



Southwest Corn Salad

Ingredients for the dressing:

- 1/3 cup fresh lime juice
- 2 tablespoons honey
- ½ teaspoon cumin
- 1 clove garlic, finely minced
- ½ teaspoon sea salt
- 2 tablespoons canola oil
- 4 tablespoons extra virgin olive oil
- Freshly ground black pepper to taste
- 1 diced avocado tossed with 2 Tablespoons of lime juice

Directions Vinaigrette

- For the dressing, combine lime juice, honey, cumin garlic and salt with oil slowly; adjust seasoning if needed

Ingredients for the tortilla strips:

- 6~ 6-inch corn tortillas
- 1 ½ tablespoons canola oil
- ½ teaspoon sea salt and a pinch of cumin

For the corn tortilla strips, preheat oven to 400°F.

1. Stack corn tortillas on a cutting board. Cut in half. Cut each stack of halves into thin strips, widthwise, about 1/4-inch thick.
2. Transfer tortilla strips to a sheet pan. Drizzle with oil. Sprinkle with salt and toss to coat.
3. Bake for 15-20 minutes, stirring every 5 minutes, or until light golden brown and crisp. Set aside to cool.

Ingredients for the salad:

- 1~ 10 oz. bag cabbage shredded (or broccoli slaw is great too!)
- 1 red bell pepper, diced
- ½ medium red onion, diced
- 1 cup medium jicama, peeled and diced medium
- 4 plum tomatoes, seeded and diced
- 4 ears corn Roasted in oven or grilled (cut corn off ear)
- 1 1/2 cups canned black beans, drained and rinsed
- 1/2 cup finely chopped cilantro, plus whole cilantro leaves for garnish

Body of salad

1. After cooling, cut bottom end of corn off, about 1 1/2 inches from end. Pull back husk and silks (almost all of the silk should easily pull away). Cut kernels from husks and set aside.
2. Combine corn and other salad ingredients in a large bowl. Stir to combine. Add dressing and stir to coat all ingredients. Garnish with cilantro leaves, if desired.
3. Serve with tortilla strips on top or place a bowl on the side and let guests help themselves.
4. Adjust seasoning if needed and sprinkle top with diced avocado

Triple-Berry Summer Salad

Ingredients

- 9oz baby spinach, torn
- 1 cup sliced strawberries
- ½ cup raspberries
- ½ cup blueberries
- ½ cup blackberries
- 1/2 cup sliced almonds, toasted
- 1/3 cup chopped basil
- 1 avocado, chopped
- 4oz goat cheese

Directions

Divide baby spinach between plates then top with berries, almonds, basil and chopped avocado. Crumble goat cheese on top then dress with salad dressing such as a fruited vinaigrette or popeyed

Raw Rainbow Zoodles

Ingredients

- 1 medium zucchini, julienned or spiraled
- 2 large carrots, julienned
- 1 red pepper, thinly sliced
- 1 cup broccoli slaw
- 1 cup chopped green kale
- 3/4 cup frozen edamame, thawed
- 3 green onions, thinly sliced

- 2 teaspoon sesame seeds
- Big handful of spinach

Dressing

- 1 garlic clove
- 1/4 cup almond or cashew butter
- 3 tablespoons fresh lime juice
- 2 tablespoons low-sodium tamari or brags amnions
- 3 tablespoons water
- 3 teaspoons pure maple syrup (or honey)
- 1/2 tablespoon toasted sesame oil
- 1 Tablespoon olive oil
- 1 teaspoon freshly grated ginger
- Squirt hot chili sauce (optional)

Directions

1. Prep vegetables and combine in large bowl
2. Prepare the dressing by processing all dressing ingredients in a mini processor or whisk by hand.
3. Place spinach on bottom of serving platter, toss salad lightly with dressing, sprinkle sesame seeds on top.

Crunchy Picnic Summer Salad

Ingredients

- 8 slices of Bacon cooked and cut into small diced pieces
- 1~ 10oz bag broccoli slaw
- 1 Broccoli head cut into small florets and blanched
- 1 1/2 cup red Grapes~ halved
- 3/4 cup Almonds
- 1 small Red onion~ diced

Dressing

- 1/4 cup Lemon juice
- 3 tbsp. White wine vinegar
- 2 teaspoons honey
- 1 1/2 cup Greek yogurt
- Pinch of cayenne
- ½ teaspoon sea salt

Directions

Process Vegetables, make dressing, and mix all ingredients, season to taste.

Cool as A Cucumber!

Ingredients

- 1/2 cup Dill, fresh
- 3 English cucumbers
- 1 pint cherry tomatoes halved
- 1 small red onion ~ diced
- 4 tbsp. Lemon juice, fresh
- 1 Salt and ground pepper, Coarse
- 4 tbsp. Olive oil
- 2 tbsp. White-wine vinegar
- 1 tbsp. honey
- Sea salt & pepper to taste

Directions

Process Vegetables, make dressing, and mix all ingredients, season to taste.