



Simply Yum Salad

Serves 2-4 people

Ingredients

1 head romaine lettuce (shredded)	4 tbs. sprouted sunflower seeds
1 tomato (diced)	2 tbs. agave nectar
1 avocado (diced)	3 tbs. lemon juice
1/2 cucumber (diced)	1 handful dulse or nori strips (seaweed)
3 tbs. onion (diced)	Sea salt to taste

Directions:

Mix everything in the bowl.

The seaweed will break up and the flavors will concentrate.

Let the salad sit for 10-20 mins. at room temp. before eating.

Quinoa Vegetable Soup

Yield: 4 – 6 Servings

Ingredients

- 4 cups water • 2 cloves garlic, chopped
- ¼ cup quinoa • 1 Tbsp olive oil or grape seed oil
- ½ cup carrots, diced • ½ cup tomatoes, chopped
- ¼ cup celery, diced • ½ cup cabbage, chopped
- 2 Tbsp onions, chopped • 1 tsp Celtic sea salt
- ¼ cup green pepper, diced • parsley, chopped

Directions

1. Sauté quinoa, carrots, celery, onions, green pepper and garlic in oil until golden brown in oil.
2. Add water, tomatoes and cabbage and bring to a boil.
3. Simmer 20 to 30 minutes or until tender.
4. Season to taste and garnish with parsley.

This is a very basic recipe for quinoa vegetable soup. For variations try adding some of your other favorite vegetables, chopped and sautéed. Quinoa can be a great addition to just about any type of soup.



Harvest Grains Zucchini Boats

Yield: 4 servings

Ingredients

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- 4 large zucchini
- 1 cup cooked quinoa
- 1 ½ cup Quinoa
- ¼ cucumber, diced
- 1 red onion, minced
- 2 Tbsp fresh chopped cilantro
- 2 Tbsp fresh chopped mint
- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp cumin
- Sea salt and pepper

Directions

1. Strip off top outer layer of zucchini (¼ inch) scoop out majority of guts. Chop up and put in a bowl. Blanche and shock zucchini shells, set aside.
2. Into bowl, add quinoa, onion, lemon juice, herbs, olive oil, cumin and seasonings. Mix well.
3. Fill zucchini boats, slightly overflowing, and place in shallow baking pans.
4. Bake in a pre-heated 400°F oven for 20 – 25 minutes until zucchini is tender and dish is hot all the way through.

Chickpea, Fennel and Parsley Salad

Yield: 4 servings

Ingredients

- 1 ½ cup dried chickpeas (soaked overnight, drained or canned, rinsed and drained)
- 1 large onion quartered
- 12 thyme sprigs
- 2 garlic cloves, finely chopped
- 2 T red wine vinegar
- ½ cup extra virgin olive oil
- 2 celery ribs, finely chopped
- 1 small fennel bulb, halved, cored and finely chopped
- ¾ loosely packed flat leaf parsley leaves
- ½ cup finely chopped red onion

Directions

1. In a large pot , bring chickpeas, with water, , quartered onion and thyme to a boil, then reduce heat and simmer over medium heat for 1 hr until tender.
2. If using canned chickpeas, cook until onion is soft. Discard onion and thyme. Drain the chickpeas and toss with the rest of the ingredients. Season with salt and pepper.



Avocado Salad With Rosemary

Ingredients

- 2 cups avocado, diced
- 1 cup tomatoes, seeded and diced
- 1 cup clover sprouts
- 1 Tbsp rosemary
- 1 ½ Tbsp lemon juice
- 1 ½ Tbsp garlic, minced
- 1 tsp Celtic Sea salt

Directions

Combine all ingredients in a bowl, leaving a slightly chunky consistency.

WILD RICE SALAD WITH APPLES AND WALNUTS

This crunch, nutty salad is surprisingly light and has a tantalizing flavor. Serve it on a bed of curly green-leaf lettuce.

Ingredients: (serves 4)

- 1 cup wild rice (or a combo of wild and another rice)
- 2 cups water
- 1 Tablespoon olive oil
- 1/4 teaspoon salt
- 1 cup coarsely chopped walnuts
- 1 celery rib, sliced
- 4 scallions, thinly sliced
- 1 cup raisins

- 1 medium red apple (not red delicious), cored and diced
- Grated rind of 1 lemon

Dressing:

- 3 TBSP fresh lemon juice
- 2 garlic cloves pressed or finely chopped
- 1/2 teaspoon salt
- Freshly ground black pepper to taste
- 1/3 cup olive oil

Directions

1. Put the wild rice in a strainer and rinse under cold water. Place it in a medium saucepan along with the water, oil, and salt. Cover, bring to a boil, and reduce the heat to simmer. Cook 50 minutes, or until the rice is tender and all the water has been absorbed. (When wild rice is done it has a tender, yet nubby texture.)
2. Meanwhile, combine the walnuts, celery, scallions, raisins, apple, and lemon rind in a large bowl. In a jar with a tight-fitting lid, combine the lemon juice, garlic, pepper, and olive oil and shake vigorously. Pour half of this dressing on the apple mixture and toss well.
3. When the rice is done, let it cool until just warm. Combine with the fruit mixture and pour on the remaining dressing. Let sit at least for 1 hour before serving at room temperature, on a bed of lettuce if desired.