



ASIAN GREENS SALAD WITH SUPER ASIAN DRESSING

MAKES 4 SERVINGS

I promise any extra time you may spend finding Asian greens for this salad will be made up by the time saved making the super-easy dressing. The flavors are worth it. Many times you can even find a mix of Asian greens at the natural food store.

This salad calls for three Asian greens: mizuna, tat soi, and bok choy. Mizuna is a Japanese mild mustard with dark green, beautifully fringed leaves. Tat soi has small, green leaves with white stems that form a tight rosette. And bok choy has thick and tender white stalks and deep green leaves.

If you can't find Asian greens, substitute spinach and green cabbage.

SALAD

- 1 cup bok choy, thinly sliced
- 2 cups mizuna, torn
- 2 cups tat soi, torn
- 2 bunches watercress, bottom 2 inches discarded, cut into 1-inch pieces
- 1 cup basil leaves, cut into 1/2-inch-wide strips
- 1 cup cherry tomatoes

SUPER ASIAN DRESSING

- 1 avocado, seeded and cubed
- 2 tablespoons hemp oil
- 2 teaspoons Nama Shoyu or Bragg Liquid Aminos
- 1 tablespoon ginger, chopped fine
- 2 tablespoons tan or black sesame seeds
- 2 tablespoons scallions, chopped

For salad, combine bok choy, mizuna, tat soi, watercress, basil, and tomatoes in a large bowl.

For dressing, add the avocado, oil, Nama Soy, ginger, sesame seeds, and scallions to the salad. Toss well, serve immediately.

Salad mix will keep for one day, and dressing will keep for two days in the fridge when stored separately.

THAI SALAD MIX WITH KAFFIR LIME LEAF DRESSING

MAKES 4 SERVINGS



Fresh mint, basil, and kaffir lime leaves give this salad a burst of Southeast Asian flavor.

Kaffir lime leaves have a distinct flavor and a perfume unlike any other. Fresh leaves can be found at most natural food stores or Thai markets. If fresh kaffir lime leaves are not available, you can use the tender new leaves of lime, lemon, or grapefruit, but they won't have the same fragrance.

You may be able to find a kaffir lime tree at a plant nursery, where it will flourish even in temperate climates. So you could grow your own if you fall in love with the flavor.

SALAD

- 4 cups spinach, torn into bite-size pieces**
- 1/4 head Chinese cabbage, cored and sliced**
- 1 bunch mint leaves, torn**
- 1/2 bunch basil leaves, torn**
- 2 cups mung bean sprouts**

KAFFIR LIME LEAF DRESSING

- 1 cup extra virgin olive oil**
- 6 kaffir lime leaves**
- Juice of 1/2 lemon, about 1 tablespoon**
- 1 tablespoon Nama Shoyu**
- 2 stalks celery**
- 1 tablespoon grated ginger**



For salad, combine spinach, Chinese cabbage, mint leaves, basil leaves, and mung bean sprouts in a large salad bowl.

To make the dressing, place all the dressing ingredients in a blender. Blend until smooth.

To serve, pour dressing over salad. Toss well and serve immediately.

Salad mix will keep for one day, and dressing will keep for three days in the fridge when stored separately.



WILTED SPINACH SALAD WITH MARINATED ONIONS IN MUSTARD SEED DRESSING

MAKES 4 SERVINGS



MARINATED ONIONS

- 1/2 yellow onion, sliced
- 1 tablespoon apple cider vinegar
- 1 tablespoon Bragg Liquid Aminos or Nama Shoyu
- Pinch black pepper



MUSTARD SEED DRESSING

- 1 tablespoon soft dates or 1 tablespoon agave syrup, maple syrup, or honey
- 3 tablespoons apple cider vinegar
- 1/4 cup extra virgin olive oil
- 1 teaspoon mustard seeds
- 1/2 teaspoon sea salt

SALAD

- 8 cups of spinach
- 2 carrots, julienned
- Pinch ground black pepper

To marinate onions, combine onions with vinegar, Bragg Liquid Aminos, and black pepper. Set aside to marinate while you prepare the rest of the salad.

To make the dressing, if you're using dates, soak them in 2 tablespoons of water for 5 minutes, or until soft. Mash together the dates and water until it becomes a thick syrupy paste. Pour syrup, vinegar, oil, mustard seeds, and salt in small bowl and mix well.

For salad, place spinach and julienned carrots in a large bowl. Pour in Marinated Onions, including the marinade. Toss with Mustard Seed Dressing.

To serve, top tossed salad with a pinch or two of black pepper. Set aside for five minutes or more to allow time for wilting. Or if you're like me and can't wait, it's okay to eat right away.

Salad mix will keep for one day, dressing will keep for three to four days, and Marinated Onions will keep for one day in the fridge when each are stored separately.

ARUGULA WITH GOLDEN BEETS AND WALNUTS IN ORANGE MISO DRESSING

MAKES 4 SERVINGS

SALAD

- 1 bulb fennel, trimmed and quartered lengthwise
- 2 cups golden beets, peeled and julienned
- 2 scallions, thinly sliced
- 1 bunch arugula, torn into bite-size pieces
- 1/2 cup walnuts

ORANGE MISO DRESSING

- 2 tablespoons miso, preferably white
- 1 orange, peeled and seeded
- 1/3 cup extra virgin olive oil
- 1 tablespoon grated ginger
- 1 clove garlic

For salad, slice fennel with knife or mandoline. Place fennel, beets, scallions, arugula, and walnuts into a large bowl.

To make the dressing, place all dressing ingredients in a blender. Blend until smooth.

To serve, toss salad with dressing.

Tossed salad will keep for one day. Salad mix will keep for one day, and dressing will keep for three to four days in the fridge when stored separately.





SPINACH SALAD WITH PERSIMMONS AND SPICED PECANS IN SHALLOT LEMON DRESSING

MAKES 4 SERVINGS

There are two types of persimmons. This recipe calls for the Fuyu variety, which looks like a slightly flattened tomato. It's crisp, lightly sweet, and crunchy.

Choose Fuyu persimmons that are a rich orange color and firm to the touch. Fuyus will stay firm for a week or two at room temperature. After about two weeks, they'll soften to the texture of a firm papaya and be at their peak of sweetness. This is the time I enjoy them most.

Persimmon season is late fall into early winter. They give us betacarotene, vitamin C, and potassium—and make a beautiful holiday garnish.

SALAD

- 12 cups spinach leaves, torn into bite-size pieces**
- 3 Fuyu persimmons, sliced thinly into little discs**
- 1 batch Sweet Spiced Pecans (page 145)**

SHALLOT LEMON DRESSING

- 1 tablespoon finely chopped shallots**
- Juice of 1/2 lemon, about 1 tablespoon**
- 2 tablespoons apple cider vinegar**
- 1/2 cup extra virgin olive oil**
- 3/4 teaspoon sea salt**
- Pinch ground black pepper**

For salad, place spinach and persimmon discs in a large bowl.

To make the dressing, combine shallots, lemon juice, and vinegar in a small bowl. Slowly whisk in olive oil in a small stream until well blended. Season with salt and pepper.

To serve, toss salad with dressing. Top with Sweet Spiced Pecans and serve immediately.

Salad mix will keep for one day, and dressing will keep for four days in the fridge. Sweet Spiced Pecans will keep for a week.

WAKAME HEMP POWER SLAW

MAKES 4 SERVINGS

Wakame is a delicious sea vegetable that's high in calcium and protein. It's a great source of chlorophyll, too.

SLAW

- 1/2 head of green or red kale, ribs removed, and leaves torn into bite-size pieces
- 1/4 head red cabbage, cored and thinly sliced
- 2 scallions, chopped
- 1/2 cup dry wakame
- 1/2 cup hemp nuts

POWER DRESSING

- 3/4 cup Brazil nuts
- 2 cloves garlic
- 1 tablespoon grated ginger
- 1 teaspoon sea salt
- 1/4 cup hemp oil
- Juice of 1 lime, about 2 tablespoons
- 1/4 cup water

For slaw, cut or tear kale leaves from stem, and thinly slice leaves. Place in a large bowl with sliced cabbage, scallions, and wakame.

To make dressing, process nuts, garlic, ginger, and salt until mixed well. Add oil, lime, and water, and process until smooth. Scoop into bowl with slaw. Toss well.

To serve, top with hemp nuts.

Tossed slaw will keep for one day. Slaw mix will keep for two days, and dressing will keep for four days in the fridge when stored separately.

PER SERVING: calories 430, protein 8g, carbohydrate 11g, fat 22g, sugar 2g

PERCENT DAILY VALUES: potassium 13%, vitamin A 56%, vitamin C 50%, calcium 12%, iron 11%, vitamin E 26%, thiamin 21%, riboflavin 5%, vitamin B6 7%, folate 10%, vitamin K 197%, phosphorus 35%, magnesium 47%, zinc 14%, copper 43%, manganese 61%, selenium 1200%, dietary fiber 17%



BLACK SESAME ASIAN SLAW WITH GINGER CASHEW MAYO

MAKES 4 SERVINGS

SLAW

- 4 cups Chinese cabbage
- 1 carrot, julienned
- 1 cup mung bean sprouts
- 2 scallions, chopped
- 1/4 cup black sesame seeds

GINGER CASHEW MAYO

- 2 tablespoons ginger
- 1 clove garlic
- 1 teaspoon sea salt
- 2 cups cashews
- Juice of 1 lemon, about 2 tablespoons
- 1/4 cup water, as needed

SLAW TOPPINGS

- 1/4 cup dry hijiki
- 1/4 cup cilantro leaves, lightly chopped

For slaw, slice cabbage with knife or mandoline slicer. Place in a large bowl with carrot and sprouts.

For Ginger Cashew Mayo, process ginger, garlic, and salt in a food processor until finely chopped. Then add cashews and process into powder. Add lemon juice and process, adding water as needed to make a creamy “mayonnaise.” Toss with salad. Then add the scallions and sesame seeds and toss lightly.

For slaw toppings, soak dry hijiki in about 1/4 cup filtered water, just enough to barely cover it. Set aside to rehydrate and soften for a few minutes.

To serve, place salad onto four serving bowls. Squeeze excess water from soaked hijiki, and use to top each slaw. Garnish with cilantro, and serve.

Tossed slaw will keep for one day. Slaw mix will keep for two days, dressing will keep for four days, and slaw toppings will keep for two days in the fridge when each are stored separately.





SWEET CORN CHOWDER

MAKES 4 SERVINGS

CHOWDER BASE

- 3 ears sweet corn
- 3/4 cup walnuts
- 3/4 cup extra virgin olive oil
- 1 clove garlic
- 1 teaspoon sea salt
- 2 cups water

CHOWDER TOPPINGS

- 1 cup corn kernels, set aside from above
- 1 avocado, diced
- 1/3 bunch cilantro leaves
- 1 teaspoon cracked black pepper

Set aside 1 cup of corn kernels to use as chowder topping.

Blend remaining corn, walnuts, oil, garlic, salt, and water until smooth.

To serve, pour chowder base into four bowls. Top each with corn, avocado, cilantro, and a pinch of cracked black pepper.

Chowder base with toppings will keep for one day. Chowder base will keep for two days, and toppings will keep for one day in the fridge when stored separately.

THAILAND TOM KHA GAI

MAKES 4 SERVINGS



SOUP BASE

- 4 celery stalks, chopped
- 2 cloves garlic
- 4 kaffir lime leaves
- 3 tablespoons coconut oil
- 1 cup extra virgin olive oil
- 1 to 2 teaspoons Thai cayenne
- 1 1/2 teaspoons sea salt
- 4 cups water

SOUP TOPPINGS

- 1 head baby bok choy or 1 leaf regular bok choy, sliced
- 1 1/2 cups broccoli florets, broken into small pieces
- 1 cup cherry tomatoes, halved
- 2 avocados, cubed
- 1/2 bunch cilantro leaves

Blend celery, garlic, lime leaves, coconut oil, olive oil, cayenne, salt, and water until smooth.

To serve, place sliced bok choy in bottom of four soup bowls. Pour soup base into bowls. Top with remaining soup toppings.

Soup base with toppings will keep for one day. Soup base will keep for four days, and toppings will keep for one day in the fridge when stored separately.

LEMON FENNEL SOUP

MAKES 4 SERVINGS



This is a light and refreshing brothlike soup base with sliced fennel and scallion.

For lunch on the lighter side, serve with a salad. Or try serving it with a creamy pasta, such as Pad Thai Noodles in Almond Kaffir Sauce (page 186) or Fettuccini Squash Noodles in Alfredo Sauce (page 182).

SOUP BASE

Juice of 2 lemons, about 1/4 cup

3 cups water

1/2 cup extra virgin olive oil

1 1/2 teaspoons sea salt

1 clove garlic, minced

SOUP TOPPINGS

1/2 fennel bulb, about 1/2 pound, thinly sliced

1 scallion, sliced

Whisk lemon juice, water, oil, salt, and garlic in a large bowl.

To serve, pour soup base into four bowls. Top each soup with fennel and scallion.

Soup base with toppings will keep for one day. Soup base will keep for three days, and toppings will keep for two days in the fridge when stored separately.

PER SERVING: calories 250, protein 1g, carbohydrate 3g, fat 19g, sugar less than 1g

PERCENT DAILY VALUES: potassium 4%, vitamin A 2%, vitamin C 19%, calcium 2%, iron 3%, vitamin E 17%, vitamin K 22%, phosphorus 2%, magnesium 2%, manganese 4%, dietary fiber 4%



JAPANESE MISO-SHIITAKE SOUP

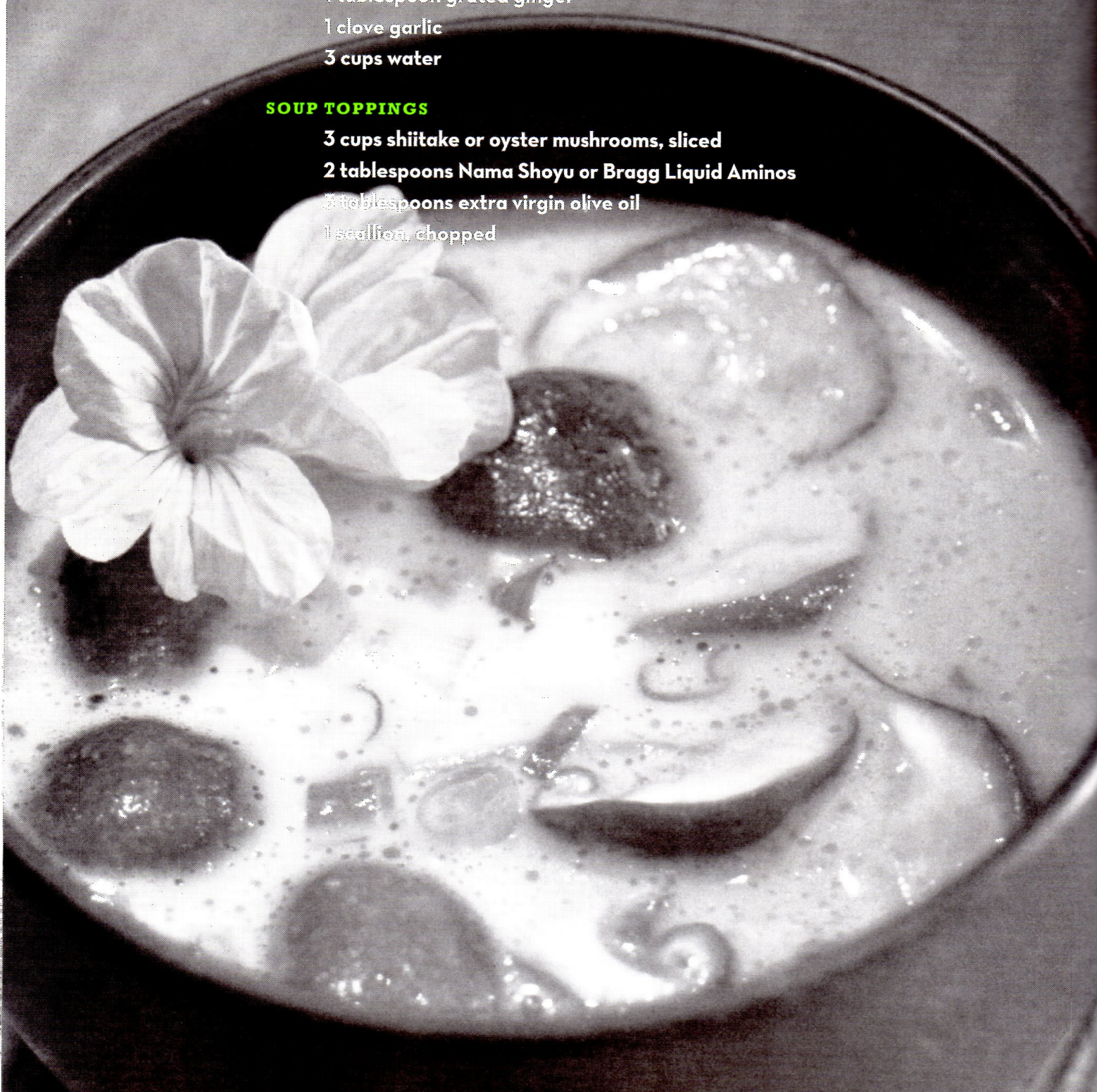
MAKES 4 SERVINGS

SOUP BASE

- 3 tablespoons miso, white or brown
- 1 cup extra virgin olive oil
- 1 tablespoon grated ginger
- 1 clove garlic
- 3 cups water

SOUP TOPPINGS

- 3 cups shiitake or oyster mushrooms, sliced
- 2 tablespoons Nama Shoyu or Bragg Liquid Aminos
- 2 tablespoons extra virgin olive oil
- 1 scallion, chopped



Start by marinating your mushrooms. Toss shiitake mushrooms with Nama Shoyu and oil. Set aside to marinate.

Blend miso, oil, ginger, garlic, and water until smooth.

To serve, pour soup base into four bowls. Top each with marinated mushrooms and scallions.

Soup base with toppings will keep for one day. Soup base will keep for four days, and toppings will keep for two days in the fridge when stored separately.



ANI'S KITCHEN TIP

De-stem Your Fresh Herbs

TO GATHER HERBS for your recipes, just tear the leaves off their hard stems.

The stems still have flavor. I'll keep the softer stems from basil or cilantro and blend them into a dressing or soup. Sometimes I'll use them to flavor my pooch's dog food.



GARLIC WALNUT SOUP

MAKES 4 SERVINGS

SOUP BASE

- 1 cup walnuts
- 1 cup extra virgin olive oil
- 2 cloves garlic
- 1/2 teaspoon ground black pepper
- 1 teaspoon sea salt
- 2 1/2 cups water

SOUP TOPPINGS

- 2 avocados, diced
- 1/4 bunch fresh dill, chopped

Blend walnuts, oil, garlic, pepper, salt, and water until smooth.

To serve, pour soup base into four soup bowls. Top each with avocado and fresh dill.

Soup base with toppings will keep for one day. Soup base will keep for four to five days, and toppings will keep for one day in the fridge when stored separately.

CREAMY PORTABELLO BISQUE

MAKES 4 SERVINGS



BISQUE BASE

- 1 cup Brazil nuts
- 1 cup extra virgin olive oil
- 2 cloves garlic
- 1 teaspoon sea salt
- 3 cups water

BISQUE TOPPINGS

- 1 portabello mushroom, diced
- 1/4 cup extra virgin olive oil
- 1 tablespoon Nama Shoyu or Bragg Liquid Aminos
- 1 tablespoon fresh thyme leaves

Start by marinating your mushroom pieces. Toss them with oil and Nama Shoyu. Set aside to marinate.

Blend nuts, oil, garlic, salt, and water until smooth.

To serve, pour bisque into four soup bowls. Top each with marinated portabello and thyme.

Soup base with toppings will keep for two days. Soup base will keep for four to five days, and toppings will keep for two days in the fridge when stored separately.



TZATZIKI—CUCUMBERS IN YOGURT

MAKES 4 SERVINGS



- 1 cucumber, peeled, diced**
- 1 teaspoon sea salt**
- 1 cup Creamy Almond Yogurt (page 128)**
- 1 garlic clove, minced**
- 1/4 cup dill, chopped**

Place cucumber in a strainer and set over a bowl. Toss with 1/2 teaspoon sea salt. Let excess water drain off for a few minutes.

Place drained cucumbers in a bowl. Add yogurt, garlic, 1/2 teaspoon salt, and dill. Mix well.

Will keep for one day in the fridge.

SUN-DRIED TOMATO CATSUP

MAKES 4 SERVINGS



- 1 tomato, diced, about 1 1/2 cups**
- 3 tablespoons pitted dates**
- 1/4 cup extra virgin olive oil**
- 1 teaspoon sea salt**
- 1 tablespoon apple cider vinegar**
- 1/2 cup sun-dried tomatoes**

Blend fresh tomato, dates, oil, salt, and vinegar until smooth. Add sun-dried tomatoes last, and blend until catsup is thick and well mixed.

Will keep for four days in the fridge.



HOT MUSTARD SAUCE

MAKES 4 SERVINGS

- 1 tablespoon pitted dates, or 1 tablespoon agave, maple syrup, or honey
- 4 tablespoons dry mustard
- 2 tablespoons filtered water
- 2 tablespoons apple cider vinegar
- Juice of 1 lemon, about 2 tablespoons
- Pinch turmeric
- 1 cup extra virgin olive oil

If using dates, begin by soaking dates in 2 tablespoons of water. Use a fork to puree into a thick syrup.

In a mixing bowl, add date syrup, mustard, water, vinegar, lemon juice, and turmeric. Stir until well blended. Slowly whisk in the olive oil until emulsified. Refrigerate, covered, until needed.

Will keep for four days in the fridge.

FERMENTED FOODS

Raw fermented foods increase healthy flora in the intestinal tract by creating the right type of environment for them to flourish. Fermented foods help break down and assimilate proteins and have a soothing effect on the nervous system. They increase our overall nutrition and support our immune function by increasing B vitamins (even vitamin B₁₂), omega 3 fatty acids, digestive enzymes, lactase and lactic acid, and other immune chemicals that fight off harmful bacteria and even cancer cells.

Fermented foods include yogurt, kombucha tea, sauerkraut, miso, olives, and pickles. Fermented Creamy Almond Yogurt (page 128) is full of vitamin B₁₂ and acidophilus, which is great for digestion.

Enjoying my favorite kombucha tea in ginger flavor from High Country. An acquired taste, this brand is potent and shifts my body's pH to be more alkaline. Besides helping me digest, it gives me energy and helps me feel good.



WALNUT CRANBERRY SQUASH “RICE”

MAKES 4 SERVINGS

Cranberries are packed with antioxidants and promote a healthy heart, teeth, gums, and urinary tract. They help fight cancer and may help prevent stomach ulcers.

Use plain dried cranberries or cranberries sweetened with juice instead of sugar. If cranberries are hard to find, you can also use raisins or dates instead.

Enjoy Walnut Cranberry Squash “Rice” as a main dish with Coconut Chutney (page 138) and a soup or salad. Or try it with Save-the-Salmon Patties with Hollandaise Sauce (page 193).

- 1 small butternut squash, about 1 pound, peeled, seeded, and cut into 2-inch cubes**
- 1/2 small yellow onion, about 1/2 cup, chopped**
- 1 tablespoon cumin seeds**
- 1 tablespoon coriander powder**
- 1/2 cup cilantro leaves, chopped**
- 1 cup dried cranberries**
- 1 cup walnuts, crushed**
- 2 teaspoons sea salt**

Put small batches of cubed squash in a food processor and process into small pieces.

Put processed squash in a large mixing bowl. Add onion, cumin, coriander, cilantro, cranberries, walnut, and salt and mix well.

Will keep for two days in the fridge.

ANI'S KITCHEN TIP

Peeling Squash

A potato peeler works great for peeling the skin off squash. Once peeled, cut squash in half lengthwise and remove the seeds. Then cut it into smaller pieces.



INDIAN-SPICED CASHEWS

MAKES 4 SERVINGS

This makes a great travel snack. It's yummy added to salads, especially those iceberg or romaine salads from restaurants when eating out.

1 cup cashews, soaked at least 8 hours in water, rinsed well

1 tablespoon garam masala

1/4 teaspoon sea salt

Put cashews still wet from soaking and rinsing in a bowl. Coat with garam masala and sea salt.

Place coated cashews on dehydrator trays. Dehydrate at 104° F for 4 to 6 hours, or until dry.

Non-dehydrated cashews will keep three days in the fridge. Dehydrated cashews will keep for a week or more.

NO-DEHYDRATION OPTION: You can instead coat cashews in 2 tablespoons of olive oil first. Then coat with garam masala and sea salt, and serve immediately.

SWEET SPICED PECANS

MAKES 4 SERVINGS



This also makes a great travel snack. It adds extra flavor and nutrients to salads, especially those iceberg or romaine salads from restaurants when eating out.

1/4 cup pitted dates, or 1/4 cup agave, maple syrup, or honey

1/4 teaspoon sea salt

1/4 teaspoon cayenne powder

1/4 teaspoon cardamom powder

Pinch of nutmeg powder

1 cup pecan halves

If using dates, soak them in 1/4 cup of water for 5 to 10 minutes, or until soft. Mash dates with water until it is a thick syrup.

Put syrup, salt, cayenne, cardamom, and nutmeg in a bowl. Mix well. Add pecan halves to syrup mixture. Mix well, making sure each pecan is coated. Enjoy immediately.

OPTIONAL: Dehydrate pecans at 104° F for 4 to 6 hours, until dry.

Non-dehydrated pecans will keep two days in the fridge. Dehydrated pecans will keep for a week or more.