

SALADS

- *The idea of eating fresh raw greens and herbs is really quite ancient; in temperate climates it probably began as a “spring tonic” to cleanse and re-energize the body after a winter of stored foods and dried meats, while in more tropical areas, fresh and raw was pretty much the way to go all the time. Of course there was always specific herb lore, too.*
- *Salads are, by their very vegetable nature, alkaline, thus aiding in achieving the “ideal” alkaline to acid ration of 80:20 (some holistic practitioners take that down to 65:35) which helps the blood in maintaining its necessary narrow alkaline range of 7.37-7.45.*
- *Try to eat at least one raw salad per day if your digestion can handle it. **Blended salads** actually enable better digestion since the cellulose is broken down; try some of the recipes under that heading or use almost any raw salad presented here and blend.*
- *Another option is to simply steam a variety of vegetables, toss with a favorite salad dressing, or even plain coconut oil, and enjoy as is, in a roll-up or on a bed of fresh greens; while it is true that cooking will destroy the enzymes, steaming vegetables can actually increase their vitamin & mineral accessibility especially if eaten with a fat.*
- *Always use the freshest, darkest, and most tender greens you can find, organically grown if at all possible. Instead of common iceberg lettuce try Romaine, baby spinach, red leaf and even Bibb/butter lettuces which are available in most markets.*
- *The more adventuresome can try “wild” greens such as mesclun, arrugula, chard, watercress, dandelion & nasturtium greens & flowers, sorrel, mustard greens, etc.*
- *Try replacing some houseplants with various greens, hanging baskets with nasturtiums, & outdoor border plantings with kale, baby carrots, potatoes and such; they can look lovely and give back a tremendous amount of nutrition especially if fertilized with **DYNAMITE HumiZyme** and/or **DYNAMITE Home & Garden!***
- *We think the very best dressing of all is a bit of extra virgin olive oil (preferably imported with a green tint) whisked with a bit of **DYNAMITE Super***

ACV (Apple Cider Vinegar) or fresh lemon juice but I offer a wide selection of dressings to tempt your palate.

- *A delicious alternative to olive oil is coconut oil: a superb nutrient from numerous standpoints including weight control.*

- *Walnut or avocado oil in small amounts so as not to skew the Omega 3 to Omega 6 critical ratio can also be tasty options.*

- *For basic seasonings, we prefer to use only **DYNAMITE NTM Salt** (a pre-pollution sea salt) and freshly ground organic pepper. For purchased herbs/spices, we buy only small amounts of non-irradiated organically grown ones from the health food store.*

- *Instead of “crouton crunch” to top your salads, try various lightly toasted (in hot, dry skillet) various nuts/seeds (preferably soaked 12-24 hrs to neutralize their mineral-binding phytates) or nutritious sunflower sprouts which marry well with all sorts of greens, veggies and fruits.*

- *For individuals requiring higher carbohydrate values, add drained/rinsed organically grown canned beans to almost any salad; or toss rinsed/dried beans with a touch of oil and roast them in a hot oven for a “crunch” option.*

- *For individuals requiring higher protein values, add range-free animal products such as various raw cheeses, cooked/crumbled bacon, dried/cooked meat/poultry sausage, planned-over diced meat/poultry, anchovies and such. Avoid soy products unless they are fermented such as tempeh.*

- *As you increase your vegetable intake, you will probably notice your skin glowing as your digestive tract clears out; you may never again need to reach for a laxative or acne cream!*

BLENDING SALADS

Some people call these raw soups or salads-in-a-glass. By blending raw vegetables, you release the nutrient-rich juice from the fibers for easy and immediate assimilation, yet you maintain the fiber/cellulose for proper bowel stimulation. These make great liver/gall bladder cleanses. I have heard that

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the Vita-Mix blender [WWW.VITAMIX.COM] can handle this quantity of greens the best, is sturdy enough to last for decades, and can even warm the blended results for winter soups! Directions are to simply place juicier ingredients into the blender first followed by drier items, add a bit of purified water if necessary, whirl and eat! These can also make super breakfasts or meal replacers for weight management or rehabilitation especially if you add a raw [free-range, high Omega 3] egg yolk necessary for B₁₂, hormone balance and healthy skin. Play with the ingredients to suit your tastes and needs and remember to drink these salads slowly to make sure your saliva mixes well to aid digestion.

Start all blended salads with 4 large leaves of **Romaine lettuce**, then add:

Avocado/cucumber—2 large **cucumbers**, 1/2 **avocado**, 1 tsp @ **lemon juice** & **fresh dill**

Avocado/pepper—1 **avocado**, 1/2 **bell pepper**, 2 stalks **celery**, 1-2 **tomatoes**

Beets'n'greens—for a great liver cleanse try 1-2 small **beets**, 1 clove **garlic**, 2 **carrots** and handful or so of **dark greens** including **parsley**

Cucumber Greens—2 cups chopped **cucumber**, 1.5 cups **Marinated Greens**, 1/2 **avocado**, juice of 1/2 **lemon**, 1 **garlic** clove

Garden—1 medium **tomato**, 1 half **avocado**, 3 stalks **celery**, 1 medium **carrot**, 1 small **zucchini**, squeeze **lemon juice**

Gazpacho—3 med/quartered **tomatoes**, 2 **green onions**, 1 clove **garlic**, 2 fresh **basil leaves**, 1 stalk **celery**, 1/2 @ **red & green bell peppers**, 1 med **cucumber**

Greens'n'Sprouts—handful or so of @ raw organic **dark greens** and **sprouts** (mung, lentils, radish, etc.), 1 chunked **apple/papaya**, 1/2-1 **avocado**

Jalapeno/tomatoes—6-8 **Roma tomatoes**, 1/4 **onion**, 2 **carrots**, handful **cilantro**, 1 tsp **taco seasoning**, 1/4 seeded/stemmed **jalapeno**, 3 stalks **celery**, up to 1 cup **water**

Onion—3 @ **tomatoes** & **cucumbers** plus 1 small **red onion**

Parsley/tomatoes—1 bunch **parsley**, 5 med **tomatoes**, 3 stalks **celery**, juice of 3 **lemons**, 1T **honey/agave**, 1/2 cup soaked **nuts** [almonds/walnuts/filberts/etc.], 1 tsp **marjoram**, 1/2 tsp **thyme**

Spring mint—2 **apples**, 1/2 **lemon**, 2 cups spring **salad greens**, 1 cup fresh **mint**, 1 **avocado**, 3-4 cups **water**

Wake-up call—2 cups **fresh carrot juice**, 1 **avocado**, 1 clove **garlic**, dash+ **cayenne**.

CHICKEN/TUNA SALADS

Don't know what to do with that left/planned-over chicken? Tired of regular tuna (mercury-free, of course!) salad? Try these options substituting tuna for chicken if desired. If you dice everything quite small, these salads also work great as spreads/dips but also are great in lettuce roll-ups, stuffed tomatoes or peppers, or simply served on a greens bed.

Artichoke & peppers—to 2 cups diced/cooked **chicken**, add 1 jar @ drained/chopped **artichoke hearts** & **roast red pepper**; *Classic Italian Vinaigrette*

Avocado—sprinkle 2 cups diced/cooked **chicken** and 1 diced **avocado** with 2T **lime juice** and 1/2 tsp ground **cumin**; toss gently with *Creamy Honey Mustard Dressing*.

Garden—to 2 cups diced/cooked **chicken**, add 1/2 cup @ chopped **tomato**, **cucumber**, **red bell pepper**, **green onions**, & **celery stalks**; *Buttermilk Dressing*

Italian—to 2 cups diced/cooked **chicken**, add 1 jar diced **artichoke hearts** and 1/4 cup diced **roasted red pepper** (jar); toss with *Basil Mayonnaise*.

Kiwi lime—marinate 2 cups diced/cooked **chicken** in *Lime Dressing* for 1 hour, then toss with 2 peeled/sliced **Kiwi fruit**, 1/4 cup sliced **scallions**, and 1/2 cup rinsed/draind sliced **water chestnuts**.

Mexican—to 2 cups diced/cooked **chicken**, add 1/2 cup diced **red onion**, 1/4 cup @ chopped **cilantro** & **jicama**, 1 cup frozen/thawed **corn kernels**, 1 seeded/minced **jalapeno**; *Avocado Lime Dressing*

Orange—to 2 cups diced/cooked **chicken**, add 1-2 chopped **Clementine orange**, 1/4 cup @ minced **red onion**, **red pepper**, chopped **green olives**, & **fresh parsley**; *Classic Italian Vinaigrette*

Peach—to 2 cups diced/cooked **chicken**, add 1 chopped **peach/nectarine**, 1/2 cup minced **green onion** (or caramelized **red onion**), quarter cup chopped **walnuts**; *Poppy Seed Dressing*

Szechuan—to 2 cups diced/cooked **chicken**, add 1/2 cup frozen/thawed **snow peas**, 1/4 cup @ chopped **scallions**, diced **daikon radish**; toss with 1 tsp **red pepper** and *Creamy Ginger Dressing* or plain mayo with dash **ginger**.

Tropical—to 2 cups diced/cooked **chicken**, add 1/2 cup @ chopped **papaya**, **mango**, & **pecans**, 1T minced **fresh mint**; *Raspberry vinaigrette*. *Varia-*

tion: **cantaloupe** for mango/papaya.

DRESSINGS

Although perhaps olive oil and vinegar/lemon juice is the most popular salad dressing of all, here is a wide variety of others for taste experimentation. For extra nutritive value, try whisking in a [free-range, high omega 3] raw egg yolk regardless of recipe directions. When “blend” is given as a direction, I refer to simply inserting your stick blender into a measuring glass with the stated ingredients in it—couldn’t be simpler and no big awkward blender to clean!

Cooked

Egg dressing—whisk 4 **egg yolks** until light; add 4T **honey**, tsp **dry mustard**, 1/2 cup **vinegar** & 4T **butter** cooking in top of double boiler until thick like custard—great for slaw or steamed greens

Bacon dressing—brown 6 slices thick **bacon** sliced crossways into bits until all fat is rendered; drain bits on paper towel and reserve. Remove all but 3-4T bacon fat & sauté 1 minced **onion** until translucent; add 1 tsp **honey**, 1/2 cup **vinegar**, pinch **salt/pepper** and bring to boil. Remove from heat and whisk in 2-3 **egg yolks** pouring dressing over salad immediately and garnishing with reserved bacon bits—try on marinated dark greens.

Creamy

Avocado Lime blend together 1 **avocado**, 1 cup **sour cream/plain yogurt**, 1/4 cup **fresh lime juice**, 1 **garlic** clove, **salt/pepper**

Buttermilk *If you do not have buttermilk on hand, pour one tablespoon lemon juice into a measuring cup; add raw milk to equal one cup; stir and let sit five minutes*—to 3/4 cup **buttermilk** add 3 T **plain yogurt/sour cream**, 2 T **white wine vinegar**, 1/4 cup @ minced **chives & parsley**, 1T minced fresh **dill** OR **basil** OR **tarragon**, & 1 clove smashed **garlic**; whisk thoroughly

Caesar—mince/mash together into paste 1 tsp fresh **garlic** & 1-2 **anchovy**. Whisk paste with 2T freshly squeezed **lemon juice**, 1T red wine vinegar, 4 drops **Worcestershire**, 1 **raw egg yolk** & **pinch salt** adding in slow steady stream 6T **olive oil**; when thickened, add 2 T **Parmesan cheese**.

Ginger Miso—blend together 1/2 cup **water**, 2T **miso**, 3T **sesame tahini** & **lemon juice** & 2” long piece fresh **ginger**, grated

Honey Mustard #1—blend 1/3 cup @ **vinegar**, **olive oil** and **Dijon mustard**; stores well in frig.

Honey Mustard #2—mix together 1.5 cups **mayonnaise**, 1/4 cup **Dijon Mustard**, 1/2 cup **honey**.

Horseradish—mix together 3/4 cup **Mayonnaise**, 2T **Dijon mustard**, 2T **vinegar**, 1T **olive oil**, 1T **honey**, 1 tsp prepared **horseradish**, 1/4 tsp **pepper**
Mayonnaise—put into jar: 2 large **raw egg yolks**, 4 tsp **fresh lemon juice**, dash of **salt**; with stick blender running slowly add 8 oz **walnut/olive oil** until thick & creamy. *Variations:* before pouring in oil, add 1T **Dijon mustard**, **Worcestershire**, fresh **basil**, **dill**, **tarragon**, **thyme**, **parsley** or 1 clove **garlic**; for true *aioli*, add up to 6 garlic cloves.

Orange Balsamic—blend together 3/4 cup **orange juice**, 3T **balsamic/red wine vinegar**, 3T grated **orange peel**, 1T **ground cumin**; then slowly add 1/2 cup **olive/coconut oil**

Oriental—whisk together 1/2 cup **rice vinegar**, 1/2 cup **walnut/coconut oil**, 2.5T **soy sauce**, 2.5T **agave/honey**, 1/3 cup **sesame tahini/cashew butter**, 2T grated **ginger** & 1T minced **garlic**.

Picante—mix together 1/2 cup @ **plain yogurt** and **prepared salsa** (we love Amy’s salsa!) plus 1T+ minced **cilantro**

Poppy Seed—blend together 1/2 cup **Agave/honey**, 3T **poppy seeds**, 2/3 cup **vinegar**, 2 cups **avocado oil**; keeps well in frig.

Roquefort—blend 1/4 cup **red wine vinegar**, 1 tsp **Worcestershire**, 1/2 tsp **Dijon mustard**, 1 clove **garlic** & 1 oz **Roquefort cheese**; slowly pour in 1/3 cup **olive oil**.

Sweet citrus—blend 1T **agave nectar/honey**, 2 tsp fresh **lime/lemon juice** plus 3 T fresh **citrus juice** & pinch **salt**; slowly pour in 1/2 cup **olive oil**.

Tangy—whisk together 1 cup **plain yogurt**, 2T **sour cream**, 2T **Dijon mustard**, 2tsp **honey/agave**.

Tomato avocado—blend together 2-3 **tomatoes**, 1 **avocado**, 1T **coconut/olive oil**, 2T **vinegar**.

Vinaigrettes

Balsamic—whisk together 3T aged **balsamic vinegar**, 1T **Dijon mustard**, pinch minced **garlic**; add one at a time in slow steady stream 2T **olive oil** & 3T **walnut/avocado oil**

Classic French—whisk together 2 T **ACV/white wine vinegar**, 2T **Dijon mustard**, **salt/pepper**; add 6T **olive oil** in steady stream until smooth & blended. *Variations:* add chopped fresh **herbs** such as **tarragon** or **dill**; ground **spices** such as **cardamom**; minced **garlic** and/or **shallots** can also be added

Classic Italian—whisk together 1/4 cup **ACV/red wine vinegar**, **salt/pepper**, and add 1/3 cup **olive oil** in slow, steady stream until smooth & blended. *Variations:* add chopped **fresh basil**, **oregano** or **marjoram**; pinch of **red chili flakes**; 1 clove minced **garlic**

Curry—whisk together 1/2 cup **lemon juice**, 1/4 cup **walnut/coconut oil**, 2T **curry powder**

Ginger—whisk together 3T @ **sesame oil**, **hoisin sauce**, **lime juice** & **minced green onion**, 1/8 tsp fresh grated **ginger** & 1 tsp **agave/honey**

Horseradish Mustard—whisk together 1/4 cup **white wine vinegar**, 2-3 tsp **Dijon mustard w/ horseradish**, **salt/pepper**, & 1/2 cup **olive oil**

Lemon—whisk together 1/2 cup **lemon juice** & 1/4 cup **walnut/olive oil**; **salt/pepper**

Lime—1/4 cup **fresh lime juice**, 2 tsp grated **lime zest**, 2T @ **honey** & **soy sauce**, 3T **avocado oil** & 1/2 tsp grated **ginger**

Maple—1/4 cup **olive oil**, 2 T @ grade B **maple syrup**, **orange juice**, **balsamic vinegar**, 1 T **fresh lemon juice**, 2 tsp grated fresh **ginger**, 1/2 tsp ground **cinnamon**, 1/4 tsp ground **nutmeg**.

Raspberry—whisk together 1/2 cup mashed **raspberries** (or other berries; frozen OK), 1T **vinegar**, 1T **agave/honey**, 2 tsp **Dijon mustard**, gradually add 1/4 cup **olive/walnut/coconut oil**

Sweet 'n' Sour—whisk together 3 T **rice wine vinegar**, 1/4 cup **walnut/coconut oil**, 3 T **agave**, 1/8 tsp. **celery seed**, 1T minced **green onion**

Tamarind—blend together 2.5 T warm **water**, 2 T **fresh lime juice**, 1 T **agave/honey**, 1.25 tsp **tamarind concentrate**, pinch+ **salt**; then in steady stream add 1/3 cup **walnut/coconut oil**

Tarragon—add 1+ tsp **tarragon** to **Classic French Vinaigrette**

GRAIN-BASED SALADS

These are wonderful to make for pot-lucks or picnics or simply to have on hand in the frig for a quick meal. Try different grains such as wild-rice, kailiji rice, buckwheat, quinoa, millet, etc. and try making grains with different liquids such as range-free chicken broth, orange/citrus juice, tomato juice, or add a pinch of saffron to add flavor and a rich yellow color. Make salad while the grain is hot and then cool to room temperature or refrigerate and bring back up to room temp. You can even add the other ingredients (except for dressing) to the rice pot (especially if using quick-cooking Kailiji

rice!) for a real 1-pot meal. Feel free to adjust grain & filling amounts and dressing suggestions.

TO 4+ CUPS HOT COOKED GRAIN, ADD:

Antipasto—1 cup @ crumbled **Feta**, halved **Kalamata olives**, **roasted red peppers** (jarred) , & minced **red onions**; **Classic Italian Vinaigrette**
Apricot—1 cup @ chopped dried/reconstituted **apricots**, **raisins**, **slivered almonds**, **scallions**; **Orange Balsamic**

Asparagus/Artichoke hearts—2 cups @ halved **cherry tomatoes** & frozen/thawed **asparagus/artichoke hearts**; **Classic French Vinaigrette**
Berries—3/4cup @ reconstituted dried **cranberries**, **blueberries** & **currants**, 3/4 cup chopped **steamed leeks**, 1/2 cup @ chopped **fresh parsley** & **roast chestnuts**, sprinkle of **sage**; **Lemon Vinaigrette**

Cuban Bean—1 cup drained/rinsed **canned black beans**, 1 cup @ chopped **mango** & **red pepper**, 1/2 cup @ chopped **cilantro** & **red onion**; **Lime Vinaigrette**

Curry—1 cup @ chopped **apples**, **raisins**, **chickpeas**, **steamed leeks** plus 1/2 cup chopped **fresh parsley**; **Curry Vinaigrette**

Mediterranean—1 cup @ halved **Roma tomatoes** & **Kalamata olives**, 1 cup chopped **salami/prosciutto** & flat **Italian parsley**; **Balsamic Vinaigrette**

Mid-Eastern—3/4 cup @ chopped/reconstituted **apricots**, **figs**, **dates**, 3/4 cup chopped **steamed leeks**, 1/2 cup @ chopped **parsley** & **mint**; sprinkle each **coriander** & **allspice**; **Tamarind Vinaigrette**
Nuts'n' Cranberries—1 cup @ soaked/chopped **nuts** (walnuts, pecans, chestnuts, hazelnuts, etc.), fresh/rehydrated **cranberries**, **red onion**, 1/2 cup @ chopped **celery** & grated **carrots**; **Classic French Vinaigrette**

Orange—2 cups chopped **orange sections** (blood oranges or Clementines are best), 1 cup @ chopped **cucumber** & **red onion**, 1/2 cup chopped **parsley**; **Orange Balsamic**

Pineapple Pepper—1 cup @ chopped **fresh pineapple**, **red pepper**, **slivered almonds**, & **green onions**, 1/2 cup chopped **cilantro**; **Lime Vinaigrette**
Sweet & Sour—1 cup @ chopped **nuts**, **scallions**, **raisins**, 1/2 cup **cilantro**, 2T **orange zest**; **Sweet 'n' Sour Vinaigrette**

Vegetable Confetti—1/2 cup @ minced **red, yellow & green bell pepper**, **red onion**, 2 cups chopped **Roma tomatoes**, 1/2 cup @ chopped **parsley** & **dill**; **Lemon Vinaigrette**

GREENS-BASED SALADS

Apricots & Greens—toss together with dressing of choice (try *Balsamic Vinaigrette*): 3 pitted/quartered **fresh apricots**, 1 cup halved **cherry tomatoes**, 1/2 @ thinly sliced small **red onion & cucumber**, 8 oz crumbled **feta cheese**, 6 slices **cooked/crumbled bacon**, 1/2 cup lightly toasted **pine nuts** with 12oz. **mixed greens**.

Artichokes & Pine Nuts—on a bed of 12 oz **greens**, add 2 cups [frozen/thawed or jarred/draind] **artichoke hearts**, 1/2 cup **toasted pine nuts**, 1T minced [jarred/draind] **roasted red pepper**, sprinkle with **Parmesan**; drizzle with *Balsamic Vinaigrette*.

Asian Greens—on a bed of 12 oz baby or **Asian greens** [including chopped **Bok Choy**], arrange 1-2 @ julienned **daikon & carrots**, 2 minced **scallions**, and a handful of **mung bean sprouts**; drizzle with *Sweet 'n' Sour Vinaigrette*.

Asparagus Cashew—on a bed of 12 oz **greens**, add 2 cups steamed/cooled or frozen/thawed (2" pieces) **asparagus**, 1-2 sectioned **Clementines**, 1/2 cup raw **cashews**; drizzle with *Honey Mustard*.

Avocado & Sun-dried Tomatoes—reconstitute 1/3 cup firmly packed **sun-dried tomatoes** (not in oil) by pouring over them in small bowl, 1 cup **boiling water** and soaking for about 1 hr; gently squeeze dry and julienne. Arrange with 1 thinly sliced **avocado** on 12 oz bed of **greens**, sprinkle with lightly toasted **pine nuts/sunflower seeds**; drizzle with *Tangy Dressing*.

Avocado Citrus—on a bed of 12 oz **greens**, add 1 sliced **avocado**, 2 sectioned/chopped **Clementines** or 1 **blood orange** or 1/2 **red grapefruit**, 1/4 cup **cashews** and 1/4 cup crumbled **feta**; drizzle with *Sweet Citrus*.

Avocado Onion—on a bed of 12 oz **greens**, add 1 sliced **avocado**, 2 sectioned/chopped **Clementines** and 1 thin sliced **red onion**.

Beet & Pear—on 12 oz **greens**, add 2 peeled/quartered/sliced **pears** tossed with juice of 1/2 **lemon**; add 2 sliced roast/pickled **beets**, 1/2 cup **walnuts**, 6 oz crumbled **Feta** and **salt/pepper**; drizzle with *Sweet 'n' Sour*. *Variation*: use **cranberries** instead of beets at Christmas time.

BLAT Salad—*you've heard of the California fa-*

vorite Bacon, Lettuce, Avocado, Tomato sandwich, haven't you? Well, here's the Salad version! On a bed of 12 oz **greens**, thinly slice 1 **avocado**, 1 large **tomato**, sprinkle with 3-4 slices cooked/crumbled **bacon** and drizzle with *Classic Italian Vinaigrette*.

Caesar Salad the "Queen of Greens"—tear 1 head of crisp **Romaine lettuce** into bite-sized pieces discarding tough outer leaves; toss with *Caesar Dressing* and 1/2 cup lightly toasted **nuts/seeds** or **canned/draind/rinsed/dried white beans** (toss with bit of olive salt, pinch of salt, roast at 375° about 15 min); sprinkle with freshly ground **Parmesan & peppercorns**.

Carrot Salad *While carrot salad has long been a perennial favorite of many, it also has great capabilities for cleansing/flushing the liver and gall bladder. If you wish to use it for that purpose, serve this with your evening meal 7 days in a row once a month for as many months as you have had symptoms. For added detoxification try taking some DYNAMITE Miracle Clay gel on the 3rd and 7th days. This salad is also a great addition to a semi-fast which could include Bieler's Broth in the Soup section. While not ideal, you can make enough of both at one time to last about 2-3 days tightly covered in the frig—*Mix together 1 cup finely shredded/grated **carrots**, 1T **olive oil**, 1T fresh **lemon juice**. Do *not* substitute but feel free to **add grated apple** and/or some **raisins** with an extra drizzle of your favorite *vinaigrette dressing* varying them daily if you are on the week-long cleanse. Serve on bed of romaine or bibb lettuce.

Club Salad *another salad from a favorite sandwich*—on a bed of 12 oz **greens**, add 2 chopped **tomatoes**, 1 cup shredded/diced cooked **chicken/turkey**, 4+ slices cooked/crumbled **bacon**; drizzle with *Poppy Seed*.

Cobb Salad *a chopped salad delight*—finely chop 12 oz **Romaine** with 1 cup **watercress**; top with the following diced items: 3 **hard-cooked eggs**, 2 cups cooked **turkey**, 1 **avocado** & 2 **tomatoes**; sprinkle with 2T @ minced **flat parsley & green onions**, 4-6 slices cooked/crumbled **bacon**, and 2 oz crumbled **Roquefort cheese**. Dollop on creamy *Roquefort dressing*.

Coleslaw *a perennial summer picnic favorite but with some twists*—toss together 4-6 cups shredded **green cabbage/broccoli/zucchini**, 2 grated

Granny Smith apples, 2 grated **carrots** or **bell peppers** with one of the *Cooked/Creamy Dressings* (especially try *Cooked Egg, Horseradish, Oriental, Tangy & Tomato/avocado*); refrigerate about 1 hour to let flavors develop. Variations: use **red cabbage & yellow bell pepper**; or add 1 grated **beet** and handful of chopped **watercress**.

Four-Squares for a light lunch, here are endless variations (use your own imagination from these suggestions) built on 4 main ingredients; serve with your favorite *Vinaigrette Dressing*:

1. Greens—12 oz of any variety spoken of in the introduction
2. Vegetable/fruit—2 cups of any ONE of the following: sliced **avocado**, sliced **Barlett/Bosc pears**, **Clementine/tangerine sections**, fresh/dried **figs**, fresh sliced **peaches**, jarred/frozen-thawed **artichoke hearts**, roast red/yellow **beets**, steamed/roast/halved **Brussels sprouts**, roast/steamed **asparagus**, steamed **green beans**, roast/julienned **peppers**
3. Nuts—1 cup your choice **nuts** (walnuts, almonds, cashews, filberts, pecans, etc.) soaked 12-24 hrs, drained & toasted lightly in very hot, dry skillet or on baking sheet for 5-7 min at 350°
4. Cheese—5 oz crumbled of one of the following **raw, free-range cheeses**: Chevre (goat), Gorgonzola, Roquefort or Feta (sheep), or a cheddar; or, if you prefer, 1-2 chopped hard-cooked eggs

Greek Spinach—toss with *Balsamic Vinaigrette*: 12 oz **baby spinach**, 1# quartered **Roma tomatoes**, 1 small thinly sliced **red onion**, 1 thinly sliced **cucumber**, 1 6 oz can sliced **black olives**, 1/4 cup sliced **anchovy fillets**, 1/2 cup **Feta** cheese.

Green Beans—toss with 12 oz **greens**, 1 thin sliced steamed **red/white onion**, 1# steamed/cooled (or frozen/thawed) **green beans**, 1/2 cup lightly toasted sliced **almonds**, *Raspberry Vinaigrette*; top with crumbled **hard-cooked eggs** or **bacon**.

Grilled Vegetables—toss 4 cups of any combination of **thinly sliced, fresh veggies** (summer squash/zucchini, bell peppers, onions, new potatoes, small eggplant, tomatoes, sliced raddichio rounds, etc.) with a bit of **olive oil & Worcestershire** and place on grill. When done, toss with **Havarti/Swiss/Parmesan cheese** (sliced with veggie

peeler into thin strips) and *Tarragon Vinaigrette* serving on a 12 oz. bed of fresh **greens**.

Marinated Greens We all know that greens such as collards, kale, chard, beet greens, wild greens, etc. are wonderful for us, but modern palates are not always used to their astringency nor are digestive systems up to eating them raw. Aside from simmering in creamy sauces for both palatability and nutrient balance, marinating them is a delicious alternative for many—stem a bunch of **dark greens**, stack the leaves and roll tightly; then, with a sharp knife, cut across the roll the short way making thin green ribbons. Toss these ribbons with 1-2T **olive oil**, juice of 1 **lemon** & a sprinkle of **NTM salt**, place a piece of plastic wrap directly on the greens, cover with a plate and place a weight on the plate; refrigerate overnight (or use one of the new, mechanical marinade aids that remove the air from the container). Especially delicious with:

- Canned/rinsed beans & *Tangy Dressing*
- Fresh citrus (blood oranges, red grapefruit, Clementines, etc.) & *Raspberry Vinaigrette*
- Fresh mung bean, lentil or sunflower sprouts, sliced mushrooms & *Oriental Vinaigrette*
- Roast root veggies & cooked *Bacon Dressing*
- Steamed winter veggies like broccoli, Brussels sprouts, green beans, carrots, turnips, rutabagas, etc. & *Horseradish* or *Tamarind Dressing*.

Mushroom Sprouts—toss together bunch of washed **baby spinach**, 1 cup sliced fresh **mushrooms**, and a handful of **mung bean/lentil sprouts** with *Horseradish Mustard Vinaigrette*.

Mediterranean Medley—toss together 1/2 cup @ chopped: **tomatoes**, **red onion**, **mushrooms**, **yellow bell peppers**, **zucchini**, **fresh basil**, & **pastрами/proscuitto/salami** with 2oz crumbled **Feta** and 1/4 cup sliced **Kalamata olives**; serve on 12 oz **fresh greens**.

Oriental Broccoli—mix together with *Oriental Vinaigrette* the following lightly steamed veggies: 4 cups **broccoli florets**, 1 cup **corn kernels**, 1 cup **julienned carrots**, 1 cup thinly sliced **mushrooms** along with 1 julienned/jarred **roast red pepper**; refrigerate 1 hour and serve on bed of 12 oz **greens**.

Roast Veggies—slice or chunk a variety of **root veggies** such as potatoes (sweet or white), turnips, rutabagas, onions, leeks, etc. to come up with 3-4

cups; toss lightly with **olive oil** and roast 15-20 min at 425°. Cool, toss with your favorite **Vinaigrette Dressing**, and serve on a 12 oz. bed of fresh or **Marinated Greens**.

Taco Salad—on a 12 oz. bed of shredded **greens**, place 1 can rinsed/drained **black beans**, 1-2 diced **tomatoes**, 1/2 cup grated **cheddar**, & 1 diced avocado tossed with juice of 1 **lime**; tuck organic **corn chips** around perimeter. Variation: instead of beans, use an equal amount of planned-over diced **chicken** or **beef** sautéed with Taco seasoning.

Turkey Cashew—on a 12 oz bed of **greens**, place 1/2 cup julienned cooked **turkey**, 1 sectioned **Clementine orange/tangerine**, 1/2 cup **cashews** and top with **Poppy Seed Dressing**.

Venice Salad—mix together 12 oz **mixed greens**, 1 diced **tomato**, 1 diced **avocado**, 10-20 pitted/chopped **Kalamata olives** & handful of **pine nuts** and **Balsamic Vinaigrette**. Variation: in lieu of avocado, use artichoke hearts.

Waldorf Salad—mix together 1/2 cup plain **yogurt/sour cream**, 2 tsp **Dijon mustard**, 1.5T **honey**, 1 tsp fresh **mint** and toss with 2 large diced **crisp apples**, juice of 1/2 **lemon**, 1-2 diced **green onion**, & 3/4 cup **walnut halves**; place on bed of **Bibb lettuce** or in **avocado half**. Variation: mix together 2 large diced **pears**, 1/2 cup halved **seedless grapes**, 1 diced **celery stalk**, 1/2 cup **almonds/walnuts**, dressing: 1/4 cup **pitted/diced dates**, 1/2 cup **cranberry-orange chutney** (Sides), 1/4 cup **sour cream/yogurt**.

Wilted Greens—Sauté 1 medium/sliced **onion** in 2T **olive oil/bacon fat** until transparent. Add 2 handful **greens** (spinach, turnip, collards, etc.), tossing to coat with oil until leaves are just barely wilted. Remove from heat; stir in 1/2 cup **plain yogurt/sour cream/Buttermilk Dressing** while still warm. Serve immediately or at room temperature. Variation: sprinkle with bacon bits and/or add sliced mushrooms.

JUICED SALADS

Overall, I prefer blended salads to actual vegetable juices which are fractionated, meaning without their necessary cellulose. That being said, fresh

vegetable juices, made from organically grown produce ONLY, can be an important part of a brief cleansing fast, for specific healing purposes, especially if digestion is poor, and as an alkalisating adjunct to an otherwise fiber-rich diet.

Vegetable juices should be drunk fresh rather than stored in the frig. However, to make the most of your preparation time, try filling ice cube trays with extra juice and popping those frozen cubes into your water bottle; it will keep your water cool on the road while adding flavor and electrolytes.

For cleansing & healing purposes, generally 1-2 pints of fresh juice are suggested to drink throughout the day 1 cup at a time.

As for recipes, there are literally hundreds of books and websites available for juice combinations, but here are just a very few suggestions for some special healing juices using some exceptionally nutritious vegetables and combinations.

Adding 1 raw range-free egg yolk increases nutritive value exponentially providing necessary fats, proteins & B vitamins especially if on a fasting program.

To find a juicer for your purposes, try WWW.BESTJUICERS.COM.

Cardio health—1-2 cup **tomatoes**, thick slice **sweet onion**, bunch **parsley**, 2 stalks **celery**, 1 small slice raw **ginger**; add pinch of powdered **cayenne**

Cleansing—2 **sweet potatoes**, 1 **beet** (blood builder & cleanser), 1 slice **Spanish onion**, 2 **lemons**, 2 stalks **celery**, slice **ginger**.

CoQ10—2 **carrots**, 1 small **beet**, large handful @ **spinach, kale & parsley**

Digestive aid—2 @ **apples & carrots**, 1/4 **cabbage**, 2T **honey**, pinch **cinnamon** & 1/4+ cup pure water.

Diuretic—3 @ **carrots, asparagus, celery**, handful of **parsley/cilantro**, 1-2 **cucumbers**

Immune booster—3 @ **carrots, tomatoes** (high lycopene!), 3 cups **broccoli stems** (high in inderol-3 that emulsifies estrogen thus reducing the risk of breast cancer in women).

Electrolyte Whizz—2 @ **carrots, celery, romaine leaves**, handful of **dark greens** (parsley/escarole/spinach/beet or turnip greens/dandelions/watercress, etc.), 1-2 fresh **peppermint leaves**, 1/2 **apple**, 1 cup fresh **pineapple**

V-8 Juice is one of the best, all-around juices pos-

sible and, a far cry from the standard, canned version, this juice is jam-packed with nutritional value: 3-4 large **tomatoes**, 2 **carrots**, 1 bunch **spinach/parsley** (or other dark greens) OR 1/8 **cabbage**, 1 **red bell pepper** and/or **chili pepper**, 3 stalks **celery**, 1 small **beet**, 1/4 sweet **onion**, 1 clove **garlic**. Add a dash of Worcestershire if you wish, or even a bit of horseradish.

POTATO-BASED SALADS

*One of the perennial favorites of summertime picnics, plain old mayo/celery/relish can get mighty tiresome. Experiment by mixing white, yellow & blue potatoes or white & sweet or trying almost any of the **DRESSINGS** given in this section (especially the **Buttermilk** adding dill/parsley/marjoram!) with your potatoes or take some ideas from the grain salads using potatoes as your base instead of grains. Regardless, here are some combinations you might enjoy:*

Baked Potato Salad—scrub & bake 3# **russet potatoes**; while baking, steam-sauté one chopped **yellow onion** with 1-2 cups frozen **peas** until onions become tender and peas bright green. Remove from heat and add to chopped baked potatoes (these will smash) along with **Buttermilk Salad Dressing**.

Creamy Potato Salad—While 3# **new red potatoes** are steaming, stir together in large bowl, 1/3 cup **plain yogurt**, 1/4 cup **Mayonnaise**, 1/4 cup **sour cream**, 1T **Dijon mustard**, 3T **fresh lemon juice**, 8 minced **green onions**, 1 cup frozen/thawed **petite peas**, 3T @ chopped flat **parsley**, **dill**, & **tarragon**. Toss with steamed/cubed potatoes.

European Potato Salad—to 3# steamed/sliced **Yukon Gold potatoes**, add 1 cup finely chopped fresh **green onions**, 1/2 cup chopped **fresh parsley/cilantro**, 2 T drained **capers**; toss gently with **Horseradish Mustard Vinaigrette**

Hot German Potato Salad *my mother-in-law taught me this one almost 40 years ago*—to 3# steamed/sliced **new potatoes**, add 2 cups steamed **green beans** and pour hot **Bacon Dressing & bacon bits** over all tossing gently to mix; serve immediately.

Latin Potato Salad—Steam together 2# unpeeled/diced **red potatoes** & 1# peeled/diced **sweet**

potatoes; when almost done, add 1 cup @ frozen **peas & corn**. While vegetables are steaming, mix together 1 med. minced **red pepper**, 1 7.5 oz jar drained/minced **roasted red pepper**, 1 seeded/minced green **jalapeno pepper**, 1/4 cup **olive oil**, 2T **red wine vinegar**, 1T **smoked paprika**, 1/4 cup rinsed **capers**, 1/4 cup chopped **green olives**, 1/4 cup diced **fresh cilantro**, 1/4 cup roast/minced **pine nuts**. Toss with vegetables, let rest 30 min. & serve at room temperature.

Roast Potato Salad *this brings a whole new dimension to potato salad flavor*—in a bowl combine 3# chunked **new** or **Yukon gold potatoes** with 2-3T **olive oil**, 1/2 tsp **thyme**, dash **salt/pepper** and toss to coat; pour onto baking sheet and roast at 425° about 25-30 minutes until tender. While potatoes are roasting, whisk together 1 **egg yolk**, 3 T **balsamic vinegar** & 2 T **Dijon mustard** adding 1/4 cup **olive oil** in a slow steady stream until creamy; season to taste with **salt/pepper** and add 2 bunches coarsely chopped/stemmed **watercress**. Toss with potatoes when done. *Variations:* add 1 cup **roasted carrots**, **Brussels sprouts**, **green beans**, **asparagus**, etc.; or add **Kalamata olives**, **artichoke hearts**, **roast red peppers**, halved **cherry tomatoes**, thinly sliced **red onion**, etc.

Sweet Potato Salad—to 3# steamed/chunked **sweet potatoes**, add 1/2 cup @ chopped **green onions**, **parsley**, **toasted pecans & raisins**; **Maple Vinaigrette**.

Traditional (almost) Potato Salad—to 3# steamed/chunked **new potatoes** add: 4 minced **hard cooked egg whites**, 4 thin sliced **radishes**, 8 diced **sweet pickles**, 1 cup diced **celery** and 1 cup chopped **green onions**. In bowl, mash 4 **hard-cooked egg yolks** with 1 tsp+ **dry mustard**, 2 T **prepared** (or **Dijon** or coarse brown w/ horseradish) **mustard** and 2 T **pickle juice**; add 1 cup **mayonnaise** and 1/4 cup **raw milk** and blend until smooth—pour over potato mixture. 