

Vegetarian Gyro Salad

Dressing:

16 oz goat yogurt, rice yogurt or Greek yogurt
2 cloves garlic, finely chopped
1 tablespoon lemon juice
1 tablespoon chopped fresh dill
2 English cucumbers, cut into bite-size pieces
pinch of salt and freshly ground black pepper to taste

Falafel:

falafel mix
1 teaspoon dried marjoram
1 teaspoon dried ground rosemary
1 pinch cumin
1 pinch oregano

Salad:

mixed greens
red onion, finely chopped
tomatoes, cut into bite-sized pieces
feta with herbs
olives, sliced
½ tablespoon pine nuts

1. For the dressing, stir together dressing ingredients. Cover and chill for 30 minutes.
2. Mix falafel according to package, add in the spices. Cook and keep warm until serving. Or falafel can be served cold.
3. Build your salad, top with falafel and drizzle dressing over the top.

Tropical Citrus Shrimp Salad

1 ½ pounds of cleaned, cooked shrimp
2/3 cup fresh orange juice
¼ cup fresh lime juice
¼ cup fresh lemon juice
¼ cup unsweetened pineapple juice
1 mango, peeled and diced
1 cup peeled and chopped jicama
½ small red onion, minced
½ cup chopped cilantro
1 jalapeno, seeded and minced
1 avocado, peeled and diced
1 tablespoon olive oil

salt and freshly ground black pepper to taste
mixed greens
tortilla chips

1. Cut shrimp into bite-sized pieces. Cover with juices and refrigerate 30 minutes.
2. Stir in mango, jicama, onion, cilantro, jalapeno, avocado, oil, salt and pepper. Cover another 30 minutes in fridge.
3. Serve over bed of mixed greens with tortilla chips on the side or crushed on top.

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Fish Taco Salad

white fish
Napa cabbage
taco toppings of your choice (lime, cilantro, beans, onion, avocado, tomato, peppers etc)
juice of 1 lime
1 packet Simply Organic fish taco seasoning mix, divided
almond flour or crushed rice crackers for “breading”

1. Marinate the fish in the lime juice and ½ of the seasoning packet.
2. Coat the fish with breading of your choice. Season with salt and remaining seasoning. Grill or bake in aluminum foil packets.
3. Chop up cabbage and other toppings. Toss together and top with fish.

Black and White Bean Salad

1 can black beans
1 can white beans of your choice
tomatoes
roasted bell peppers
roasted jalapenos
roasted white onion
avocado
sprinkle of tumeric
sprinkle of cumin
olive
olive oil
white balsamic vinegar
salt and freshly ground black pepper to taste
cilantro, basil or any other herbs you like

1. Mix all ingredients together.

Spicy Buffalo Chicken Salad

rotisserie chicken, meat removed and shredded
hot sauce
mixed greens
chopped celery
chopped or shredded carrots
blue cheese
chopped green onions

Hidden Cashew Ranch:

¼ cup raw cashews
1 ¼ cup plain, unsweetened non-dairy milk
1 tablespoon chia seeds
1-2 tablespoons lemon juice
1 clove garlic (or ¼ teaspoon garlic powder)
½ teaspoon granulated onion
1/8 teaspoon freshly ground black pepper
¼ teaspoon salt
1 tablespoon minced fresh parsley
2 teaspoons minced fresh chives

1. To make dressing, place all ingredients except parsley and chives in blender and process on high until smooth. Add parsley and chives and blend on low briefly. Refrigerate at least 1 hour to allow flavors to blend. Flavor will get stronger over time. Stir before serving.
2. Toss all salad ingredients together and drizzle with dressing.

If you are using a regular blender, rather than a high-speed blender such as a Vitamix, soak the cashews first to soften them before blending. Cover them with water and allow them to soak for at least 4 hours. Pour off the water before proceeding with the recipe. You may need to reduce the amount of non-dairy milk by a couple of tablespoons to prevent the dressing from getting too thin.

Asian Chicken Noodle Salad

4 cups shredded rotisserie chicken meat
¼ cup creamy almond butter
¼ cup Dr. Bragg's liquid aminos
2 tablespoons rice vinegar
2 tablespoons chili garlic sauce
1 tablespoon minced fresh ginger
3 tablespoons chicken broth or water
12 ounces rice sticks
2 carrots, grated
4 scallions, chopped
1 red pepper, cut into small strips
1/3 cup chopped fresh cilantro

1. Cook pasta according to package directions. Drain and rinse with cold water. Transfer to a large bowl.
2. Blend or process the almond butter, liquid aminos, vinegar, chili garlic sauce, ginger and broth until smooth.
3. Toss together the chicken, carrots, scallions, pepper strips, and cilantro with pasta.
4. Pour sauce over the pasta and toss well to coat.

Pad Thai Salad

½ pound flat rice noodles

¼ pound snow peas or sugar snap peas, trimmed and blanched

1 2-inch piece fresh ginger, peeled and julienned (about 2 tablespoons)

¼ of a small head of savoy or napa cabbage, cored and thinly sliced (about 2 cups)

2 scallions, minced

2 tablespoons chopped fresh cilantro

2 tablespoons chopped fresh chives

1 cup unsalted peanuts, roasted and chopped (or other nut/seed if allergic)

2 ounces of beans sprouts or pea shoots (about 1 cup)

½ teaspoon crushed red pepper flakes

salt and freshly ground black pepper to taste

Pad Thai Dressing

2 tablespoons rice wine vinegar

2 tablespoons Thai fish sauce

2 tablespoons tamarind paste

2 tablespoons tamari

2 tablespoons extra virgin olive oil

1 tablespoon ketchup

2 teaspoon agave nectar

1 tablespoon grated fresh ginger (about 1-inch piece)

2 cloves garlic, minced

grated zest and juice of 1 orange

grated zest and juice of 1 lemon

1 teaspoon crushed red pepper or chili paste

1. Whisk all dressing ingredients together in a small bowl. The recipe will make twice as much dressing as you will need. Refrigerate leftovers for up to 1 week.
2. Bring 4 cups water to a boil in a medium saucepan over high heat. Remove pan from heat and immerse the noodles. Let the noodles stand for 7-10 minutes, stirring occasionally, until tender but still firm. Drain and rinse under cold water. Put noodles in a large bowl.
3. Julienne the snow peas and toss them with noodles. Add the ginger, cabbage, scallions, cilantro, chives, half of the peanuts, half of the sprouts, red pepper flakes, salt and pepper. Drizzle with the Pad Thai Dressing and toss gently.
4. Garnish with remaining peanuts and sprouts.

A more simple Pad Thai Dressing:

¼ cup roasted peanuts (or other nut/seed)

2 tablespoons chopped shallot

¼ cup freshly squeezed lime juice

½ cup water

2 tablespoons agave nectar

2 tablespoons liquid aminos/tamari

1 teaspoon Sriracha

1. Pulse 2 tablespoons of peanuts and all of the shallot in the food processor, just to chop everything up. Add the lime juice, water, agave, liquid aminos or tamari and Sriracha and blend until very smooth.
2. Add remaining 2 tablespoons peanuts and pulse for a bit. These shouldn't be blended smooth, just chopped up small.

Breakfast Salad

8 slices bacon

2 tablespoons oil

10 stalks asparagus

8 mushrooms, sliced

8 cups fresh mixed greens

4 eggs

4 oz grated hard cheese

Dressing

1 large shallot

4 tablespoons oil, divided

2 tablespoons champagne vinegar

1 teaspoon mustard

2/3 teaspoon agave nectar

pinch salt

1. Place bacon on a cookie sheet lined with aluminum foil and put in oven preheated to 400. Cook until crispy, 10-14 minutes and drain on towel. Chop into small pieces and set aside.
2. For the dressing, heat 2 tablespoons oil in a small skillet. Add shallot and cook until soft, 1-2 minutes, stirring often. Remove from heat and place in a bowl. Add remaining oil, vinegar, mustard, agave and salt and stir.
3. Saute asparagus and mushroom slices with a pinch of salt over medium heat until just softened.
4. Evenly divide greens between plates and top with sauteed veggies and bacon bits.
5. Fry or poach eggs. Top each salad with an egg, some grated parmesan and dressing.

Sushi Roll Salad

- 1 cup shelled frozen edamame, thawed
1 tablespoon rice vinegar
1 teaspoon agave nectar
8 cups chopped romaine lettuce
2 cups cooked and cooled short grain brown rice
1 small cucumber, cut into matchsticks
1 medium-size carrot, cut into matchsticks
1 cup thinly sliced green onion
4 teaspoons sesame seeds
1 sheet nori, chiffonaded
4 ounces sliced avocado
Green Onion-Miso Vinaigrette
¼ cup red miso
1-2 cups roughly chopped green onion
3 tablespoons rice vinegar
2 teaspoons chopped fresh ginger
1 clove garlic
2 teaspoons agave nectar
2 teaspoons toasted sesame oil
½ to ¾ cup water

1. For the dressing: toss everything into a blender and blend until smooth.
2. Mix together the edamame, rice vinegar, and agave.
3. Place lettuce in a bowl and drizzle with dressing. Scoop the rice over the lettuce. Top the rice with cucumber, carrot, green onion and sesame seeds. Sprinkle with the nori chiffonade and avocado. Serve with more vinaigrette on the side.

Lemon Lavender Cookies (makes a dozen cookies)

- 1 ¼ cups blanched almond flour
¼ teaspoon sea salt
¼ teaspoon baking soda
2 teaspoons dried lavender, finely minced
¼ cup grapeseed oil
3 tablespoons agave nectar
1 tablespoon lemon zest
1. Combine dry ingredients in a large bowl.
 2. Stir together wet ingredients in a smaller bowl.
 3. Mix wet ingredients into dry.
 4. Form 1/2-inch balls and press onto a parchment lined baking sheet.
 5. Bake at 350 for 7-10 minutes.
 6. Cool and serve.

Almond Butter and Jelly Cookies (makes 24 cookies)

½ cup creamy almond butter

¼ cup earth balance coconut spread

½ cup date sugar

1 egg or egg replacer

1 ¼ cup blanched almond flour

½ teaspoon sea salt

½ cup jam

1. In a large bowl, cream peanut butter, shortening, palm sugar and egg with a hand blender.
2. Blend until smooth then stir in almond flour and salt.
3. Scoop dough 1 tablespoon at a time onto a parchment lined baking sheet.
4. Make a large thumbprint in each cookie.
5. Scoop 1 teaspoon jam into each thumbprint.
6. Bake at 350 for 8-10 minutes.

Notes: