

## **Quinoa Pumpkin Seed Salad**

*Quinoa Rocks! It is a complete protein (meaning it has all 8 essential amino acids), is gluten free and cooks in 15 minutes. Need I say more? Okay, I will—it is loaded with iron and calcium.*

1/2 cup quinoa, rinsed well  
1 cup water  
2 Tablespoons olive oil  
2 Tablespoons lime juice  
1/2 teaspoon cumin  
1/2 teaspoon chili powder  
1/2 cup fresh cilantro, chopped  
3 scallions, sliced  
1 15-oz can black beans, drained  
1 red bell pepper, diced  
salt and pepper to taste  
1/4 cup raw pumpkin seeds

In a saucepan, boil water and add quinoa, lower heat and simmer until water is absorbed and quinoa is tender, about 15 minutes. Allow to cool.

In a bowl, combine oil, lime juice, cumin, chili powder, cilantro and scallions. Pour over quinoa and stir in beans and peppers, mixing thoroughly. Season to taste with salt and pepper and refrigerate until service. Right before serving, stir in pumpkin seeds.

## **Sunflower Seed Paté**

**Makes about 2 cups**

*Sunflower seeds are a good source of protein, calcium, iron, magnesium, selenium, zinc, folate, vitamins A, D and E. This is a great spread for eating with raw vegetables.*

1 1/2 cups sunflower seeds, soaked overnight\*  
3 cloves garlic, peeled  
4 scallions, chopped  
1/2 cup lemon juice  
1/4 cup tahini  
2 Tablespoons tamari  
1/2 cup fresh parsley, chopped  
pinch cayenne pepper (optional)

In a food processor, process the soaked sunflower seeds with the garlic until garlic is minced. Add scallions, lemon juice, tahini, tamari, parsley, and cayenne until the mixture is a smooth paste.

\* Soaking the seeds overnight makes them more digestible and easier to blend into a creamy paste. Discard soaking water and rinse seeds well with fresh water, removing hulls that have come off.

## **Homemade Corn Chips**

*These chips get their crunch from spray coconut oil instead of deep fat frying.*

4 sprouted grain or thick corn tortillas  
spray coconut or olive oil  
sea salt

Preheat oven to 400F. Cut tortillas into 6 wedges. Brush or spray each wedge with oil, sprinkle with salt and any other desired spices and bake for 5 minutes or until crispy.

## **Guacamole Salad with Beans**

*Adding beans to the guacamole increases fiber and protein, meaning you can eat less and still be satisfied.*

1-15.5 ounce can white beans, black beans or black-eyed peas  
1 red pepper, diced  
3 scallions, chopped  
1 clove garlic, minced  
1 Tablespoon apple cider vinegar  
1 teaspoon cumin  
1 teaspoon chili powder  
Cayenne pepper to taste  
2 ripe Hass avocados, peeled, pitted, and chopped  
Lime juice and salt to taste

In a large bowl, mix beans, red pepper, scallions, garlic, vinegar, cumin, chili powder and cayenne. Stir in the avocados and mix until they are broken down. Add lime juice and salt to taste.

### **Three Delicious Kale Salads**

1 head lacitano or dinosaur kale (best but can also use green curly or red), thinly sliced  
sea salt

Place sliced kale in a bowl, sprinkle with sea salt and “massage” for 3 minutes until kale starts to break down.

#### **With Avocado**

1/4 cup olive oil  
2 Tablespoons lemon juice  
2 avocados, chopped

In a small bowl, mix together olive oil and lemon juice. Add dressing to kale and gently fold in avocado until it is creamy.

#### **With Tahini**

1 clove garlic, minced  
1/4 cup tahini  
1 Tablespoon miso  
1/4 cup water  
2 Tablespoons fresh lemon juice

In a bowl with a whisk or food processor, mix together garlic, tahini, miso, water and lemon juice. Stir tahini sauce into kale.

#### **With Chipotle Ranch Dressing**

1/2 cup hempseeds  
1/2 cup water  
2 cloves garlic, chopped  
1-2 Tablespoons lime juice (you could also use lemon)  
1 Tablespoons apple cider vinegar  
1/2 to 1 chipotle pepper, canned in adobo  
1/4 cup fresh cilantro  
1-2 Tablespoons extra virgin olive oil  
Sea salt and black pepper to taste

Place the hempseeds, water, and garlic into a high-powered blender and blend until hempseeds are smooth and creamy. Add remaining ingredients and blend the mixture well. Add salt and pepper to taste and add to kale.

**Add Ins:** Diced tomatoes, shredded carrots, scallions or thinly sliced red onions, corn, black beans, rice or quinoa, etc.

Keep these salads refrigerated—best served within 3 days.

## **Baked Sweet Potato Fries with Chipotle Aioli**

*Sweet potatoes have less starch and more vitamins and minerals than white potatoes—in other words, a higher nutrient density.*

2 lbs Hannah or Japanese sweet potatoes (peeled or unpeeled), cut into 1/3 inch fries  
2 Tablespoons high heat oil (like peanut)  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/4 cup potato starch

Preheat oven to 450F. Line two baking sheets with parchment paper, or coat with cooking spray. Set one oven rack in top position and one rack in bottom position.

Toss together sweet potatoes, oil, salt, and pepper. Sprinkle with potato starch; toss mixture once more to coat well. Arrange in single layer on prepared baking sheets. Bake 15 minutes. Turn potatoes, and rotate baking sheets. Bake 12-15 minutes more, or until golden brown.

### **Chipotle Aioli**

3/4 cup Wildwood Garlic Aioli  
1 chipotle pepper, canned in adobo plus a little sauce

Blend together in a food processor.

## **Chocolate Mousse Parfaits**

2 large ripe avocados  
1/2 cup raw cacao powder or cocoa powder  
1/4 cup agave or brown rice syrup (or more to taste)  
1 tablespoon vanilla extract  
1/4 cup ground flaxseed, ground in a coffee grinder  
1/4 cup chopped walnuts, toasted  
2 pitted dates, chopped  
2 tablespoons unsweetened shredded coconut  
1/2 teaspoon ground cinnamon  
Pinch of salt  
Fresh, seasonal fruit, such as raspberries

Puree avocado, cacao powder, agave or syrup, and vanilla in a food processor until very smooth. Refrigerate in an airtight container until ready to use (up to 3 days).

In a clean food processor, combine flaxseed, walnuts, dates, coconut, cinnamon, and salt; pulse until crumbly. Refrigerate in an airtight container until ready to use, or up to 7 days. (Makes 1 scant cup.)

Layer 1 tablespoon mousse at the bottom of each parfait glass. Layer in fresh fruit and sprinkle with 1 tablespoon coconut mixture. Divide remaining mousse among glasses, top with more fresh fruit, and 1 tablespoon coconut mixture.