



Emerald Salad

Servings: 6

A vibrant vegetable and grain salad. Massaging the kale breaks down nutrient-inhibiting oxalates, but retains the enzymes. The fruit adds a contrast of flavor and color.

- 2 1/2 cups wild rice, cooked
- 1/2 cup red onion, very thinly sliced, marinated
- 1 bunch kale, cleaned, stemmed and finely chopped
- 2 cups shiitake mushroom, thinly sliced
- 1/4 cup olive oil, high quality, more if needed
- 1 tsp Celtic sea salt, or other good quality salt
- 1/4 cup pumpkin kernels, lightly toasted
- 1/4 cup raspberry vinegar, or lemon juice
- 2 medium nectarines

Recipe Notes

The fruit in the Emerald Salad can be changed according to season. Some examples:

- Winter - blood orange
- Spring - grapefruit
- Summer - nectarine
- Fall - persimmons and pomegranates

Procedure

- 1) Combine 1 cup rinsed wild rice with 3 cups water and a pinch of salt in a medium saucepan. Bring to a boil, cover and reduce heat to a simmer. Cook about 45-50 minutes until tender to bite but not blown open. Drain excess water if necessary and put rice in a wide bowl to cool.
- 2) To marinate onion: Thinly slice and place in a small bowl with 1 Tablespoon apple cider vinegar and 1 cup warm water. Let soak for 10-15 minutes. Rinse and squeeze out excess moisture.
- 3) Prepare kale and shitake as directed, then place them in a large bowl. Drizzle olive oil and sprinkle salt over vegetables.
- 4) Massage the mixture with your hands, kneading and squeezing until vegetables begin to wilt. Set aside while you toast the seeds and cut the nectarines.
- 5) Place seeds in a small saute pan over medium heat. Toast, stirring frequently, until they begin to puff and brown slightly. Be careful not to let them burn. Remove from heat, put seeds on a plate or paper towel.
- 6) Add cooled wild rice to kale mixture and combine well. Add onion and vinegar. Adjust with additional oil or salt if necessary and toss.
- 7) Add in nectarines, pumpkin seeds and pomegranate. Toss to combine.

Author: Catherine McConkie, Natural Chef Instructor



Hiziki Caviar

Servings: 8

An elegant Eating for Health appetizer that is full of minerals. The sea vegetables mimic caviar with their mild sea flavor.

1/2 cup hiziki or arame, or mix of both, lightly packed
filtered water for soaking

2 Tbs sesame oil

2 Tbs tamari soy sauce

2 cloves garlic, minced very fine

2 small shallots, minced very fine

2 Tbs olive oil

1 1/2 Tbs ginger, grated and juiced

lemon juice, to taste

whole wheat baguette or flax/rice crackers

dill sprigs or chives, garnish

creme fraiche, optional

Procedure

- 1) Soak seaweed in filtered water for 20- 30 minutes.
- 2) Heat sesame oil in a medium skillet and saute seaweed over medium heat for 4 minutes. Add enough water to just cover and bring to a boil. Add tamari and cook until all liquid is evaporated, about 10 minutes longer.
- 3) Remove seaweed to a cutting board, finely chop and place in a bowl.
- 4) Using the same pan, saute garlic and shallots in olive oil over medium heat until translucent. Add to the bowl with seaweed.
- 5) Season mixture with lemon juice, ginger juice and more tamari or sea salt if needed.
- 6) Serve on sliced and toasted whole wheat baguette or rice crackers topped with a dollop of creme fraiche (optional) and garnished with dill or chive sprig.

Author: Melanie Ferreira

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Spring Rolls & Almond Dipping Sauce

Servings: 12

An excellent way to serve vegetables and herbs in an attractive and tasty appetizer. The almond dipping sauce is an alternative to peanut sauce.

Spring Rolls

- 2 small cucumbers, seeded, cut into matchsticks
- 2 medium carrots, peeled, cut into matchsticks
- 12 sprigs fresh cilantro, leaves removed
- 12 medium mint leaves, chiffonade
- 12 sprigs Thai basil, leaves removed
- 1 Tbs oil, chili oil or toasted sesame oil
- 1 oz rice noodles, vermicelli
- 6 spring roll wrappers (rice), 8-1/2 inch size
- 8 leaves Bibb lettuce, torn into small pieces, ribs removed

Almond Dipping Sauce

- 2 1-inch piece ginger root, peeled
- 5 cloves garlic, peeled
- 2 tsp chili paste
- 1 cup almond butter
- 1/4 cup Tamari soy sauce
- 1/4 cup Rapadura
- 1/2 cup worcestershire sauce, vegan
- 1/4 cup rice vinegar
- 1 lime, juiced, to taste
- water, if too thick

Procedure

- 1) Slice the cucumbers and carrots as directed. Place the cucumbers in a colander and salt lightly to draw water out. Let drain for 15 minutes. Rinse with water, drain and pat dry. While cucumbers are draining prepare herbs.
- 3) Bring a medium pot of water to a boil. Add the oil, noodles and the remaining salt. Boil until the noodles are tender, about 2 minutes. Drain & rinse under cold water. Leave the noodles in cool water until ready to use so they won't stick together.
- 4) Just before filling the rolls, drain the noodles and arrange them on a baking sheet, loosely covered with a damp paper towel.

To Assemble Spring Rolls:

- 1) Set up a large shallow bowl of room temperature water. Slip a spring roll wrapper into the water.
- 2) When the wrapper becomes pliable (after about 45 seconds) remove it from the water and lay it flat on a paper towel. Place lettuce on the bottom half of the wrapper. Arrange vegetable mixture over the lettuce along with mint, cilantro and basil. Spread out 1 heaping tablespoon of the noodles over the vegetables.
- 3) Roll the wrapper up, tucking in the ends as you roll, and rolling as tightly as possible.
- 4) Cut each roll in half across the middle. Then cut each of the two halves into two pieces diagonally across the middle to make a total of four rolls. Stand the rolls flat on their ends and serve with peanut dipping sauce.

Preparing Almond Dipping Sauce:

- 1) In a blender add the ginger, garlic and chili paste. Blend until smooth. Add remaining ingredients except the water.
- 2) Blend until smooth and taste. You are looking for a balance of taste that includes, hot-sweet-salt-tart-pungent. If it tastes balanced and it's too thick add a little water. Re-taste as you might have to read just the key ingredients.

Author: Bauman College Staff



Labneh Stuffed Dates

Servings: 6

Labneh is a nutritious, creamy cheese made from strained yogurt. It can be used in sweet or savory dishes. The only sweetener in this healthy dessert from the Levant comes from the natural sweetness of the dates.

20 medjool dates, split and pit removed
1 cup yogurt cheese, make the night before
1 orange, zested
1 tsp vanilla extract
1/2 cup fresh mint, finely chopped
1/2 cup almonds, toasted and chopped

Procedure

To Assemble Labneh Stuffed Dates:

- 1) To make the yogurt cheese (make the night before) Line a sieve with cheesecloth or a thin linen towel. If the cheesecloth is loosely woven, use a triple thickness. Pour the yogurt into the sieve, then gather the edges of the cheesecloth and tie into a bag. Allow to sit in the refrigerator overnight to drain, or for a few days for an even thicker cheese.
- 2) Place the pitted dates on a flat surface. In a bowl, mix together the yogurt cheese, orange zest, vanilla, and mint. Fill each date with some of the mixture. It is easiest to pipe the yogurt mixture into the dates with a pastry bag. Sprinkle the dates with the almonds and serve.

Author: Jennifer Miller, Culinary Administrator/Natural Chef Instructor