

## WHAT'S COOKING IN THE PLANT-BASED KITCHEN?

### "CREATIVE SALADING" by Susan Greenberg

Traditionally, a salad has been a meal starter, likely with lettuce or other greens as its base. However, many creative salads can be your main course, including all the protein, vitamins and antioxidants you need for a well-balanced and healthy meal. Salads come in many forms: some require no cooking; others include a minimal amount of sautéing with fresh vegetables. The inclusion of fruit, nuts, and more unusual ingredients add texture and that unexpected flavor on your taste buds that makes it memorable!

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#### **HAWAIIAN QUINOA SALAD** (oneingredientchef.com)

##### Ingredients:

- 4 C. cooked quinoa (1½ C. dry + 3 C. water)
- 2+ T. lime juice
- Salt/pepper, to taste
- 6 green onions, sliced
- 2/3 C. unsweetened shredded coconut
- 2 C. corn kernels
- 2 (15 oz) cans black beans, drained and rinsed
- 2 C. fresh pineapple (or unsweetened canned)
- 4 C. steamed kale
- 1 avocado, diced
- 1 teaspoon cayenne (optional)

1. Cook the quinoa according to package instructions. When done, add it to a large mixing bowl. Season with salt, pepper, and lime juice.
  2. Add everything else—up to the kale—and toss together. Either gently toss avocado into bowl, or use as a garnish.
  3. Chill.
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#### **MEDITERRANEAN COUSCOUS SALAD** (submitted by Susan Greenberg)

##### Ingredients:

- 1 C. Israeli couscous
- 1 C. *each* red & yellow bell pepper, diced
- 1 C. broccoli florets, cut in small pieces
- 1 C. canned artichoke hearts, large dice
- ½ C. kalamata olives, sliced
- 1 C. lightly steamed or raw kale, chopped
- ½ ripe avocado, diced
- 1 C. grape or cherry tomatoes, halved
- ¼ C. slivered almonds, sesame seeds, or other chopped nuts (opt.)

##### Dressing:

- 3 T. fresh lemon juice
- 2 T. water
- 2-3 cloves garlic, minced/pressed
- 1 t. dried oregano
- 1 t. dried mint
- 1/2 t. sea salt; pepper to taste

1. Cook the couscous according to package directions; cool.
  2. Combine all vegetables together (except tomatoes) and toss with cooled couscous.
  3. Combine dressing in a jar and shake until blended.
  4. Drizzle on top of the couscous mixture and toss together. Chill.
  5. Just before serving, arrange tomatoes, cut side down, across the top in a decorative design.
  6. If adding, sprinkle seeds/nuts on top of the salad.
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## **BLACK-EYED PEA SALAD** (from *The China Study Cookbook* by Leanne Campbell; approx. 8 servings)

### Salad Ingredients:

- 1 15 oz. can black-eyed peas, rinsed and drained
- 2 cups cooked brown rice
- 2 green onions(scallions), sliced
- 1 green bell pepper, diced
- 1 celery stalk, diced
- 2 small tomatoes, diced
- 1 T. finely chopped fresh parsley

### Dressing:

- 4 T. lemon juice
- 1 T. light soy sauce
- ½ t. brown mustard
- ¼ t. maple syrup
- 2 cloves garlic, minced

1. Combine the peas, rice, green onions, green pepper, celery, tomatoes, and parsley in a large bowl.
  2. Mix lemon juice, soy sauce, mustard, maple syrup, and garlic in a small bowl.
  3. Pour dressing over the salad and toss to mix. Chill 1-2 hours if time permits.
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## **SUMMER CAULIFLOWER SALAD**

### Ingredients:

- 1 small head cauliflower, riced
- 1 red pepper, diced
- 1 carrot, diced
- ½ c. red onion
- 1-2 c. tomatoes, chopped
- 1 jalapeño, diced
- ½ c. parsley
- ¼ c. cilantro, optional
- 1+ T. fresh ginger, grated
- ½ c. lime juice
- 1 t. honey
- Avocado, cubed
- Black pepper, to taste
- Chili flakes, to taste (optional)

1. Combine all ingredients through honey; chill for 1 hour.
  2. Add avocado & black pepper and gently toss to combine.
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