

Cabbage, Kale and Apple Salad

Ingredients:

- 1/2 Head Cabbage (more if desired)
- 1 head of Kale
- 2 Apples
- 4-6 Tablespoons Olive Oil (Oil of your choice)
- Salt
- Pepper
- 2-4 Tablespoons Apple Cider Vinegar to taste

Procedure:

1. De-stem your Kale and cut or tear into bit size pieces. Place in a bowl. Drizzle 2 T of oil and salt onto your kale, and massage until each leaf is coated. Let sit for 10 minutes.
2. Slice your Cabbage very thinly. Throw into your bowl. Lightly Salt and Pepper your cabbage.
3. Cut your apples into cubes or matchsticks and throw into the bowl.
4. Add your Vinegar and 2 Tablespoons of the oil into your bowl.
5. Toss until well coated. Taste to see if you need more seasoning, oil or vinegar.

Quick Jar Salad Dressing (Any 8-12oz jar will do)

Ingredients:

- 1/4 of a clove of garlic or Shallot, minced
- 1 teaspoon of Dijon mustard
- 2 tablespoons Acid (Juice, ACV, white or red wine vinegar)
- 6 tablespoons Liquid Fat (Grapeseed Oil or extra virgin olive oil)
- 2t of Sweetener (Honey, Maple Syrup etc)
- Herbs, Spices
- sea salt and freshly ground black pepper

Procedure:

1. Peel and finely chop your garlic, and add it to your jar
2. Add your mustard, Acid, Fat, Sweetener
3. Add your spices and seasonings
4. Put the lid on, SHAKE!

Store in Fridge

* If using Olive Oil dressing will change consistency as the oil solidifies, Just leave the dressing out at room temperature, then shake well.

Marinated Bean Salad

Make Dressing:

- ¼ cup red wine vinegar
 - ½ lemon, juiced
 - 1 Tablespoon dijon mustard
 - 2 teaspoons honey
 - ¼ teaspoon salt
 - ¼ teaspoon black pepper
 - 2 cloves minced garlic
 - ¼ cup olive oil
1. In a small bowl whisk together red wine vinegar and the next 6 ingredients (through garlic). Slowly, drop by drop to start, whisk in the olive oil until well combined.

Next the Beans:

- 2 (14 ounce) cans of different beans, rinsed well and drained
 - 1 (12 ounce) bag frozen cut green beans, defrosted - Or Fresh Beans Blanched
 - ½ cup diced shallots or Small Red Onion diced.
 - 3 Tablespoons minced fresh parsley
2. Pour dressing over the beans and stir to combine. Let salad marinate for at least 24 hours.

Chickpea toona for 1.

Ingredients:

- 1-7.75oz can chickpeas, mashed slightly with fork
- 1 Tablespoons of vegan mayo
- 1t Dill Relish
- 1t Sweet Relish
- ½ t Braggs Amino Acids, Tamari or Soy sauce
- ½ t balsamic vinegar
- ½ t Dijon mustard
- ½ t garlic powder
- ½ t sriracha
- 1-2 t maple syrup to taste
- Salt & Pepper to taste

Procedure:

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Alexa
Joan



Mix well, add more specific ingredients according to your taste.