

SALADS AND DRESSINGS

Tip: Never use head lettuce which contains no nutrition and is actually harmful to one's health. Instead, use green leafy lettuces or Romaine lettuce. Also, cold pressed flaxseed oil is the only oil known to fight cancer plus it contains the healthy omega's that we all need for our hearts. All other oils promote cancer. The best brand is Barleans and is available in the health food store. However, even flaxseed oil will become carcinogenic if heated or if put on hot foods. So use flaxseed oil in your salad dressings.

Potato Salad

5 cups grated red potatoes, soaked in distilled water overnight
1 ½ cups almond mayonnaise
1 Cup diced red bell pepper
1 carrot, diced
1 tsp Dijon mustard (obtain the healthy kind in a health food store, but if not available use 1 tsp mustard powder and 3 tsp distilled water instead)
3 Tbsp onion flakes
1 Tbsp dried dill or 1/4th cup fresh dill
dash of paprika
dash of cayenne pepper
½ tsp Celtic Sea Salt

Mix all ingredients. For garnish add 2 Tbsp minced parsley and 2 Tbsp chives on top for a garnish and refrigerate.

Almond Mayonnaise

1 Cup soaked almonds
¾ Cup distilled water
Juice of one lemon
3 pitted dates
1 Tbsp agar agar
2 tsp onion flakes
¼ tsp sea salt

Blend for one minute and then add ½ cup olive oil while blending. Can add cumin or chili powder instead of onion flakes for a southwestern flavor.

Creamy Coleslaw

2 Cups almond mayonnaise recipe made with 3 extra dates
5 cups shredded cabbage (can shred in food processor)
1 large apple, chopped
½ Cup chopped celery
1 Cup shredded carrots
1 Tbsp fresh parsley
½ tsp dill seed
1 tsp cayenne pepper
Celtic Sea Salt to taste, approx 1/4th tsp
Mix and refrigerate. Can add raisins or more mayonnaise if desired.

Apple Cabbage Holiday Slaw

1/2 medium sized head of Green Cabbage (shredded)
1 cup Organic Raisins
4 Apples (peeled and shredded)
1/2 cup Shredded dried Coconut
Juice from 2 Apples mixed with
1/2cup fresh Lemon Juice mixed with
1/4 cup Honey (pour over apples immediately after shredding)
Pumpkin Pie Spice (to taste)

Mix all ingredients together and refrigerate till mealtime.

Brown Rice Tabbouleh

3 cups cooked long grain brown rice
2/3 cups chopped fresh parsley
¾ cup diced peeled cucumber
¾ cup diced ripe tomato
¼ cup chopped mint leaves
1/8th - ¼th cup apple juice, unsweetened (enough to moisten)
1/4th cup fresh lemon juice
1 tsp sea salt
2 Tbsp chopped fresh basil leaves for garnish

In a large bowl, combine the cooked brown rice, parsley, cucumber, tomato, mint, apple juice, lemon juice, and sea salt. Toss well, cover and chill for one hour, or until serving. To serve, sprinkle the tabbouleh with chopped fresh basil leaves, if desired. Serve with a side of fresh lemon hummus, a green salad or fruit salad, and some fresh pita triangles or warm corn muffins.

Taco Salad

1 large can chili beans
2 bunches of green leafy lettuce (not head lettuce), torn into small pieces
1 onion, chopped
2-4 tomatoes, chopped
Dressing: Mix 1 Cup mayonnaise and ½ Cup salsa and mix
1 pkg. Doritos (taco or ranch flavored) lightly crushed (Healthy substitute: Cut corn tortillas into triangles and bake at 250 degrees until crispy)

Mix the first five ingredients. Just before serving mix in the Doritos.

Carrot and Beet Slaw

2 medium size beets
1 large carrot
1 apple, cored
¼ C raisins
¼ chopped walnuts
Mix for Dressing:
½ Cup Veganaise
2 Tbsp organic apple cider vinegar
2 Tbsp raw honey

Chop beets and carrots in a food processor to a fine consistency. Place in serving bowl. Then process the apple and add to the bowl with the beets and carrots. Add raisins, walnuts, and mixed dressing and stir. Serve on a bed of greens.

Tossed Salad With Raspberry Dressing

2 oranges
1 Cup sugar snap peas, ends and strings removed
6-8 Cups romaine lettuce, torn into small pieces
1 Cup sliced cucumber
½ Cup chopped walnuts
Raspberry Dressing (see recipe following)

Peel the oranges, pull into segments, and cut the membranes off. Cover the peas with boiling water for 2 minutes, plunge into ice water, drain and pat dry. Combine lettuce, peas, oranges, cucumber, and walnuts in a serving bowl. Toss with the Raspberry Dressing.

Raspberry Dressing

1 Cup frozen or fresh raspberries
½ Cup apple juice concentrate
2 tsp cornstarch dissolved in ½ Cup water
1 Tbsp lemon juice
2 Tbsp honey
1 tsp salt
1 ½ tsp basil

Heat berries and strain through a sieve to remove seeds. Pour juice into a pan with remaining ingredients and stir while bringing to a boil. Chill. Variation: Use ¾ Cup raspberry-apple or cranberry-apple juice concentrate instead of the berries and apple juice.

Spinach Pear Salad

2 pears, cored and thinly sliced
6-8 ounces fresh spinach
3 Tbsp water
2 Tbsp organic apple cider vinegar (Bragg's is the best)
1 tsp honey
2 Tbsp extra virgin olive oil
1 ½ tsp stone-ground mustard
¾ tsp salt
¼ Cup chopped walnuts, almonds, or pine nuts

Combine pear slices and spinach in a large salad bowl. Combine water and the next six ingredients, except for the nuts, and stir well with a whisk. Drizzle dressing over the salad and toss gently to coat. Sprinkle with chopped nuts.

Guacamole

6 avocados, pitted (save 3 pits)
1 Tbsp lime juice or to taste
½ Cup cilantro, finely chopped
¼ Cup white onion, diced
1 ripe tomato, diced
1 jalapeno pepper, minced
½ tsp salt or to taste

Mash avocados. Add remaining ingredients and mix. Add three avocado pits to prevent browning.

Creamed Spinach Dip or Spread

- 4-5 Cups spinach
- 1 Cup chopped tomatoes
- ½ Cup chopped green onions or red onions
- 1 ripe avocado
- 1 Cup pine nuts, soaked in water for 2 hours and drained
- ½ Cup fresh squeezed lime juice
- ½ tsp salt
- ¼ Cup fresh chopped dill

Place half of the spinach all of the rest of the ingredients into a food processor and blend using the “S” blade until smooth. Add remaining spinach and process again until smooth. Serve with vegetables as a dip or on crackers. You can also serve over a bed of salad greens or in sandwiches. You can also stuff tomatoes or peppers with this recipe. Will keep in the refrigerator for 2 days. This recipe is great with the Raw Veggie Flaxseed Crackers (see the Breads and Crackers section for the recipe).

Carrot Orange Salad

Dressing:

- 1 Cup orange juice
 - 1 Tbsp cinnamon
 - 1 tsp finely grated organic orange peel
- Blend well in blender.

Salad:

- 4 Cups grated carrots
 - 1 Cup organic raisins (non-organic raisins have a lot of pesticides in them)
- Mix ingredients. Pour dressing over salad and mix well. Best eaten fresh but can keep refrigerated for 2-3 days.

Black Bean Salad

- 3 Cups organic canned black beans (or cook your own in a crockpot overnight)
- 1 box organic frozen corn
- 2 garlic cloves, minced
- Juice of 3 lemons
- ½ Cup olive oil
- ¾ Cup organic apple cider vinegar (Bragg’s is the best)
- 1 tsp salt
- 1 tsp cayenne pepper
- 2 tsp coriander powder
- 1 small red onion
- 1 large red pepper, coarsely chopped

Unthaw the frozen corn and mix with the beans. Mix the other ingredients first then stir in the beans and corn.

Arugula Raspberry Salad

- 1 6-oz bag of organic baby arugula
- 1 Cup fresh raspberries (or thawed frozen raspberries)
- 1 Cup chopped walnuts
- 1 Cup shredded Asian pears
- ½ Cup dried cranberries, optional

Place in salad bowl and toss. Cover with Raspberry Dressing (see following recipe).

Raspberry Dressing

- ¼ Cup honey
- ¼ Cup walnut oil
- ¼ Cup Balsamic vinegar or fresh lemon juice
- ½ Cup fresh raspberries
- Dash of salt

Blend all of the above in a blender for 30 seconds, pour over salad, and enjoy.

Emerald Greens

- 2 bunches chopped kale (remove the stems)
- ½ Cup shredded carrots
- 2 Tbsp fresh orange or lemon juice
- 2 Tbsp extra virgin olive oil
- 1 Tbsp raw honey
- 1 tsp salt

Cut out the stems or ribs that go down the middle of the kale and save for juicing. Finely chop the kale and add the carrots. In a separate bowl combine the orange or lemon juice, olive oil, honey, and salt. Add this marinade to the kale and toss until the greens are well coated. Let the salad marinade in the refrigerator 2-3 hours or overnight. This is a good way to get dark greens into the diet.

Jicama and Carrot Salad

- ½ Cup sunflower seeds, optional
- 2 tomatoes, diced
- ½ large jicama, peeled and grated
- 2 carrots, grated
- 2 stalks bok choy, chopped
- 1 head Boston lettuce

Dressing:

½ Cup fresh squeezed lime juice
¼ Cup apple juice
1 tsp chili powder
1 tsp salt
2 minced shallots
2 minced cloves of garlic
2 Tbsp Dijon mustard
1/3 Cup extra virgin olive oil

Toss the salad ingredients together except for the Boston lettuce. In a separate bowl whisk together the dressing ingredients. Pour the dressing over the salad ingredients and toss well. Arrange the Boston lettuce on plates and scoop the salad onto the lettuce.

Broccoli Spinach Maple Walnut Salad

1 large bunch of broccoli
6 oz of baby spinach
¼ Cup apple cider vinegar
2 tsp Dijon mustard
¼ Cup walnut oil
¼ Cup maple syrup
¼ Cup chopped walnuts

Wash and cut broccoli into small florets. Toss the broccoli and spinach together in a bowl. Whisk together the vinegar, maple syrup, and mustard. Gradually whisk in the walnut oil. Add the chopped walnuts and dressing to the salad and toss. Let the flavors marinate for about 1 hour or overnight. This salad is loved by all who have ever had it!

Colorful Confetti Salad

4 Cups broccoli florets
4 Cups cauliflower florets
1 red bell pepper
½ Cup freshly squeezed lemon juice
4 cloves garlic
1 Tbsp salt
¾ Cup extra virgin olive oil

Chop the broccoli and cauliflower into very small pieces or process in the food processor with the “S” blade. Place in large bowl. Chop the red pepper into small pieces and add. Blend the lemon juice, olive oil, salt, and garlic cloves in blender until smooth. Pour dressing over the salad. Let marinade for 1-2 hours before serving. Enjoy as a salad or over a bed of greens.

Favorite Dressing

1 Cup Barleans flaxseed oil (available at the health food store)
¾ Cup Bragg's organic apple cider vinegar (available at the health food store)
2 Tbsp raw honey
3 garlic cloves, peeled and minced
½ tsp dried basil
½ tsp dried cilantro
½ tsp dried oregano
½ tsp dried thyme
Salt to taste, optional

Combine all ingredients, mix or shake until well blended. Marinate in the refrigerator for several hours before using to improve the flavor.

Lemon Herb Dressing

½ Cup fresh lemon juice
1/3 Cup raw honey
1/3 Cup Barleans flaxseed oil
1 garlic clove, minced
½ tsp dried basil or 1 tsp fresh
1 tsp dried oregano or 2 tsp fresh
1 Tbsp red onion, minced
Salt to taste

Mince garlic and onion and combine with the rest of the ingredients. Marinate for several hours in the refrigerator before using.

Creamy Dill Dressing

1 Cup water
1 Cup Barleans flaxseed oil
1 ½ tsp dill weed
2 tsp onion powder
1 ¼ Cup rice milk or other non dairy milk
1 small garlic clove, peeled
½ Cup fresh squeezed lemon juice

Blend all ingredients except the lemon juice. Stir in lemon juice. Marinate for several hours in the refrigerator.

Pesto Dressing

4 small garlic cloves, peeled
2 2/3 Cup tightly packed fresh basil leaves
1/3 Cup pine nuts
1/3 Cup Barleans flaxseed oil
Salt to taste

Place all ingredients except the oil in a food processor and process until chopped fine. With the machine running, slowly add the oil through the feed tube. Stop machine, scrape the sides of the bowl, replace cover and continue to process until smooth.

Guacamole Dressing

2 ripe avocados, peeled and pitted
1 ripe tomato
1/2 Cup red onion, diced
1 large garlic clove, peeled
1/3 Cup fresh cilantro leaves, tightly packed
2 Tbsp fresh lemon juice
Salt to taste

Place all ingredients in the blender and blend until it is the desired consistency. **Note: Cilantro removes heavy metals from your body and is very healthy to use on a regular basis. This is a great way to get your cilantro!**

Creamy Sunflower Dressing

1 1/2 Cups sunflower seeds
2 Cups water
1/2 Cup fresh squeezed lemon juice
1/2 tsp garlic powder
1 tsp dehydrated onion flakes
1 Tbsp chopped chives
Salt to taste

Place all ingredients except the chives in a blender and blend until smooth. Fold in chives and chill in the refrigerator. Variation: Add avocado, minced red onion, or diced tomatoes. **Note: Raw sunflower and sesame seeds are so nutritious that one could live for months on just these foods. They are also high in calcium.**

Ranch Dressing

1 Cup water
1 Cup almonds, soaked overnight and drained
1 tsp dried basil
1 tsp onion powder
½ tsp garlic powder
1 tsp raw honey
3 Tbsp fresh squeezed lemon juice
Salt to taste

Blend almonds and water until smooth. Remove from the blender and fold in seasonings and lemon juice. Chill before serving.