



Carrot, Red Pepper, Tomato, and Harissa Salad

INGREDIENTS:

10 carrots, peeled and sliced into rounds
2 TBS. Harissa
The juice of one lemon
5 cloves of garlic, minced
¼ cup of extra virgin olive oil
2 TBS. Braggs Apple Cider Vinegar
3 TBS. chopped cilantro
½ red bell pepper, julienne
3 green onions, white parts only
1 large tomato, medium dice

DIRECTIONS:

In a pot of lightly salted water, add carrots and bring to a boil. Reduce the heat and simmer just until the carrots become fork tender – but still crisp. Drain and then shock. Shock = put in an ice bath to cool. In a medium mixing bowl, add in the remaining ingredients and stir. Once the carrots are cooled, drain, and add to the mixture. Stir again. Allow it to marinate for a few hours to overnight. Serve chilled.

Quinoa Salad with Mushrooms and Kale

INGREDIENTS:

1 cup uncooked Quinoa
2 cups of water
Sea salt
2 TBS Balsamic Vinegar
1 TBS Lemon juice
1 tsp Dijon mustard
Sea Salt and Black Pepper to taste
3 cups chopped Kale
1 cup sliced mushrooms – I used Shiitake

DIRECTIONS:

In a medium saucepan, combine the water, pinch of salt, and quinoa. Bring to a boil, reduce the heat to a simmer, cover with a lid, and cook for about 10-15 minutes. Remove from heat. There may be some water still in the pot, allow the quinoa to rest so that it absorbs the excess water.

In a small mixing bowl, combine the Balsamic vinegar, lemon juice, Dijon, olive oil, and salt and pepper to combine.

Prep Kale. Roll Kale cigar fashion and slice thin. Then cross-chop it. Rinse and pat dry or spin to dry.

Slice shiitakes.

Once the quinoa has cooled, in a medium mixing bowl, combine the kale, mushrooms, quinoa, and dressing. Serve at room temperature.