

Rainbow Salad

Prepare enough for 3 - 4 days. As it starts to wilt it could be stir fried in the skillet by itself or with slices of squash, sweet potato, eggplant, artichokes. You could also add it to the pot of beans you prepared that week! Do not allow your salad to go to waste.

Ingredients:

one Napa (Chinese) cabbage
half bunch cilantro
a bunch of Swiss chard
cucumber(s)
red pepper
green onions
mushrooms
onion and garlic

I suggest you chop small, this allows the flavors to leave the piece and savor the whole.

Add a cup or two of cooked beans - try the enormous variety, not just garbanzos
Add an orange and other diced fruit - pear, mango, pomegranate seeds, etc.
Add carrots, cauliflower, broccoli, slices of avocado

Practice making your own dressing using 2 or 3 of these ingredients in any combination:
lemon juice, salt, pepper, vinegar, water, olive oil, Vegenaise, ketchup, ginger, or chipotle and use only enough dressing to coat your salad and enhance its flavor, not to drown it.

Add a fistful of almonds or walnuts; add a sprinkle of sesame seeds.

Every bite will be a different experience.

Lentil Salad

1 pound French lentils
1 unsalted vegetable bullion cube

Cook the lentils in ample vegetable broth until tender but still firm, for about 30 minutes
Drain the lentils and keep the broth for a soup or some other dish

Add to the lentils:

2-3 carrots diced the size of the lentils
2 celery stalks diced the size of lentils
1 red pepper diced as above
2-3 tablespoons chopped fresh dill
2-3 tablespoons chopped fresh tarragon
2-3 tablespoons chopped fresh parsley

Dress the salad with:

2 tablespoons of freshly squeezed lemon juice
2 teaspoons vinegar
2 tablespoons olive oil
Salt and pepper to taste

Ensalada Arco Iris

Prepara suficiente para 3 -4 días

Lo que no uses como ensalada lo calientas rápido en la sartén con rebanadas de camote, calabaza, berengena, alcachofas. Puedes añadirla a los frijoles que preparaste esa semana. No desperdices buena comida.

Sugiero que piques todo en trozos pequeños para que los jugos naturales sirvan de aderezo:

Ingredientes:

un repollo chino (Napa)

medio mazo de cilantro

un mazo de acelgas

cebolla y ajo

pepinillo(s)

pimiento rojo

Añade una taza o dos de habichuelas, garbanzos, o frijoles.

Añade gajos de naranja y trocitos de pera, manzana, mango, ó semillas de granadina.

Añade zanahoria, coliflor, brócoli, y rebanadas de aguacate.

Prepara tu propio aderezo usando 2 ó 3 ingredientes como:

jugo de limón, sal, pimienta, jengibre, un poco de aceite de oliva, ketchup, o chipotle y usa muy poco, no la inundes.

Añade un puñado de almendras o nueces; salpica semillas de ajonjolí.

Goza de una experiencia diferente en cada bocado.

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