

Salads

Corn and Black Bean Salad

- 1 can black beans (rinsed and drained)
- 1 green pepper, chopped
- 2-3 ears of corn, raw cut off cob or 1 pkg frozen
- ¼ red onion, chopped
- 3 stalks celery, chopped
- 1 tomato, chopped
- 1 medium carrot, chopped
- 1 T extra virgin olive or flax oil
- 1 T apple cider vinegar
- 1 T Mexican salt-free seasoning
- 2 garlic cloves, minced
- 1 T parsley flakes
- 1 T cilantro flakes

Mix all and chill several hours. Great served with blue corn chips.

Broccoli Cauliflower Salad – a family favorite

- 1 head of broccoli, cut up
- ½ head of cauliflower, cut up
- ½ red onion, chopped
- 1 cup organic raisins
- 1 cup walnuts

Mix and top with:

Dressing:

- 1 cup veganise
- ¼ cup pure maple syrup
- 1/8 cup vinegar

Veggie Coleslaw

- 2 cups Cabbage
- 3 Carrots
- ½ head Broccoli
- 3 Radishes
- 1 beet (opt, turns it purple)

Basically whatever is in the fridge. Chop finely in food processor, then add:

Dressing:

- 1 cup veganise
- 1 T mustard
- ¼ cup pure maple syrup
- 1/8 cup vinegar

Squash-etti Salad The way HM Al Riffe does it

Zucchini – spiral sliced into think strands
Onion – chopped
Cucumber – chopped
Olives – sliced –we like black olives
Tomatoes – diced – we like cherry tomatoes at this time of year
Red or yellow bell peppers, chopped
Mix into a large Bowl and Toss with Italian Dressing Below:

Italian Dressing: modified from Recipes for Life

2 red bell peppers
1 cucumber
2 stalks celery
2 garlic cloves
3 T Flax Oil (or EV Olive Oil)
½ cup fresh lemon juice
1 t basil
1 t oregano
½ t maple syrup
sea salt to taste
Mix in Vita Mix until purified. Can add soup stock or distilled water to thin.

Raw Sweet Potato Salad – modified from Health Tip most people think it's made with carrots, raw sweet potatoes are high in calcium

3 cups raw sweet potatoes (shredded or noodlized on Spirooli)
1 sweet apple, chopped
1 fresh pineapple, cut in small pieces
1/4 cup raisins
½ cup pecans

Dressing:

Purple Label Vegenaise
Maple Syurp
Juice and ZEST of 1 lemon
1 small can of pineapple UNDRAINED or 1 cup fresh pineapple

Apple Pie Salad

*Mel modified from Simple Weekly Meal Plans**

4 Fuji organic apples, chopped into bite-sized pieces
1 t fresh lemon juice
½ cup chopped almonds
½ cup organic raisins
½ cup organic 5 Grain Cereal or oatmeal
½ t cinnamon
1 t allspice (or pumpkin pie spice)
¼ cup pure maple syrup (or raw agave nectar)
Mix in order given and enjoy!

*Original recipe called for any kind of apples, sliced almonds, more 1 t cinnamon, ½ t allspice, ½ cup oatmeal.