

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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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

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).

Spring Out Quinoa

Easy, healthy and brings the spring flavors to your table, including as a Passover dish.

- 2 cups quinoa, rinsed in cold water
- 3 ¹/₂ cups water
- 1 bag peppermint tea
- 1 tablespoon extra virgin olive oil
- fresh mint, basil, cilantro

Wash grains. Place them in water and add peppermint tea bag. Bring to a boil. Cover and simmer for 15 to 20 minutes, then remove from heat and let stand for 5 minutes. When it is done, add olive oil and fluff.

Garnish with chopped fresh herbs 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.