

An Unusual Culinary Column: Mother Nature, Can You Hear Me?

By Karen Kain

I am more than ready for the sun to start shining. I know that I am being impatient, but I get a cold chill with these grey wet days. In my attempt to get Mother Nature to pay attention to my request of more sunshine, I am sharing a few salad recipes with you.

While visiting down south, I found some good salad ideas that are pretty tasty. The first salad I am sharing with you is quite unique. I have never eaten sweet potato in a green salad until last winter. At first, I was skeptical. After taking a few bites, I found it to be a nice addition. This is a perfect hearty salad for those days that are a bit chilly. I love adding rice or quinoa into salads. You can use either with this recipe. I am always a fan of adding a small amount of a strong flavored cheese into the mix. I think the blue cheese worked perfectly, but you don't have to add it. I served this salad at my book club night and received rave reviews.

Last year the new rage was shredded cauliflower. This year broccoli slaw is the big hit. Broccoli slaw is the same idea as coleslaw, only instead of cabbage you shred the stalks of broccoli. I have eaten a few different salads made with broccoli slaw. It is often combined with finely chopped kale. Trader Joe's sells some nice prepackaged versions that are really great, but I wanted to make up my own. I did a little research online and think I have come up with a few good recipes to share with you. This is another way to hide healthy greens in



meals and get your picky eaters to enjoy them.

My next salad is a Broccoli & Carrot Slaw with Vinaigrette. I really like this salad. It has the perfect amount of sweetness from the apples and carrots. The walnuts give it a nice crunch.

My last salad is the Super Easy Broccoli & Kale Slaw Salad. This is just a simple salad and the dressing is spot on. Feel free to add your favorite ingredients to the mix.

I hope that I have given you some new salad ideas. I am going to keep eating salads and do my best to patiently wait for summer. As I wait, I will be getting my hands in the dirt to start my seeds.

Sweet Potato & Beet Salad

Ingredients:

- 4 Cups of green salad,
- I used a spring mix
- 2 Large beets, peeled,
- roasted and chopped

1 Large sweet potato, baked, peeled and cut into pieces

1 Cup of cooked quinoa, about ½ cup before cooking

¼ Cup toasted almond slivers

½ Cup blue cheese, crumbled

¼ Cup chopped fresh coconut, optional

For the Cilantro,

Tahini, Avocado Dressing:

1 Avocado

2 Tablespoons lemon juice

¾ Cup cilantro

1 Clove garlic

2 Green onions

1 ½ Tablespoons tahini

1 Tablespoon plain yogurt

1 Tablespoon apple cider vinegar

1 Tablespoon honey

Salt & pepper to taste

Olive oil if you need to thin it down

Directions:

Add all the salad ingredients together. Using a food processor, mix the dressing ingredients together and serve over the salad.

Broccoli & Carrot Slaw with Vinaigrette

Ingredients:

2 Cups shredded broccoli stalks

2 Cups shredded carrots

2 Cups finely chopped kale

2 Cups large honeycrisp apples, peeled and grated, about 2 apples

¼ Cup fresh lemon juice

1 ¼ Cup raw walnuts, chopped

1 Cup dried cranberries

For the vinaigrette:

1 Tablespoon pure maple syrup

2 Tablespoon olive oil

1 Tablespoons apple cider vinegar

1 ½ Teaspoon Dijon mustard

½ Teaspoon salt, or to taste

Directions:

Grate the apples, then mix the apples and the lemon juice together. Add all the grated veggies with the nuts and cranberries into a large salad bowl and toss together. Whisk the vinaigrette ingredients together. Pour over the salad.

Super Easy

Broccoli & Kale Slaw Salad

Ingredients:

2 Cups broccoli slaw

2 Cups finely chopped kale

½ Cup grated carrot

½ Cup dried cranberries

½ Cup slivered almonds

Vinaigrette ingredients:

⅓ Cup white wine vinegar

¼ Cup vegetable oil

2 Tablespoons sugar

1 Teaspoon Dijon mustard

½ Teaspoon celery seed

½ Teaspoon salt

Directions:

Add the broccoli, kale, carrot, cranberries, and almonds together in a salad bowl and toss. Whisk the vinaigrette together and pour over the salad and serve.

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