

Spring into Salads

Carrot Avocado Tabbouleh

Ingredients:

- 3 cups cooked quinoa
- 1 10 oz. bag petit rainbow carrots
- 5 large (long) radishes, sliced with Y style vegetable peeler
- 3 watermelon radishes sliced paper thin
- 5 green onions, diagonally sliced
- 3 bunches coarsely chopped fresh flat-leaf parsley
- 1/4 cup coarsely chopped fresh mint
- 1 tablespoon loosely packed lemon zest
- 3 juiced lemons
- 1/3 Cup virgin olive oil 2 tablespoons extra virgin olive oil
- freshly ground black pepper
- 1 teaspoon sea salt
- 3 avocados small avocado, diced
- 1/2 cups roasted salted sunflower kernels
- Additional sea salt and black pepper to taste

Directions:

1. Cut carrots lengthwise into very thin, ribbon-like strips using a mandolin or Y-shaped vegetable peeler.
2. Toss together quinoa, carrots, radishes, green onions, parsley, mint, lemon zest, lemon juice, and olive oil in a large bowl.
3. Fold in avocado and sunflower kernels. Add table salt and black pepper to taste an hour before service (save some kernel's to sprinkle on top.)

Strawberry Field Asparagus Salad

Yield: 6 servings

Ingredients:

- 2 cups cooked quinoa
- 1 bunch asparagus, ends trimmed off and sliced on angle about 1/2 inch slices
- 1 cup sliced or quartered strawberries
- 4 tablespoons diced red onion
- 1 cup fresh or frozen peas
- 1 cup fresh parsley, roughly chopped
- 2 teaspoons mint (thin strips) (optional)
- 1 teaspoon zested lemon rind
- 1/2 cup sliced toasted almonds (optional)

Vinaigrette

- 3 tbsp. fresh lemon juice
 - 3 tbsp. coconut or white vinegar (or preferred flavor)
 - 2 Tablespoons honey
 - 1/4 tsp sea salt
- Additional lemon zest, for garnish

Directions:

1. Prepare vegetables and quinoa, blanch asparagus for a quick 10 seconds and then cool quickly in ice water.
2. Make vinaigrette by combining all ingredients
3. Toss everything together and adjust seasoning if necessary

Raw Spring Garden

Ingredients:

- 1 bunch of asparagus
- 1 bulb of fennel
- 6 jumbo assorted color rainbow carrots (or 2 dz. petit)
- 2 cups brussle sprouts
- 1 qt. of 2-3 varieties of colorful rachises; black, Cincinnati, cherry bomb, icicle or watermelon to name a few.
- Juice of one lemon
- 1/4 cup extra virgin Olive oil
- Sprinkle of seas salt
- Fresh cracked black pepper to taste
- 1/2 cup hand shaved parmesan (optional)
- 4-6 bail leaves cut into thin strips

Directions:

1. Slice all vegetables paper thing on mandolin or with a Y style vegetable peeler and layer on thin platter
2. Sprinkle with lemon juice olive oil, basil and seasoning and top with shaved parmesan, if desired

Mother's Day Rose Champagne & Chocolate Love

Rosé Gold Mimosas

Yield: 8-10 servings

Ingredients:

- 1 bottle Rosé champagne/sparkling wine
- 1 pint raspberry sorbet
- 10 sprigs of rosemary or mint for garnish

Directions:

To make one drink: Place one small scoop of sorbet into a champagne flute, top with champagne. Garnish with herbs if using. Serve immediately.

Strawberry Mother's Day Hearts

Directions:

1. Haul green top of strawberry and cut berry in half, so the two red globe side of strawberry are next to each other facing up
2. Secure Berries halves with a toothpick and ladle a heaping spoonful of melted dark chocolate over the top, after chocolate hardens remove tooth pick
3. Drizzle with melted white or milk if you desire or maybe take a small piping bag and write mom with melted chocolate!!

Other Quick Chocolate and Champagne ideas for Mother's Day:

- Purchase store bought chocolate brownies cut into heart shape's
- A box of mom's favorite chocolate or truffles
- Melt dark chocolate and spoon onto parchment paper, then decorate with dried fruits and nuts
- Chocolate fondue with sweet and salty things to dip