

**Mediterranean Quinoa Salad** (air temp-all raw veggies)

12-6 oz. Entrée portions

Serving suggestion: Timbale garnished with fresh herbs

3 cups cooked quinoa (1# = 3 after cooking)  
 1/2 cup Greek black olives, pitted & slivered (not the canned versions)  
 1 tbs. ground flax seed (at end when serving)  
 2 cloves fresh garlic, minced  
 1/2 cup chopped scallions  
 1 cup cherry tomatoes, halved  
 1 cup cucumber, chopped, SKIN ON  
 1/2 cup radish, chopped  
 2 tablespoons fresh mint  
 2 tablespoons fresh cilantro, chopped  
 1 cup chopped fresh parsley  
 1 small bunch watercress, reserve leaves  
 1/4 cup freshly squeezed lemon juice (not from bottle)  
 1/4 cup extra virgin olive oil  
 1/2 cup crumbled firm tofu (not silken style)  
 Sea salt and pepper to taste

- Rinse quinoa well under cool water; drain.
- Wash all produce thoroughly under tepid water to remove field residue or 'gifts' left by critters. \*Fill a sink with tepid water, add 2 drops of bleach, slosh everything around, and then rinse thoroughly to remove field pathogens.
- Over medium heat, boil quinoa for 10 minutes, shut off the heat, and let finish another 5 minutes. Using the tines of a fork, IMMEDIATELY spread across a sheet pan to stop the cooking and cool the seed down. Let quinoa cool to room temperature, then transfer to a serving bowl.
- Mix the garlic and scallions thoroughly with the quinoa and add the remaining chopped herbs and vegetables. Stir in the lemon juice and extra virgin olive oil. Do not over mix and turn it into mush. Use the tines of a fork to lift and fluff.
- Fill a soup cup or bowl with the mixture, gently pat, then invert onto the plate to make a mold.
- Gently top with the tofu, watercress leaves, olives, garnish, ground flax seed.

- Serve

### **Spinach or Kale Salad with Local Beets and Oranges (OPTIONAL)**

Serves 10-1 cup portions

2 navel oranges, peeled

6 cups torn spinach or kale, washed & stemmed

\*After trimming off the stems of kale, wash the kale in your hands for a minute to soften it up.

3 cups shredded & peeled, RAW beets (about 1 pound)

3 tbs. minced shallots or sweet red onions

1/4 cup raspberry vinegar

1/4 tsp. freshly ground black pepper

1/4 cup minced fresh chives

- Peel oranges, and cut each crosswise into 5 slices. Place spinach on a large platter.
- Massage the kale leaves and you will break down its firmness. Cut into ¼ inch julienne.
- Spoon beets neatly onto the bed of greens, and arrange orange slices on beets.
- In a small bowl, stir together the vinegar, shallots and pepper; drizzle over salad.
- Garnish the attractive salad with chives.
  - Serve with pride.

### **Not So Guiltless Chocolate Dipped Strawberries**

Yield: 15

5 oz. bittersweet chocolate, chopped

1 pint of cold, fresh, strawberries with leaves

- In a double boiler over VERY low heat, warm chocolate till melted. Stir occasionally with a wooden spoon until chocolate is smooth.
- Holding the washed and DRIED berries by the green stem, dip each one in molten chocolate about ¾'s of the way to the stem.

- Place them, stem side down, on a wire rack and chill in the refrigerator till hardened.
- Helps to put wax sheet paper down first to prevent sticking.
- Keep refrigerated till service.

### **Chocolate Avocado Pudding**

4- ½ cup portions

As counterintuitive as it sounds, this is absolutely delicious and wildly nutritious.

2 ripe avocados full of mono-unsaturated, antioxidant goodness

3 ¼ tbs. 100% **pure, locally sourced** Maple syrup (**No** Aunt Jemima or Mrs. Butterworth's - they are 100% High Fructose Corn Syrup, proven to cause obesity, liver cancer, and diabetes)

1 tsp. Balsamic vinegar

2 tsp. vanilla extract

2/3rd cup cocoa powder

Pinch of Sea Salt

- Toss everything but the syrup into a food processor and blend till creamy.
- Add the syrup a little at a time to be sure you don't make the pudding too soupy.
- Pre-portion in pudding cups and garnish with chocolate dipped berry.
- Chill till service.