

Tomato, Basil & White Bean Salad (serves 8 at ~¾ cup [180 ml] each)



servings : 1 legume, 1 oil, 1/3 protein, 1 cat. 1 veg.

200 calories, 19 g carbohydrates, 9 g protein, 10 g fat per serving (including mozzarella)

- > 2 cans (15 oz. [425 g] each)
cannellini beans, drained and
rinsed
- > 1 tsp. (6 g) sea salt
- > Freshly ground pepper to taste
- > ¼ lb. (117 g) part-skim mozzarella cheese (DF: omit)
- > ½ lb. (227 g) cherry tomatoes or small plum
tomatoes, cut into 1" (2.5 cm) pieces
- > ¼ cup (60 ml) olive oil
- > 3 garlic cloves, minced
- > ½ cup (21 g) fresh basil leaves, torn into ½" (1.2 cm) pieces

Combine beans, tomatoes, basil, and salt in a bowl, and season with pepper. Add cheese if desired. Heat oil in a skillet over medium heat. Add garlic and cook, stirring, until fragrant but not browned, 1½-2 minutes. Pour over bean mixture and gently toss. Let stand 30 minutes before serving to allow flavors to meld. Salad can be kept at room temperature, covered up to 4 hours.

Tuna & Garbanzo Bean Salad (serves 2)



servings: ½ legume, 1½ oil, ½ protein, 2 cat. 1 veg.

212 calories, 15 g carbohydrates, 19 g protein, 8 g fat per serving (with indicated dressing)

- > ¼ cup each: green peas (33 g), shredded carrot (27 g),
shredded cabbage (17 g), mung bean sprouts (26 g),
and chopped parsley (10 g) or basil
- > ½ cup (82 g) cooked garbanzo
beans (any bean may be used)
- > ¾ cup (114 g) water-packed tuna (or leftover cooked tuna)
- > **Basic Salad & Veggie Dressing** (p. 41)

Prepare dressing or use leftover. Combine with salad ingredients and toss.

Waldorf Kale Salad with Cashew Dressing (serves 6-8)



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

265 calories, 30 g carbohydrates, 7 g protein, 15 g fat per serving

Dressing:

- > 1 cup (137 g) raw cashews
- > ¼ cup (60 ml) lemon juice
- > ¼ cup (60 ml) orange juice concentrate
- > 1 Tbsp. (15 ml) Dijon mustard
- > 1/3 cup (80 ml) water
- > Sea salt to taste

Salad:

- > 1 bunch kale (dinosaur kale or other types are all fine),
cleaned, de-stemmed, and finely chopped
- > 1 large apple, diced
- > 2 stalks celery, thinly sliced
- > 3 radishes, thinly sliced
- > ½ cup (88 g) walnuts or pumpkin seeds
- > 3 Tbsp. (29 g) poppy seeds (optional)
- > ½ cup (80 g) raisins or cranberries sweetened with
apple juice

Combine all the dressing ingredients in a blender or food processor. Blend until well mixed. If too thick add more water. Mix all salad ingredients together in a serving bowl and toss with dressing. You will not need the whole amount of dressing. Use about ½ to start and then keep adding until there is enough. It all depends on how large a bunch your kale is! Refrigerate any leftovers.

Warm Mushroom Salad (serves 4)



servings: 1 cat. 1 veg., 2 oil

58 calories, 5 g carbohydrates, 2 g protein, 4 g fat per serving

- > 1 Tbsp. (15 ml) olive oil
- > ½ lb. (227 g) mushrooms, sliced
- > 3 cloves garlic, minced
- > 1 tsp. (0.5 g) each: dried basil and marjoram
OR 1 Tbsp. (2.6 g) each fresh, chopped —
plus extra for garnish
- > 1 medium tomato, diced
- > 2 Tbsp. (30 ml) lemon juice
- > 2 Tbsp. (30 ml) water
- > Pinch each of sea salt and freshly ground black pepper

Heat oil in a wok or frying pan over low-medium heat. Add mushrooms and gently sauté for 4-5 minutes. Add garlic, basil, and marjoram and stir-fry for 1-2 minutes until mushrooms are well coated. Add diced tomato, lemon juice, water, salt, and pepper. Stir and cook until the tomato softens. Add a few Tbsp. (30 ml) more water if it seems too dry. Remove from heat and set aside to cool. Garnish with herbs of your choice. Serve at room temperature.

Zucchini “Pasta” (serves 4)



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

143 calories, 6 g carbohydrates, 3 g protein, 13 g fat per serving

- > 2 cups (298 g) cherry tomatoes, sliced in half
(use yellow, orange & red for colorful presentation)
- > 1 clove garlic, thinly sliced or crushed
- > ¼ cup (34 g) pine nuts (or chopped walnuts)
- > 3 Tbsp. (8 g) torn fresh basil, plus extra for garnish
- > 2 Tbsp. (30 ml) olive oil, plus more for drizzling
- > 1 medium zucchini, grated or thinly sliced lengthwise and cut into ¼" (0.6 cm) long strips
- > Sea salt to taste

To cut zucchini, use a food processor with a grating blade if possible; or use a hand grater or mandoline. In a serving bowl, combine tomatoes, garlic, walnuts, basil, and oil. Add salt and let stand 20 minutes. Toss with zucchini and garnish with basil.

