

MIXED GREENS WITH POTATO CROUTONS AND TARRAGON DRESSING

Salad Ingredients:

- 9 cups gourmet or mixed salad greens
- potato croutons
- ¼ cup olive oil
- 1 tablespoon lemon juice
- ⅓ cup very thinly sliced red bell pepper
- 1 small white onion, very thinly sliced
- ½ teaspoon crushed fennel seeds
- 1 dash ground red pepper
- ½ teaspoon seasoned salt
- 1 pound yellow Finn or Idaho potatoes, scrubbed

Dressing Ingredients

- 1 tablespoon chopped fresh tarragon
- 1 teaspoon honey
- 2 tablespoons minced shallot
- 1 tablespoon freshly squeezed lemon juice
- ½ cup olive oil
- 1 teaspoon honey *eliminate during Daniel fast*

Preparation:

- Preheat oven to 400°F.
- Rub 2 cookie sheets with 2 tablespoons of the olive oil.
- Mix the red pepper, onion, lemon juice, remaining olive oil, fennel seeds, salt and ground red pepper together in a medium bowl.
- Slice the potatoes very thin by hand, or with an adjustable blade slicer, if you have one, and add them to the red pepper, onion, fennel mixture.
- Toss well to incorporate all the flavors of the seasonings, onions and peppers.
- Spread the mixture of red pepper, onion, fennel and potato onto the cookie sheets and bake for 15 minutes. Turn them over and bake 5 to 15 minutes more, until the potatoes become crisp and the edges are browned.
- Whisk the dressing ingredients in a medium bowl until everything is thoroughly mixed.
- Pour ⅓ cup of the dressing over the greens and toss thoroughly.

Serves 6

GREEN CABBAGE AND FRUIT SALAD



Ingredients:

- 4 cups shredded green cabbage
- 2 oranges peeled and segments cut into bite-sized pieces
- 2 apples cut into bite-sized pieces
- 1 cup red seedless grapes
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup soy mayonnaise
- $\frac{1}{4}$ cup soy milk
- 1 tablespoon fresh lemon juice
- dash salt
- $\frac{1}{2}$ cup toasted pecans, chopped

Preparation:

- In a large serving bowl toss cabbage, oranges, apples, grapes and raisins.
- Cover with plastic wrap and chill fruit for at least 1 hour.
- Just before serving, combine remaining ingredients in small bowl, mixing well.
- Pour dressing over cabbage and fruit mixture. Blend well and serve.

Serves 6-8

DELICIOUS BEAN AND RICE SALAD



Ingredients:

- 1 can garbanzo beans, drained
- 1 can black beans, drained
- 4 cups cooked brown rice
- ½ cup green onion, chopped
- 2 stalks celery, sliced
- ½ green bell pepper, chopped
- ½ red bell pepper, chopped
- 1 4 ounce can chopped green chilies
- 1 cup frozen corn, thawed under running water
- 1 cup frozen peas, thawed under running water
- ¼ cup chopped cilantro or Italian parsley
- 1 cup soy mayonnaise
- salt and pepper, to taste

Preparation:

- Combine all ingredients except soy mayonnaise and seasoning into a large bowl.
- Stir in soy mayonnaise until all ingredients are well coated
- Salt and pepper to taste.
- Chill for about 2 hours before serving.

Serves 8

QUINOA AND GREEN BEAN SALAD



Ingredients:

- 4 cups vegetable broth
- 1½ cups raw whole grain quinoa
- 1 cucumber, sliced
- 1 red or yellow bell pepper, diced
- ½ cup steamed green beans, cut into bite-size pieces
- 2 tomatoes, chopped
- ¼ cup olive oil
- ⅓ cup lemon juice
- 2 cloves garlic, minced
- dash salt and pepper to taste

Preparation:

- Cook quinoa in vegetable broth until it fluffs up, about 15 minutes, stirring occasionally.
- While quinoa is cooking, whisk together lemon juice, olive oil, garlic cloves and salt and pepper.
- When quinoa is finished cooking, allow to cool slightly then, toss with vegetables and lemon juice mix, stirring to combine well.
- Chill before serving or serve warm.

Serves 4

Quinoa (pronounced Keen-wah) is an ancient food that is not yet well known in North America. It has been cultivated in South American Andes since at least 3,000 B.C. and has been a staple food of millions of native inhabitants. Technically quinoa is not a true grain, but is the seed of the Chenopodium or Goosefoot plant. It is used as a grain and substituted for grains because of its cooking characteristics. Beets, spinach, Swiss chard, and lamb's quarters are all relatives of quinoa.