

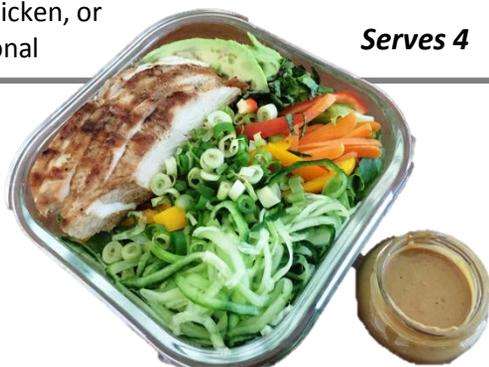
Deconstructed Spring Roll Salad

Ingredients

- 1 large head lettuce, chopped
- 1 large carrot, julienned
- 1 red bell pepper, julienned
- 1 cucumber, julienned or shredded
- 4 green onions, sliced
- 1 stalk lemongrass, sliced
- ¼ cup roasted cashews
- ¼ cup each fresh mint and basil
- 1 cup cooked buckwheat soba noodles, optional
- About 12 ounces cooked shrimp, baked chicken, or baked tofu, optional

Dressing:

- ¼ cup creamy peanut butter
- 2 tablespoons low sodium tamari or soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon ginger, grated
- 2 teaspoons garlic, minced or grated
- 1 teaspoon fish sauce, optional



Serves 4

Directions

1. In a medium bowl, combine dressing ingredients and whisk well to combine. Add water 1 tablespoon at a time to thin if necessary. Alternatively, blend dressing ingredients in a blender or food processor.
2. Just before serving, chiffonade the mint and basil: Pick off the leaves and stack them into a neat pile. Roll lengthwise tightly into a cigar shape and thinly slice crosswise to create thin ribbons. Fluff with fingertips to separate the ribbons.
3. To serve all at once, put lettuce into a large bowl. Place remaining salad ingredients separately on top and drizzle with dressing for a nice presentation. Toss just before serving.
4. To portion for lunches, divide lettuce into 4 containers, then top with remaining ingredients except nuts and dressing. Keep nuts and dressing in separate containers and add just before serving.

Cucumber Sunomono



Serves 4

Ingredients

- 2-3 Japanese cucumbers or 1 English cucumber
- 1 teaspoon salt
- 3 tablespoons rice vinegar
- ½ teaspoon sugar
- ¼ teaspoon tamari or soy sauce
- 1 teaspoon sesame seeds, optional

Directions

1. If using regular cucumbers, peel and remove seeds. If using Japanese, Persian, or English cucumbers, there is no need. Slice cucumbers very thin and sprinkle with salt. Let sit for 5 minutes.
2. Meanwhile, combine rice vinegar, sugar, and tamari in a small bowl and whisk well.
3. Squeeze out excess moisture from cucumbers, then pour vinegar mixture over. Sprinkle with sesame seeds if using and serve.

Tip

Use a mandolin slicer to thinly slice cucumbers, but use the guard or cut-proof glove to avoid slicing your fingers.



Kirby

Persian

English

Lemon

Japanese

Middle Eastern

Fennel and Orange Salad



Serves 4

Ingredients

- 4 ounces arugula or other greens
- 3 oranges
- 1 fennel bulb with fronds
- ¼ cup extra virgin olive oil
- Salt and pepper to taste

Directions

1. Cut one orange in half and squeeze out the juice. Mix 2 tablespoons of the juice with olive oil and salt and pepper to taste and whisk together.
2. Slice the ends off remaining oranges and use a small knife to cut away the peel and white pith. Slice into thin rounds.
3. Cut off the stems of the fennel bulb and remove any bruised or discolored outer layers, reserving the feathery fronds. Cut the bulb in half lengthwise and cut out any tough core parts. Cut the bulb halves lengthwise into slices as thin as possible. Cut off several fronds for garnish.

To serve all at once, place arugula and fennel into a large serving bowl and toss with half the vinaigrette. Add orange slices and fronds, top with remaining dressing (you may not need it all) and serve.

To portion for lunches, divide arugula, fennel, and fronds into 4 containers. Keep orange slices and dressing in separate containers and add just before serving.

Truffle Parsnip Fries with Creamy Garlic Tahini Dip

Ingredients

- 2 pounds parsnips, peeled and cut into thin strips
- 2 tablespoons olive oil
- 2 tablespoons fresh flat leaf parsley, chopped
- 2 teaspoons truffle oil
- ¼ teaspoon salt

Creamy Garlic Tahini Dip

- ½ cup packed fresh flat leaf parsley, minced
- 3 tablespoons tahini
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- Salt and pepper to taste
- Water to thin if necessary

Serves 4

Directions

1. Preheat oven to 450°F. Line a baking sheet with parchment paper or grease with cooking spray or oil.
2. Toss parsnips with olive oil and salt. Spread into an even layer on the baking sheet. Bake 15-20 minutes or until browned on crisp, tossing once or twice.
3. Meanwhile, prepare the sauce by combining all ingredients except parsley in a food processor and process until smooth and creamy. Add water 1 tablespoon at a time to thin as needed. Stir in parsley.
4. Toss parsnips with truffle oil and parsley and serve with dip.

Tip

Choose parsnips that are the size of carrots, about 8 inches. Very large parsnips have tough, woody cores.



Tip

Try substituting other veggies, such as carrots, sweet potatoes, or butternut squash! Cooking times will vary slightly – cook until tender and golden brown.