

# Cucumber — Pineapple Guacamole

This refreshing mix is more like a salad than a classic guacamole dip. Its delicious with quinoa or lentil chips or spooned over grilled turkey burgers or fish.

## Ingredients

- $\frac{1}{2}$  cup chopped fresh cilantro
- 2 Tbs. finely chopped purple onion
- 1 Tbs. minced fresh jalapeno, including seeds; more to taste
- sea salt (to taste)
- 1 cup diced Persian cucumbers
- 2 ripe avocados
- 1 cup diced fresh pineapple (cut into  $\frac{1}{2}$  -inch dice)
- 1 Tbs fresh lime juice (more to taste)

## Directions

1. In a mixing bowl, mash together  $\frac{1}{2}$  of the cilantro, onion, jalapeño, and salt.
2. Stir into the mix the diced cucumbers.
3. Halve and remove the pits of the avocados and use a spoon to scoop the avocados into the bowl. Gently stir in the avocados, without mashing, along with the pineapple, the remaining cilantro, and lime juice. Serve immediately.

*\*This recipe was adapted from Roberto Santibane, Fine Cooking.*

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# Baked Red Lentil Patties

## Ingredients

- 1 cup red lentils, rinsed
- 1 cup quinoa, rinsed
- 1 shallot, finely chopped
- 2 tablespoons extra virgin olive oil
- 2 cups cremini mushrooms, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon paprika
- 1 teaspoon coriander
- 1 teaspoon sea salt
- freshly ground pepper to taste
- 1 Tablespoon tamari
- 2 Tablespoons tomato paste
- 1/4 cup ground flax seeds
- 1 egg
- 1/2 cup chopped scallions
- 1/4 cup chopped cilantro or parsley
- cooking spray oil or extra olive oil

## Directions

1. Bring 3 cups of water to a boil. Add lentils and quinoa, bring to a boil and then simmer for 15 minutes. Drain and set aside to cool.
2. Saute shallot in olive oil for 2 minutes, until starting to soften. Add mushrooms and cook until soft and juices are released, about 5 minutes. Add garlic and saute another minute until juices are absorbed. Add spices, salt and pepper, and let cool completely.
3. Combine lentils, quinoa and mushroom mixture. Add tamari, tomato paste, flax, egg, scallions, and herbs.
4. Scoop patties using 1/4 cup measure and place on parchment lined baking sheet with cooking spray. Refrigerate for 30 minutes.

5. Pre-heat oven to 400 degrees F. Spray the patties with cooking spray or brush with olive oil. Bake lentil patties for 25-30 minutes.

*Recipe adapted from [www.greennapkinnutrition.com](http://www.greennapkinnutrition.com)*

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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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# 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 anti-oxidants 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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## Roasted Eggplant Bruschetta

This is a perfect dinner appetizer or platter for a brunch buffet. It’s becoming a favorite in my house so I thought I would share:

- 2 medium sized eggplants, cut into 1-inch rounds
- 3 cups cherry tomatoes, chopped (I mix red and orange)
- 1/2 small red onion, finely diced
- 2 tablespoons capers
- 4 tablespoons mint leaves, chopped
- 2 tablespoons parsley, chopped
- 3 tablespoons grated parmesan
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- Pinch of salt
- Black pepper to taste

Preheat oven to 425 degrees

Brush olive oil on a baking sheet. Layer the eggplant rounds on the baking sheet and roast for 15 minutes. Flip and roast for 12-15 minutes.

In the meantime, combine cherry tomatoes, onion, capers, herbs, oil, vinegar, a pinch of sea salt and pepper in a bowl.

When eggplants are roasted, top each round with a sprinkle of Parmesan cheese and leave in the oven for 2-3 minutes.

Take out of the oven and top with the tomato and herbs mixture. Arrange on a platter and serve.

Tip: You can roast the eggplants and make the tomato mixture in advance and save them in the fridge. Just before serving, warm the eggplants, add the grated cheese and then top with tomato mixture and serve.

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## **Cauliflower Hummus**

This hummus is easy to make and tastes delicious. Enjoy with fresh cut veggies and toasted whole wheat pita bread.

- 1 cauliflower
- 2 tablespoons tahini
- 1/4 cup of extra virgin olive oil
- juice of 1 lemon
- handful parsley
- pinch cumin
- pinch sea salt
- Freshly ground pepper

Steam the cauliflower for approximately 10 minutes. Add the cauliflower to the food processor with all other ingredients and mix.

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## **Ronit's Twist on Dos Caminos**

# Traditional Guacamole

Many New Yorkers love the guacamole served at Dos Caminos. The best tip I got from their traditional recipe is to mash the seasonings with the lime together and let the juices develop before I add in the avocados. My family and friends love my guacamole with more of a kick, so I add a bit more jalapeños and I leave the membranes and seeds. To keep your waistline trim, serve with platter of raw vegetables instead of the traditional tortilla chips.

- 3 tablespoons cilantro leaves, finely chopped
- 2 teaspoons jalapeño chilies, minced (remove seeds and membranes for less kick)
- $\frac{1}{2}$  teaspoon Himalayan or sea salt
- 2 large ripe avocados, preferably Haas, peeled and seeded
- 1 small plum tomato, cored, seeded and finely chopped
- 2 teaspoons freshly squeezed lime juice

In a medium-size bowl, use a masher to mash together the cilantro, jalapeño, salt and lime juice. Let stand for a few minutes.

Add avocados and gently mash them with a fork. Stir in the chopped tomato.

Taste to adjust seasonings (typically I add more salt, more lime, more cilantro).

Serve with a platter of fresh cut veggies.

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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.

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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
- 1/2 teaspoon red pepper flakes (optional)

- 1 tablespoon parsley
- $\frac{1}{2}$  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.