressing emulsifies. Set aside
2. Mix the salad ingredients in a large mixing bowl.
3. Pour in the dressing and toss to mix
4. Serve.

## Blackberry in Spinach Salad

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### HEALTH BENEFITS

Blackberry is a good source of Vitamin C, providing 35% of daily requirement of vitamin C per serving. It is also rich in vitamins and minerals like potassium, calcium, magnesium and copper. Blackberry is also known for its very high oxygen radical absorbance capacity, which makes it one of the top antioxidant producing fruits. The seeds of blackberry contain omega-3-fatty acid, a fatty acid known to lower blood cholesterol levels in the body.

## Blackberry in Spinach Salad

Blackberry although called a berry is not a berry in nature but rather an “aggregate fruit” made of small drupelets. It is famously used in making jams, desserts, jellies and wine. The flower of blackberries yield good amount of nectar that produces sweet tasting honey.

### INGREDIENTS:

- 4 cups of baby spinach
- 1 cup black berry
- ½ cup vegan cheese
- ½ cup chopped cherry tomato
- 1 tbsp pearl onion, finely sliced
- 1/3 cup chopped almonds
- 1 tbsp Manuka honey
- 1 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar

### DIRECTIONS:

1. Mix together the spinach, cheese, tomatoes, onion, and blackberry in a mixing bowl. Set aside
2. Whisk in honey, olive oil and vinegar in a separate bowl.
3. Pour the dressing over the salad mixture and sprinkle with almonds
4. Serve.



# Pear and Carrot in Kimchi Style Dressing Salad

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## HEALTH BENEFITS

Carrot is packed with vitamins and nutrients, including beta-carotene that promotes healthy nails and fresh looking skin. It also has vitamin A for good eye sight. Carrot juice is preferred over other fruit juices because of its very high fiber content, perfect for good digestion and in preventing colon cancer and weight loss.



## Pear and Carrot in Kimchi Style Dressing Salad

Kimchi is a traditional Korean dish that can be trace back thousands of years in the past. It is made from boiled cabbage mixed with chili and other spices like ginger and garlic. Every region in Korea has a unique recipe of kimchi varying in taste and design.

### INGREDIENTS:

- |                                 |  |
|---------------------------------|--|
| 2 cups thinly sliced cabbage    | 1 tbsp chili powder                        |
| 1 cup of thinly sliced cucumber | 1 tbsp agave nectar                        |
| ½ cup shredded pear             | ¼ cup extra virgin olive oil               |
| ½ cup shredded carrot           | A pinch of Celtic salt and pepper to taste |
| ¼ cup thinly sliced pearl onion |  |
| ¼ cup apple cider vinegar       |  |
| 1 tbsp Bragg's Liquid Aminos    |  |
| ½ tbsp chopped ginger           |  |
| 1 tbsp garlic, finely chopped   |  |
| ⅓ cup chili flake               |  |

### DIRECTIONS:

1. Marinade the cabbage, pear, carrot and cucumber in chili flakes and salt. Set aside.
2. Whisk together vinegar, olive oil, chili powder, agave nectar, salt, pepper and Braggs amino until thick.
3. Pour in the dressing over marinated vegetables and add ginger, onion and garlic.
4. Toss to mix. Ready to serve!



## Juicy Pear Salad

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### HEALTH BENEFITS

Pear has very high fiber content, and like apple it is also rich in Vitamin C. Pear is also low in calories perfect not only for health conscious individual but also for weigh conscious people. Although pear is sweet, it is not harmful to diabetic patients because the sugar found in pear (levulose) is easily tolerated by diabetics. Because most of the vitamins of pear are found in the skin, it is best to consume fresh unpeeled pear.

## Juicy Pear Salad

Pear belongs to the family of apple; it is sweet and juicy to the taste. It is a perfect substitute for apples in making salads, pears are also used in making jellies and jam. Pear tree grows in cold areas usually in cold mountains.

### INGREDIENTS:

- |                                   |                      |
|-----------------------------------|----------------------|
| 1 cup pear                        | 1/4 cup vegan cheese |
| 1/2 cup lemon juice               | 1/2 tsp Manuka honey |
| 1 cup red wine                    |                      |
| 2 tbsp apple cider vinegar        |                      |
| 2 tbsp extra virgin olive oil     |                      |
| A pinch of Celtic salt            |                      |
| A pinch of pepper                 |                      |
| 1 cup radicchio, thinly sliced    |                      |
| 1 tbsp chives cut into 2          |                      |
| 2 tbsp toasted and chopped walnut |                      |

### DIRECTIONS:

1. Make the vinaigrette , heat the wine in a pan, let boil and allow to simmer, whisk in the lemon juice, vinegar, olive oil, and honey until thick. Lower the heat and salt and pepper to taste.
2. In a separate bowl, mix the pear, cheese and radicchio.
3. Pour the vinaigrette over the salad. Toss to mix.
4. Top with chopped walnut.
5. Serve



## HEALTH BENEFITS

Parsley is one of the most common herb use in culinary all over the world. This herb has exceptional health benefit including high Vitamin C content, parsley has three times more vitamin C content than oranges. Parsley is also known as a rich source of iron which is essential for the production of red blood cells to prevent anemia. Aside from this, parsley also helps in washing away toxins in the body and in flushing down deposits in the veins and artery that causes stroke and heart attack.

## All-Herbs Salad

Herb is any plant with distinctive aroma used as a medicine and in culinary as a spice. The roots, leaves and stems of herbs are usually used in medicinal purposes as a cure to different kinds of diseases. On the other hand, dried leaves of herbs are usually use in culinary. Every herb yield a unique taste and aroma same as every herb has a unique medicinal value.

### INGREDIENTS:

1/2 cup parsley

3/4 cup basil leaves

1/2 cup torn sorrel leaves

3/4 cup borage leaves

1/4 cup mint

1 cup watercress

1/2 cup toasted walnut

A pinch of Celtic salt

4 tbsp balsamic vinegar

1/2 tbsp Dijon mustard

1 tsp minced garlic

1 cup extra virgin coconut oil



### DIRECTIONS:

1. Chop all the herbs in small pieces.
2. Prepare the dressing by whisking together the vinegar, mustard, garlic, coconut oil. Add salt and pepper to taste.
3. Mix the herbs in a salad bowl.
4. Pour in the dressing. Toss
5. Garnish with toasted walnut
6. Serve.

# Asian Style Curry in Spinach Salad

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## HEALTH BENEFITS

Curry powder comes from several spices found in the Orient. It contains antioxidants from coriander, iron from cumin, and other health benefits brought by turmeric, fenugreek, and red pepper. Spinach, on the other hand, is a green leafy vegetable rich in iron and calcium, among other nutrients that include Vitamins C, K, and E, folate, and beta-carotene.

# Asian Style Curry in Spinach Salad

Curry is made from the combination of spices like turmeric, cumin and coriander, it is a common spice used in many Asian cuisines. This dish will give you a different twist of curry in an all vegetable meal, enjoy the spicy taste of curry over your favorite vegetables.

## INGREDIENTS:

3 cups fresh spinach, chopped  
1/2 cup of chopped arugula  
1/2 c chopped celery leaves  
3 cups sliced mushrooms  
1 tbsp curry powder  
Bunch of chopped parsley  
Leaves of basil, chopped  
1 tbsp mustard powder  
1/4 tsp salt  
1 tbsp extra virgin olive oil  
2 tbsp juice of lemon

## DIRECTIONS:

1. Heat the curry powder in a pan until aromatic.
2. Whisk together the mustard, olive oil, and lemon. Add salt to taste.
3. Add curry to the mixture.
4. In a separate salad bowl, mix all green ingredients
5. Pour the dressing over the salad
6. Toss to mix evenly.
7. Ready to serve.





## Crunchy Yam Salad

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### HEALTH BENEFITS

Yam is made of complex carbohydrates and dietary fiber, thus it is a good energy providing food. It is also rich in vitamin C and Vitamin B complexes that is essential in many metabolic processes in the body. Yam is also high in Vitamin A, that promotes good eyesight and promotes oral health.



## Crunchy Yam Salad

Curry is made from the combination of spices like turmeric, cumin and coriander, it is a common spice used in many Asian cuisines. This dish will give you a different twist of curry in an all vegetable meal, enjoy the spicy taste of curry over your favorite vegetables.

### INGREDIENTS:

- |                                  |                               |
|----------------------------------|-------------------------------|
| 3 cups yam, cubed                | 4 tbsp extra virgin olive oil |
| 1 cup mushroom, thinly sliced    | 1/4 cup Manuka honey          |
| 2 cups spinach, chopped          |                               |
| 1 tbsp minced and toasted garlic |                               |
| 3 tbsp extra virgin coconut oil  |                               |
| 1 cup vegan cheese               |                               |
| 1/4 cup toasted pine nut         |                               |
| 2 tbsp apple cider vinegar       |                               |
| 1/4 tsp black pepper             |                               |
| 1/4 tsp rind of lemon            |                               |

### DIRECTIONS:

1. Bake the yam in oil and honey at 375 F for 30-45 minutes.
2. Meanwhile, mix all the other ingredients in a mixing bowl, except the pine nut.
3. Add the yam while hot in the mixture.
4. Toss to mix evenly.
5. Sprinkle with nuts and serve.