

## Black Bean Salad (serves 10)



servings: 1 legume, ½ oil, ½ cat. 1 veg.

132 calories, 18 g carbohydrates, 6 g protein, 5 g fat per serving

- > 2 cans (15 oz. [425 g] each) organic black beans, drained
- > 1-2 cups (149-298 g) cherry tomatoes, cut in half if too large
- > 1 red or yellow bell pepper, diced
- > ½ cup (80 g) red onion, diced
- > 1 Tbsp. (15 ml) olive oil
- > 1 Tbsp. (15 ml) balsamic vinegar
- > 1-2 tsp. (2-4 g) ground cumin seeds
- > ½ avocado, sliced for garnish

Mix all ingredients (except avocado) together in a bowl and chill for several hours. Garnish with avocado slices before serving.

## Cabbage & Radicchio Slaw (yields 10-12 servings)



servings: 2 oil, 2 cat. 1 veg.

100 calories, 6 g carbohydrates, 1 g protein, 8 g fat per serving

### Dressing:

- > 2 Tbsp. (30 ml) orange juice
- > ¼ cup (60 ml) pomegranate juice (you may freeze the rest of the bottle for later use)
- > 1½ tsp. (7.5 ml) rice vinegar (unsweetened)
- > 1 tsp. (5 ml) agave nectar
- > ¼ (60 ml) cup olive oil
- > ¼ (60 ml) cup approved mayonnaise
- > 1½ Tbsp. (9 g) diced shallots
- > Sea salt and freshly ground black pepper to taste

### Salad:

- > 1 head Savoy cabbage (about 1 lb. [454 g]), halved and sliced ¼" (0.6 cm) thick
- > 1 head radicchio (about ½ lb. [227 g]), halved and sliced ¼" (0.6 cm) thick
- > 1 large red or green bell pepper, thinly sliced
  - > ½ cup (60 g) dried cranberries (no sugar added and sweetened only with apple juice) for garnish

For the dressing, whisk juice, vinegar, and agave in a bowl; then whisk in oil, then mayo and shallots. Season with salt and pepper to taste. Chill at least 2 hours. Mix prepared veggies in a large bowl. Shake dressing well and pour over veggies. Toss and garnish with cranberries. Serve immediately.

### TIPS:

- You can make the dressing 1 day ahead for convenience.
- Leftover slaw stores well in refrigerator.



## Cauliflower Salad (serves 8)



servings: ½ nut/seed, 1½ oil, 2 cat. 1 veg.

145 calories, 5 g carbohydrates, 2 g protein, 14 g fat per serving

- > 1 small head of cauliflower
- > 3-4 cloves garlic, minced
- > ½ cup (58 g) chopped pecans
- > 3 Tbsp. (45 ml) olive oil (divided)
- > 2 Tbsp. (30 ml) flaxseed oil
- > 2 Tbsp. (30 ml) vinegar, any type
- > 2 Tbsp. (7.5 g each) each freshly snipped parsley and chives
- > 1 pint (298 g) cherry tomatoes OR ¾ cup (100 g) frozen and defrosted baby green peas (both items optional)
- > Sea salt to taste
- > Freshly ground black pepper to taste

Lightly steam cauliflower florets. Be careful not to overcook. Meanwhile, sauté garlic and pecans in 2 Tbsp. (30 ml) olive oil over very low heat until slightly brown, 3-4 minutes. Remove from heat and add remaining Tbsp. (15 ml) olive oil plus flaxseed oil, vinegar, and seasonings. In a large bowl, mix cauliflower and cherry tomatoes (or peas, if using) and toss with garlic-pecan mixture. Add salt and pepper to taste.

### TIP:

- Flavor is enhanced the longer if salad is prepared 1 day ahead of time.

## Cauliflower & Kale Salad (serves 6)



servings: 3 cat. 1 veg., 1 oil

92 calories, 11 g carbohydrates, 3 g protein, 5 g fat per serving

- > 1 small bunch kale (4-5 leaves)
- > 1 pint (298 g) cherry tomatoes, halved
- > 3 scallions, finely chopped
- > ¼ cup (15 g) fresh parsley/basil/cilantro, minced
- > 1 small head cauliflower
- > 2 Tbsp. (30 ml) lemon juice
- > 1 garlic clove, finely minced
- > ¼ tsp. (1.5 g) sea salt
- > Freshly ground black pepper to taste
- > 1 Tbsp. (15 ml) sesame oil
- > 1 Tbsp. (15 ml) olive oil
- > 1 tsp. (5 ml) agave nectar

Cut away the center stalk from the kale and discard. Finely chop the kale leaves. Add to a large bowl, along with the cherry tomatoes, green onion, and herbs. Grate cauliflower using the large holes of a grater. Add to the bowl and mix until well combined. In a small bowl, whisk together remaining ingredients. Pour dressing onto the veggies and toss gently. Taste and season with additional salt and/or sesame oil if needed for taste. Allow to sit for 15 minutes for flavors to blend.

### TIP:

- Leftovers may be refrigerated; kale and cauliflower will stay crunchy.