Orange and Cucumber Salad with Spring Greens

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

Ingredients:

- ½ 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
- ½ bunch watercress leaves
- 1 cup green sprouts (pea, broccoli)
- Pumpkin seeds or sunflower seeds, as desired
- Juice of ½ orange
- Juice of ½ 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.

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
- ¼ 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
- ¼ 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.

Lemon Chicken with Kale and Brussels

This meal was a breeze to make in a single pan and it comes out so juicy, sweet and tangy!

Ingredients:

- 3-4 boneless chicken breast, cut into thirds
- 2 cups kale, chopped
- 1 cup shredded brussels sprouts
- 1/3 cup sweet onion, diced
- 1 lemon, juiced
- 1-2 tablespoons capers
- 2-3 tablespoons extra virgin olive oil
- Spices: garlic powder (1 tsp), paprika (1/2 tsp), kosher salt & black pepper

Directions:

1. In a large bowl, season chicken breasts with salt, pepper, garlic powder, paprika. Add a drizzle of olive oil and juice of half a lemon. Coat both sides with seasonings.
2. In a large non-stick pan, heat 1 tablespoon of olive oil on medium heat. Add diced onion, wait for it to sizzle for 1 minute, then reduce to low heat. Let onions caramelize for 5-7 minutes.
3. Increase heat to medium and add the chicken breasts. Cook on medium or medium high for a few minutes until one side of the chicken reaches a nice golden brown. Flip the chicken and reduce heat to medium-low.
4. Add the kale and brussels sprouts to the pan and season with salt and fresh ground pepper. Add the juice of ½ a lemon. Let cook for about 5 minute or until the vegetables are tender and the chicken is cooked all the way through.

5. Sprinkle with capers all over, to taste. Enjoy!

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 1□2 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 sufflower 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 fro 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
- ¼ 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.

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.

- ½ cup sesame tahini
- 2 tablespoons shoyu or tamari
- 1 tablespoon ume plum vinegar
- ½ bunch parsley, chopped
- ½ bunch scallions, chopped
- ¾ 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.

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.