

# 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 yeast, 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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# Wild Rice and Edamame Salad

## Ingredients

- 2 cups wild rice, rinsed
- 2 cups shelled edamame
- 3 scallions, sliced diagonally
- 2 medium carrots, diced
- 1 red pepper, diced
- 1/2 cup fresh basil, chopped
- 1/2 cup fresh cilantro, chopped
- 2 garlic cloves, minced
- 1 Tablespoon minced ginger
- 4 Tablespoons lime juice
- 2 Tablespoons brown rice vinegar
- 3 Tablespoons tamari
- 1 teaspoon raw honey
- 2 Tablespoons sesame oil
- 2 Tablespoons toasted sesame oil
- 1 cup chopped walnuts, toasted
- 1/2 cup golden raisins
- 2 Tablespoons sesame seeds, toasted

## Directions

1. Bring 4 cups of water to a boil and add rice. Bring to a boil, cover and reduce heat to low. Simmer until rice grain are tender and most water has been absorbed, about 45-60 minutes. Drain if water remains. Place on a sheet pan, spread out to cool.
2. Blanch edamame in a pot of boiling salted water, about 1 minute. Drain and cool in ice bowl.
3. In a large bowl, combine rice, scallion, carrot, pepper, edamame, and fresh herbs. Toss.
4. In a small bowl, combine garlic, ginger, lime juice, vinegar, tamari and honey; mix. Drizzle in sesame oils and whisk to blend.

5. Add dressing to rice mixture and combine. Stir in walnuts, and raisins, reserving a few to garnish. Top with sesame seeds.

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

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## **Lemon Elixir**

This natural detoxifier stimulates digestion, releases toxins from your liver and jumpstarts your digestive enzymes.

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## **Kale and Apple Salad with Goat Cheese**

### **Ingredients**

1/2 bunch Kale, stems removed and leaves torn into bite-size pieces

4 large radishes, thinly sliced

2 cups spinach

2 apples of your choice, cored and thinly sliced

1/2 cup pomegranate seeds

3 oz fresh goat cheese, crumbled

### **Dressing**

Whisk together 1 small chopped shallot, 1Tbsp apple cider vinegar, 1 tsp Dijon mustard, 3 Tbsp Extra Virgin Olive oil, sea salt and pepper to taste.

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# 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.
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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.

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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.