

Arugula Salad

Ingredients:

1 Garlic clove; peeled
1/4 ts Salt
2 tb Balsamic vinegar
1 ts Dijon mustard
1/3 c Olive oil
2 c Mixed lettuce leaves
1 c Arugula; stems removed
1/2 lb Mushrooms; sliced
1 Sweet red pepper

In a wooden salad bowl, rub garlic and salt into the bowl to season it. Combine vinegar, mustard and olive oil; stir. Tear lettuce into bite sized pieces, along with arugula. Add mushrooms and slices of red pepper. Toss well and serve

Red Cabbage Slaw

Ingredients:

1 sm Red cabbage
1 tb Fine minced ginger
1 Lemon ; juice of
1 ts Olive oil
Ground coriander
Ground cayenne

Shred a small red cabbage finely for slaw. Add 1Tbs very finely minced ginger to the shredded cabbage. Dress with the juice of one large lemon, flavored with 1tsp. olive oil and ground coriander and cayenne to taste.

Barbecued Vegetable Salad

Ingredients:

- Salad:
 - 3 zucchini
 - 2 sweet red peppers
 - 1 bunch green onions
 - 8 tomatoes
 - 6 asparagus
 - olive oil, as needed
 - salt and freshly ground pepper to taste
- Dressing:
 - 2 Tablespoons apple cider vinegar
 - 1/2 cup olive oil
 - 1 Tablespoon minced fresh basil
 - 1 Tablespoon minced fresh oregano

Preheat barbecue medium-high. For salad: cut zucchini into strips and peppers into quarters. Cut green onions in 2 lengthwise. Quarter tomatoes. Snap or cut off tough bottom part of asparagus spears. Combine all vegetables in a bowl. Add a thin stream of oil, salt, and pepper. Toss to coat uniformly. Grill vegetables in the basket or specific wok for the barbeque. Cool. Cut vegetables into 1-inch pieces and transfer to serving dish. For dressing: pour vinegar into a small bowl. Stir in oil, basil, and oregano. Drizzle over vegetables.

Serve this salad with chicken brochettes or Ideal Protein chicken soup.