

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.

Zucchini, Tomatoes and Rosemary Frittata

This Mother's Day frittata is just as big on flavor as it is on nutrients, thanks to loads of organic vegetables, fresh herbs and protein- and omega 2-rich eggs. It's also a

fantastic base recipe that you can customize according to mom's palate. Super simple, this dish is perfect for weeknights when you're cleaning out what's left in your crisper.

- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- 2 cups zucchini, halved lengthwise and thinly sliced
- 1 cup cherry tomatoes, halved
- 5 large organic eggs
- 2 organic egg whites
- 1/4 teaspoon sea salt, divided
- 1/4 teaspoon of freshly ground pepper, divided
- 1/2 teaspoon chopped fresh rosemary
- 2 ounces grated vegan cheese or Italian Parmigiano Reggiano

1. Preheat the oven to broil.
 2. Heat oil in a skillet over medium-high heat; add garlic, cook for 1 minute. Do not allow garlic to brown or it turns bitter. Add zucchini; cook 3 minutes and add the cherry tomatoes. Cook veggies until tender, stirring continuously. Season with salt and pepper.
 3. Meanwhile, whisk together the eggs, egg whites and rosemary, and season with salt and pepper. Pour the egg mixture over the zucchini and cook until the eggs begin to set, about 3 minutes.
 4. Sprinkle cheese evenly over the top. Place pan under the broiler for 3 minutes or until the frittata rises slightly and becomes light and settled. Eggs should not be runny. Transfer to a serving plate, cut into pie-shaped wedges and serve. I love it paired with the Spring Green Salad.
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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).

Spring Out Quinoa

Easy, healthy and brings the spring flavors to your table, including as a Passover dish.

- 2 cups quinoa, rinsed in cold water
- 3 ¹/₂ cups water
- 1 bag peppermint tea
- 1 tablespoon extra virgin olive oil
- fresh mint, basil, cilantro

Wash grains. Place them in water and add peppermint tea bag. Bring to a boil. Cover and simmer for 15 to 20 minutes, then remove from heat and let stand for 5 minutes.

When it is done, add olive oil and fluff.

Garnish with chopped fresh herbs and serve.

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.

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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Baked Fish in Tomato-Caper Sauce

This is a great recipe that even people who aren't fish lovers enjoy. It's also one of my favorite dishes for dinner parties because the sauce is easy to prep in advance, so all that's left to do is bake the fish when guests arrive.

This dish is always a winner at my house and with Smart Life clients. What I love about it is that I can pre-make the tomato sauce a day or two ahead and bake it with fish right before serving. I can also use the sauce to bake fish or shrimp for different meals.

Give this Mediterranean flavored dish a try and elevate your fish dinner to a new level of YUM!

3 tablespoons extra virgin olive oil

2 large yellow onions, chopped

3 cloves garlic, chopped

2 teaspoons fresh oregano

2 tablespoons capers, drained
2 cups canned crushed tomatoes
2 cups fresh tomatoes (with seeds and juices), chopped
1 to 2 zucchinis, chopped
2 teaspoons freshly squeezed lemon juice
1 teaspoon Himalayan or sea salt
Freshly ground black pepper to taste
1 ½ pounds fresh white fish like cod or sole

Preheat oven to 350 degrees.

Heat olive oil over medium heat in a sauté pan. Add onion and sauté until soft, 5 to 7 minutes. Add garlic and sauté until lightly colored, about 1 minute. Stir in oregano, capers and zucchini.

Add crushed tomatoes, fresh tomatoes, lemon juice, salt and pepper. Lower heat to a simmer and cook for 15 minutes. Spread one quarter of tomato sauce on the bottom of a large baking dish.

Arrange fish in a single layer on top of sauce. Bake in over for 15 to 20 minutes, or until fish is just done and opaque. Garnish with lemon and fresh herbs and serve.

Oat Milk with Muesli and Superfoods

This powerful, filling and fiber-rich breakfast will hold you over on days when you're expecting to eat a late-afternoon lunch. The oat milk lasts three days in your refrigerator when stored in a sealed glass jar.

Not keen on oats or simply prefer seeds or nuts? Just replace the oats with the same quantity of seeds or nuts and blend in their place. Almonds, brazils and hazelnuts need soaking overnight, whereas cashews absorb water more quickly so they only need about three hours of soaking.

Oat milk

1 cup whole oats or raw nuts (soaked in tap water)

1 liter spring or filtered water

2 teaspoons coconut oil

1 drop vanilla extract

2 dates

Muesli & Super Foods

$\frac{1}{2}$ cup sugar-free muesli

2 tablespoons Goji berries

1 to 2 tablespoons omega 3-rich seeds (hemp, flax or chia)

To prepare the oat milk:

Soak the oats in tap water for 2 hours and drain. Add the oats and spring or filtered water to a blender and liquidize until smooth. Add the rest of the ingredients and blend for another 30 seconds.

To prepare the rest of the dish:

Pour 1 cup of the oat milk over the sugar-free muesli. Top with Goji berries and seeds.

Guilt-Free Hot Chocolate

When it's cold outside and you want to warm up your insides, all you need is a guilt-free hot chocolate.

- 1/2 cup raw cashew nuts, soaked in water for 20 minutes
- 2 cups water (1 cup room temperature, 1 cup boiling)
- 4 dates, pitted
- 1 tablespoon raw cacao powder

Drain and rinse the cashews. Blend all the ingredients in a blender until smooth. Add the boiling water and pulse until combined. Drink it while it's hot!