

# Spring Green Salad

Simple doesn't have to be boring. With organic greens plus a one-minute dressing topped with healthy sprouted seeds, salad doesn't get much easier than this. Ingredients are healthy and intense, giving gourmet taste sans sugar and cheese.

- 1 head butter or green leaf lettuce
  - 1 or 2 scallions, diced
  - 1 tablespoon Dijon mustard
  - 1/2 lemon, juiced
  - Sea salt and freshly ground pepper
  - 2 to 3 tablespoons cold pressed extra virgin olive oil
  - 2 tablespoons sprouted pumpkin or sunflower seeds (optional)
1. Wash and dry lettuce thoroughly using a salad spinner. Prepare your dressing as lettuce sits.
  2. For the dressing, in a small bowl, combine mustard, lemon juice, salt and pepper and whisk well. Slowly add olive oil and whisk until smooth and well incorporated. That's it!
  3. Place salad in a large bowl and top with dressing immediately before serving. Sprinkle with sprouted pumpkin or sunflower seeds.
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# Spicy Soba Noodles

*Soba noodles, hearty and flavorful Japanese noodles made from buckwheat pair perfectly with watercress or arugula and a spicy dressing. If you are following a gluten-free diet, look for 100% buckwheat soba noodles. Eden and Mitoku are two good brands.*

- 1 package of dried soba noodles
  - 2 1½ tablespoons gluten-free tamari soy sauce
  - 1 teaspoon chili-garlic sauce
  - 1 teaspoon toasted sesame oil
  - 6 cups stemmed watercress or arugula
  - 1 tablespoon grape seed or sunflower oil
  - sesame seeds to garnish (optional)
  - chopped scallions or cilantro to garnish (optional)
1. Bring a large pot of water to a boil over high heat. Add the noodles and cook for about 8 minutes, or according to package directions, until done. Meanwhile, to make the sauce, in a small bowl, stir together the tamari sauce, chili-garlic sauce, and sesame oil.
  2. Drain the noodles in a colander. If you are using 100% buckwheat soba, give the noodles a quick rinse with hot tap water.
  3. Put the watercress or arugula in the hot pan. Return the noodles to the pan along with the grape seed oil. Using tongs, toss to combine. The watercress should wilt from the residual heat of the pan and the noodles. Add the sauce and toss until well incorporated. Garnish with sesame seeds and chopped fresh herbs and serve warm or at room temperature.

*This healthy and sumptuous dish could not be easier, and makes a perfect option for Meatless Monday. Look for the soba noodles, chili-garlic sauce (a mixture of chili, garlic, and vinegar), and toasted sesame oil, and Tamari sauce in the Asian foods section of your grocery store.*

*Adapted from Brassicas by Laura B. Russell (Ten Speed Press, © 2014).*

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# Lemon Broccoli with Avocado

Try this spring spin on broccoli, brightened with lemon juice and topped with heart-healthy avocado. It's hearty enough for a lunch, but also a flavorful accompaniment to Ronit's Asian Salmon.

- 2 bunches broccoli
  - 1 lemon, juiced
  - 1 tablespoon extra virgin olive oil
  - $\frac{1}{4}$  teaspoon sea salt
  - 1 avocado, cut into chunks
1. Chop broccoli into bite-size pieces and separate stems from the crowns.
  2. Fill a pot with 1 inch of water, place a steamer basket inside, cover and heat to boiling. Add stem pieces, and steam for 2 minutes. Add crown pieces, cover and steam for 5 minutes.
  3. In a mixing bowl, combine the lemon juice, olive oil and salt.
  4. Chop the avocado into chunks and add to the mixing bowl.
  5. Add the warm broccoli to the bowl, mix gently and serve.

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## Green Tahini Dressing

This simple and versatile dressing is an excellent go-to for

spring because it spices up everything from salads and steamed veggies to wraps and grilled tuna. It's perfect for party platters and foods that need a little extra zing without added sugar or other unhealthy ingredients.

- $\frac{1}{2}$  cup sesame tahini
- 2 tablespoons shoyu or tamari
- 1 tablespoon ume plum vinegar
- $\frac{1}{2}$  bunch parsley, chopped
- $\frac{1}{2}$  bunch scallions, chopped
- $\frac{3}{4}$  cup water (more or less)

Blend tahini, shoyu/tamari, vinegar, parsley and scallions in food processor, slowly adding water to achieve desired consistency.

Pour tahini dressing over steamed greens or use as dipping sauce for crudité veggies.

Dressing stays fresh in the refrigerator for three to four days.

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## Sumptuous Spring Greens Salad

One of my favorite things about spring is the abundance of farmer's market produce. This salad combines the freshest, most flavorful picks in one delicious bowl.

- 2 to 3 medium beets, red or golden
- 1 bunch young dandelion greens or watercress leaves, chopped
- $\frac{1}{2}$  head radicchio, thinly sliced
- 2 Persian cucumbers, thinly sliced
- 6 radishes, thinly sliced

- 1 Granny Smith apple, quartered, cored, thinly sliced
  - 1 medium ripe avocado, peeled and diced
  - 2 tablespoons extra-virgin olive oil or flax seed oil
  - 2 tablespoons lemon juice
  - Sea salt and freshly ground pepper to taste
1. Cut beets into quarters. Place in a steamer basket over 2 inches of water in a large pot set over high heat. Cover and steam until tender but firm, about 12 minutes.
  2. When the beets are cool enough to handle, peel and dice them.
  3. Combine the avocado, oil, lemon juice, salt and pepper together in a small mixing bowl.
  4. In a separate serving bowl, mix beets with all the remaining ingredients.
  5. Toss together with the dressing mixture. Serve at once.
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## Roasted Root Vegetables

I love this super-easy recipe, not just because it tastes fantastic and uses local, in-season produce, but also because it takes just 10 minutes to prep and 30 minutes or so to cook. You can make the rest of the meal while it bakes.

1 sweet potato  
2 parsnips  
2 carrots  
2 turnips or 1 large rutabaga  
1 daikon radish, or substitute/add in other favorites, like squash  
Extra virgin olive oil  
Salt and pepper  
Herbs: rosemary, thyme or sage, fresh if possible

Preheat oven to 375 degrees.

Wash and dice all vegetables into bite-size cubes.

Place in a large baking dish with sides.

Drizzle with olive oil; mix well to coat each vegetable lightly with oil.

Sprinkle with salt, pepper and herbs.

Bake uncovered for 25 to 35 minutes until vegetables are tender and golden brown, checking every 10 minutes to stir and make sure veggies are not sticking. Serves 4 to 6.

*Tip: Any combination of vegetables will work. Roasting only one kind of vegetable also makes a nice side dish.*

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## Butternut Squash Soup

This healthy, vegan, and gluten-free soup is one of the easiest soups to make. It is delicious, warming, and it helps me feel aligned with the Fall-Winter season. When I make it, I make sure to double the amounts and freeze half in smaller mason jars for lunch or dinner appetizers on wintery days when I crave that cozy, nurtured feeling.

- 2 butternut squash cut into 2" cubes
- 2 containers of organic vegetable broth (add more broth to cover vegetables)
- 2 carrots, diced
- 2 parsnips, sliced
- 1 large spanish onion, diced
- 2 tablespoons grapeseed oil
- 1 tablespoon fresh sage, chopped
- 1 teaspoon turmeric

- pinch of nutmeg
- Sea salt and pepper to taste

In a large pot, sauté diced onion and chopped carrots for about 3 minutes.

Add squash, parsnips and vegetable broth to cover vegetables. Bring to boil and lower heat immediately.

Add fresh sage, turmeric, nutmeg, sea salt and pepper to taste and cook until tender, about 20 minutes.

Let cool a bit and pour mixture into a blender (or use a hand blender) and pureé the soup until smooth.

Garnish with your favorite herb and pumpkin or sunflower seeds.

Butternut squash contains many vital poly-phenolic antioxidants and vitamins. It is a rich source of dietary fiber and phyto-nutrients. Squash is one of the common low-calorie vegetables recommended by dieticians in cholesterol controlling and weight reduction programs. It is high in vitamin-A , providing about 354% of RDA. Vitamin A is a powerful natural anti-oxidant and is required by the body for maintaining the integrity of skin and mucus membranes. It is also an essential vitamin for good eye-sight. Research studies suggest that natural foods rich in vitamin A help the body protected against lung and oral cavity cancers.

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## Super Healthy Kale Salad

This makes for a super healthy salad that you can prepare in advance and enjoy for a couple of days. I adapted it from Crazy Sexy Kitchen by Kris Carr & Chef Chad Sarno. You can

serve it solo, with your favorite cooked grain, or wrapped in nori. When I have guests, I like to serve it wrapped in a cucumber slice and topped with sprouted sunflower seeds. Its a fancy and super healthy start to your meal!

- 1 bunch kale, any variety, chopped (you can all mix varieties)
- 2 cups diced bell peppers, red, yellow, and orange
- 1/2 cup chopped parsely
- 1 1/2 avocados, pit removed and chopped
- 2 tablespoons flax oil
- 2 tablespoons lemon juice
- sea salt, to taste
- pinch of cayenne, to taste
- sprouted sunflower seeds

In a bowl, combine all the ingredients. Massage and mix with your hands to “wilt” the kale and cream the avocado. Serve and enjoy!

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## Quinoa-and-Apple Salad with Curry Dressing

*Welcome autumn into your kitchen:* Try new recipes for fall featuring the season’s freshest crop of apples and root vegetables. This will help you maximize nutrients by eating fresh local produce ,while also keeping dinners exciting and new.

**Quinoa-and-Apple Salad with Curry**



## Dressing

I love this salad because it's rich with flavor as well as nutrients. Quinoa is packed with protein so this recipe makes a great vegetarian meal, or can serve as a side dish when paired with a lean healthy protein like organic chicken. And if you're busy like me, you'll love the fact that quinoa cooks fast and stays fresh in the refrigerator for three to four days.

- 1/4 cup raw whole almonds
- 1 cup white quinoa
- 1 teaspoon honey
- 1 tablespoon shallot, finely chopped
- 1 teaspoon curry powder
- 1/4 teaspoon coarse salt
- 2 tablespoons fresh lemon juice
- Freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons dried currants
- 1 small McIntosh apple, cut into 1/8-inch-thick wedges
- 1/4 cup loosely packed fresh mint leaves, coarsely chopped, plus more for garnish

Preheat oven to 375 degrees. Spread almonds on a rimmed baking sheet; toast until lightly toasted and fragrant, about 7 minutes. Let cool; coarsely chop nuts.

Rinse quinoa thoroughly in a fine sieve; drain. Bring 2 cups water to a boil in a medium saucepan. Add quinoa; return to a boil. Stir quinoa, cover and reduce heat. Simmer until quinoa is tender but still chewy, about 15 minutes. Fluff quinoa with a fork and let cool.

Whisk together honey, shallot, curry powder, salt and lemon juice in a large bowl. Season with pepper. Whisking constantly, pour in oil in a slow, steady stream; whisk until

dressing is emulsified. Add quinoa, currants, apple, mint and nuts; toss well. Garnish with mint.

*Source: MSL Cookbook Vol. 2; The New Classics*

Per serving: 304 calories, 14g fat, 0mg cholesterol, 38g carbs, 154mg sodium, 8g protein, 5g fiber

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## Quick Summer Slaw

This makes a fantastic side dish or topping on simple grilled fish or chicken. Great addition to your summer BBQ.

- 3 tablespoons olive oil
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce
- 1/2 teaspoon brown sugar
- 1 mini green cabbage, chopped
- 1 garlic scape, thinly sliced
- 1/4 cup cilantro, basil or mint, chopped
- Freshly ground pepper
- Sprouted sunflower seeds

In a bowl, mix the oil, vinegar, soy sauce and brown sugar. Add cabbage, garlic scape and fresh herbs. Toss. Mix in the sunflower seeds and season with pepper. Toss again and serve.