

# Salads

## **Broccoli Salad Recipe (No Mayo!)**

This Broccoli Salad recipe is quick & easy, featuring cranberries, sunflower seeds, and a creamy dressing. It's perfect for potlucks and meal prep!

Servings **6** **Ingredients**

- 1 pound broccoli florets (about 2 1/2 heads of broccoli)
- 1/2 cup chopped red onion
- 1/2 cup dried cranberries
- 1/2 cup sunflower seeds (I like to use roasted & salted ones for this recipe)
- 1/4 cup [raw tahini](#)
- 2 1/2 tablespoons red wine vinegar
- 2 tablespoons [maple syrup](#)
- 3/4 teaspoon [salt](#)
- 1 clove garlic , minced
- freshly ground black pepper

- **Instructions**

- Cut the broccoli florets into bite-sized pieces, and place them in a large mixing bowl. Add in the red onion and cranberries.
- In a small bowl, combine the tahini, vinegar, maple syrup, salt, garlic, and several grinds of black pepper, and stir well to combine. Add 1 to 2 tablespoons of water, as needed to thin out the dressing. You want it to be thick, but pourable, to coat the broccoli. Taste the dressing and adjust any seasoning to taste. Keep in mind that the flavor will be diluted once it is poured over a pound of vegetables.
- Pour the dressing over the broccoli, onions, and cranberries, and toss well to coat. Cover and let the salad marinate in the fridge for at least an hour. Just before serving, stir in the sunflower seeds to retain their crunch.
- Leftovers can be stored in an airtight container in the fridge for up to 3 days.

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### **Can't get enough Kale!**

1 large bunch Kale finely chopped  
2 carrots shredded  
pint of grape tomatoes (optional - although good)  
1/2 cup soaked pine nuts (optional - expensive)  
1/2 cup sundried tomatoes soaked and chopped into bitty pieces (optional)  
1 red onion cut into thin rings  
raw black olives (I don't use)  
Juice of one lemon  
1/4 cup cold pressed olive oil  
sea salt  
few dashes of bragg's liquid aminos

Mix all ingredients...set in fridge overnight. Enjoy the next day!!!

### **Italian Vegan Pasta Salad (Gluten-free)**

#### **Ingredients**

- 4 Shredded zucchini and squash
- 1 Onion - finely diced
- 1/4 - 1/2 cup Pine Nuts
- 1/4 - 1/2 cup sunflower seeds
- Juice of 1 lemon (3-4 Tablespoons)
- 1 1/2 Italian Seasoning (or more if desired)
- 1/4 cup Olive Oil
- 1-2 Tablespoons nutritional yeast
- 1/8 - 1/2 teaspoon cayenne

#### **Instructions**

- Adjust ingredients to your taste and preference
- mix together

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### **Marinated Mushrooms**

#### **Ingredients**

- 1/2 lb. Portabella mushrooms, chopped into 1/2 inch squares
- 1/4 c. Nama Shoyu
- 1 T. Apple Cider Vinegar
- 1 T. Dried Basil

#### **Instructions**

- Marinate mushrooms in sauce for 12 hours.
- Serve as a side or topping to any meal. EXCELLENT!

### **Crab Delight**

#### **Ingredients**

- 2 c. almonds (soaked 12-48 hours and blanched)
- 3 stalks celery, finely chopped
- 1 red bell pepper, finely chopped
- 1/2 red onion, finely chopped
- 2 T. lemon juice
- 1 t. Celtic salt
- 1-2 teaspoon Kelp powder

#### **Instructions**

- Process almonds in a Champion Juicer using the solid plate or grind them up in a food processor.
- Add remaining ingredients and mix well.