

# 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.
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# Chickpea Patties

These chickpea patties are made with simple ingredients and easy prep. They are gluten free and dairy free. They pair well with tahini dressing and chopped vegetable salad.

## Ingredients:

- 1 15-ounce canned chickpea rinsed, drained
- $\frac{1}{4}$  cup chickpea flour
- $\frac{1}{4}$  cup nutritional yeast
- 2 Tablespoons chopped parsley
- 1 teaspoon cumin
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- 3 Tablespoons water
- 2-3 Tablespoons olive oil

## Directions:

1. In a medium bowl, combine the chickpeas, flour, nutritional yeas, parsley, cumin, salt, pepper. Add 3 Tablespoons water and use a masher to combine the ingredients until they are well blended.
2. Form 6 patties from the mixture.
3. Heat a large pan with oil and add the patties. Cook until browned, 3-5 minutes per side.
4. Serve with tahini or any other sauce of choice.

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# Shredded Kale and Brussels

# Sprouts Salad

## Ingredients:

- 3 tablespoons fresh lemon juice
- 1 teaspoon dijon mustard
- 1 tablespoon minced shallot
- 1 small garlic clove, grated
- 1 teaspoon honey
- $\frac{1}{4}$  cup olive oil
- sea salt
- freshly ground black pepper
- 3 cups finely shredded Lacinto kale
- 3 cups finely shredded Brussels sprouts
- 3 cups finely shredded red cabbage
- $\frac{1}{4}$  cup sliced almonds or pumpkin seeds

## For the dressing:

In a small bowl, whisk together the lemon juice, mustard, shallot, garlic and honey. Slowly stream in the olive oil while whisking the dressing until well combined. Season the dressing with salt and pepper. Adjust the lemon juice or honey to your personal taste if necessary.

## For the salad:

In a large bowl, toss together the shredded kale, Brussels sprouts, cabbage and toasted almonds. Add a few tablespoons of dressing and toss well. Taste and add salt and pepper or more dressing if desired. Sprinkle the almonds or pumpkin seeds over the top and serve.

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# 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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# Vegetable Soup with Cannellini Beans

This heartwarming, healthy soup will comfort you during the coldest wintery days. It is a bowl of nutrition that can stand as a full meal. Add your favorite herbs to this flavorful veggie soup.

Makes 6 servings.

## *Ingredients*

- 2 teaspoons extra virgin olive oil
- $\frac{1}{2}$  cup diced yellow onions
- $\frac{1}{2}$  cup diced fennel
- $\frac{1}{2}$  cup diced celery
- $\frac{1}{2}$  cup diced carrots
- 1 cup diced tomatoes
- $\frac{1}{2}$  cup diced zucchini
- $\frac{1}{2}$  cup diced yellow squash
- 6 cups vegetable stock
- $\frac{1}{2}$  teaspoon minced fresh oregano
- $\frac{1}{2}$  teaspoon minced fresh thyme
- 1 teaspoon minced fresh parsley
- 1 bay leaf
- 2 cups chiffonade spinach or kale
- 1 cup canned cannellini beans (drained and rinsed)
- 1 tablespoon red wine vinegar
- 1 teaspoon sea salt
- freshly ground black pepper to taste

## *Directions*

1. Heat oil in large saucepan. Saute onions, fennel, celery and carrots until onions are translucent. Add tomatoes and cook 5 minutes. Add zucchini and yellow squash and cook 5 more minutes.

2. Add stock and herbs and simmer for 1 hour.
  3. Add spinach or kale, beans, vinegar, salt and pepper and mix well. Remove and discard bay leaf.
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## Warm Green Salad with Ginger

Warm salads are the perfect way to spice up an otherwise boring bowl of greens. Make extra servings of this zesty dressing to use on salmon, over Asian rice bowls or on veggie sides.

### **Dressing ingredients:**

½ cup olive oil  
1 tablespoon fresh minced ginger  
2 garlic cloves, minced  
Pepper  
Sea salt

### **Salad ingredients:**

2 tablespoons extra virgin olive oil  
2 pounds greens, chopped  
2 red or orange peppers, stemmed, seeded and diced  
8 mushrooms of your choice, sliced  
2 tablespoons toasted sesame seeds  
2 tablespoons pumpkin seeds

To make the dressing:

1. Whisk the ingredients and adjust salt and pepper to your taste.

To make the salad:

1. Sauté the greens in olive oil until their “greenness” peaks.
2. Add the peppers and mushrooms.
3. Mix with the dressing and top with the seeds before

serving.

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# Lemon Chicken Kale Soup

(Adapted from Skinny Meals by Bob Harper)

This lemony, garlicky soup with chicken and kale is a great all-in-one nutrition boost that can be enjoyed all year round.

## Ingredients

2 teaspoons refined coconut oil (or olive oil)

1 cup chopped yellow onion

4 garlic cloves, crushed

8 ounces boneless, skinless chicken breast, cut into cubes

2 teaspoons herbes de Provence (or combination of dried thyme, rosemary, oregano and basil)

2 bay leaves

2 1-quart boxes of organic low-sodium chicken broth

1/3 cup freshly squeezed lemon juice

3-4 cups chopped kale

## Directions

Heat the coconut oil in a soup pot over medium heat. Add the onion and garlic; sauté for 5 minutes, stirring occasionally. Add the chicken, dried herbs, and bay leaves, raise the heat to medium-high and cook for 6-8 minutes.

Pour in the broth and lemon juice. Reduce the heat, cover, and simmer for 25 minutes.

Turn off the heat and remove the bay leaves. Add the kale and stir until slightly wilted.

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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.