

# Orange and Cucumber Salad with Spring Greens

*Early spring greens are crossing paths with winter citrus in this easy and healthy salad.*

## Ingredients:

- $\frac{1}{2}$  English cucumber, thinly sliced
- 3 to 4 small oranges (clementines), peeled and sectioned
- 2 big handfuls baby arugula leaves
- 2 baby bok choy, thinly sliced
- $\frac{1}{2}$  bunch watercress leaves
- 1 cup green sprouts (pea, broccoli)
- Pumpkin seeds or sunflower seeds, as desired
- Juice of  $\frac{1}{2}$  orange
- Juice of  $\frac{1}{2}$  lemon
- 1 teaspoon orange zest
- 1 teaspoon lemon zest
- 2 tablespoons extra-virgin olive oil
- sea salt and freshly ground pepper to taste

1. Combine all the veggies in a serving bowl.
  2. Mix together the orange and lemon juice, orange and lemon zest, olive oil, salt and pepper.
  3. Pour the dressing on the salad and toss together. Scatter the seeds over the top of the salad 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.
- 

# 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

- ½ 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.

---

## 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 parsley
- 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!

---

## **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)
- ½ 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.