

# 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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## Quinoa-and-Apple Salad with Curry Dressing

*Welcome autumn into your kitchen:* Try new recipes for fall featuring the season’s freshest crop of apples and root vegetables. This will help you maximize nutrients by eating

fresh local produce ,while also keeping dinners exciting and new.

## **Quinoa-and-Apple Salad with Curry Dressing**

I love this salad because it's rich with flavor as well as nutrients. Quinoa is packed with protein so this recipe makes a great vegetarian meal, or can serve as a side dish when paired with a lean healthy protein like organic chicken. And if you're busy like me, you'll love the fact that quinoa cooks fast and stays fresh in the refrigerator for three to four days.

- 1/4 cup raw whole almonds
- 1 cup white quinoa
- 1 teaspoon honey
- 1 tablespoon shallot, finely chopped
- 1 teaspoon curry powder
- 1/4 teaspoon coarse salt
- 2 tablespoons fresh lemon juice
- Freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons dried currants
- 1 small McIntosh apple, cut into 1/8-inch-thick wedges
- 1/4 cup loosely packed fresh mint leaves, coarsely chopped, plus more for garnish

Preheat oven to 375 degrees. Spread almonds on a rimmed baking sheet; toast until lightly toasted and fragrant, about 7 minutes. Let cool; coarsely chop nuts.

Rinse quinoa thoroughly in a fine sieve; drain. Bring 2 cups water to a boil in a medium saucepan. Add quinoa; return to a boil. Stir quinoa, cover and reduce heat. Simmer until quinoa is tender but still chewy, about 15 minutes. Fluff quinoa with a fork and let cool.

Whisk together honey, shallot, curry powder, salt and lemon juice in a large bowl. Season with pepper. Whisking constantly, pour in oil in a slow, steady stream; whisk until dressing is emulsified. Add quinoa, currants, apple, mint and nuts; toss well. Garnish with mint.

*Source: MSL Cookbook Vol. 2; The New Classics*

Per serving: 304 calories, 14g fat, 0mg cholesterol, 38g carbs, 154mg sodium, 8g protein, 5g fiber

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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 parsely
- 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.