

# 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.

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# Vegetable Sauté

This dish is super simple and tasty! Time saver: Start quinoa before chopping and cooking vegetables, so the grain cooks at the same time.

- 2 tablespoons olive oil
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 1 red sweet pepper, chopped
- 1 celery stalk, chopped
- Black pepper to taste
- 2 cloves garlic, minced
- 1 teaspoon turmeric

In your favorite skillet, add olive oil and heat over a medium setting. Add chopped vegetables and sauté until they begin to soften.

Top them over brown rice or quinoa, or put in a gluten-free wrap.

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## Kale & Lentil Soup

Feel free to substitute your favorite vegetables. This vegan, gluten-free soup is one of the easiest ways to chock your diet full of antioxidants.

- 8 cups vegetable broth
- 6 cups water
- 1 1/2 cups red lentils, rinsed
- 2 carrots, diced
- 2 onions, diced
- 1 bunch kale, stem removed, roughly chopped
- 2 cloves garlic
- ½ teaspoon red pepper flakes (optional)
- 1 tablespoon parsley
- ½ lemon, zested
- 1 teaspoon turmeric
- Salt and pepper to taste

Add vegetable broth, water, carrots, onions, kale and garlic to a large pot. Bring to boil and lower heat immediately. Cook until tender, about 10 minutes.

Stir in rinsed red lentils, red pepper flakes, parsley, lemon zest, turmeric, salt and pepper. Cook on low heat for 5 more minutes.

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# Garlic Shrimp

This is a great solution for a speedy dinner when I run home late from work and everyone is already “sooooo hungry!”

- 8 ounces shrimp (4 ounces per person)
- 2 cloves garlic
- 2 teaspoons olive oil
- Lemon wedge

Preheat skillet. Add olive oil. When olive oil is hot, add garlic and cook for 1 minute. Add shrimp and sauté 4 to 7 minutes or until they’re opaque in the center. Squeeze lemon on shrimp and serve over steamed spinach or kale.

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# Poached Cod or Halibut

The flavors of this recipe are sophisticated and delicate yet it is so easy to make. I use this recipe when I want to easily impress!

- 2 cod or halibut fillets (4 ounces each)
- 2 cups low-sodium vegetable broth (try organic like Imagine or Pacific brands)
- 4 tablespoon leeks, chopped
- Sea salt and pepper to taste

- 2 tablespoons mellow white miso
- $\frac{1}{2}$  cup warm water
- Juice of  $\frac{1}{2}$  lemon

Bring vegetable broth and leeks to a simmer in a pot. Sprinkle cod with salt and pepper.

In a small bowl, whisk miso paste with warm water until it's fully dissolved. Add the mixture to the simmering broth and bring back to a simmer.

Add fish. Wait until mixture returns to gentle simmer and add the lemon juice.

Cook 5 to 7 minutes or until fish is cooked through.

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## Ronit's Berry Energy Smoothie

I love to drink a cup of this smoothie in the morning before my workout. I save another 1/2 cup for refueling afterward. Store the extra in your refrigerator for a snack later that day.

- 2 cups unsweetened almond milk or water
- 2 tablespoons chia seeds
- $\frac{1}{2}$  packet of frozen Sambazon Acai Berry + Guarana Smoothie Pack
- $\frac{1}{4}$  cup Vegan Protein Factors powder in Vanilla Bean flavor
- Fresh strawberries
- Fresh blueberries

**Blend all ingredients and enjoy a boost of energy!**

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# Ronit's Fruity Green Juice for Kids

This juice is great for kids or anyone new to green juices. I adapted this recipe from Reboot With Joe and it's a hit!

- 15 strawberries
- 1 apple
- 1 pear
- 12 kale leaves
- 4 celery stalks

Wash all ingredients well and put through a juicer.

**Enjoy!**