

***Nourishing Foods for the Spring Season:
Seminar and Sampling***



Lynn Goldstein, MS, RD, CDN
The Jay Monahan Center for Gastrointestinal Health
April 18, 2006

RECIPES

Mixed Berry Salad
Quinoa Tabouli Salad
Marinated Kale Salad

Mixed Berry Salad



This salad combines high-fiber fruits with a little yogurt. Other fruits that could be used are apples, pears, blackberries, cherries, peaches, plums, and grapes.

Ingredients

- 2 tablespoons low-fat yogurt (try key-lime or lemon)
- Juice of 1/2 lime (about 1 tablespoon)
- 1 tablespoon fresh mint leaves, torn
- 4 medium strawberries, stemmed and quartered
- 1/4 cup raspberries
- 1/4 cup blueberries

Instructions

- Whisk the yogurt, lime juice, and mint together in a medium bowl.
- Add the fruit and toss to combine.
- Serve.

Quinoa Tabouli Salad



Ingredients

- 1 ½ cups quinoa
- 3 cups water
- ¼ cup limejuice
- ½ cup olive oil
- 1 cup parsley, chopped
- ½ cup scallions, chopped
- ½ cup tomato, diced
- Salt and pepper to taste

Instructions

- Rinse quinoa with cool water in fine strainer.
- Add rinsed quinoa to sauce pan over low heat. Stir with wooden spoon until all water has evaporated and grains emit a faint, roasted aroma.
- Add water and a pinch of salt. Stir once to dislodge any grains that may be stuck to bottom of pan.
- Cover and bring to boil.
- Lower heat and simmer, covered for about 10-15 minutes or until all water is absorbed. Let sit, covered for about 5 minutes before fluffing with fork.
- Combine all ingredients in bowl and serve at room temperature.
- Serves 4.

Marinated Kale Salad



Ingredients

- 1 bunch of curly kale
- 3-4 portabella mushroom caps (about 4-6 oz)
- ½ cup onions (I like to mix red and white, using the cheese grater)
- 1 red (yellow/ orange) bell pepper
- 2 avocados
- ¼ cup tamari sauce (low sodium is best)
- 1/3 cup lemon juice
- 1/3 cup olive oil

Instructions

- First, wash everything and shred up the kale however you like!
- Dice the mushrooms, bell pepper, avocados, and onions and toss into the kale. I like to cut the onions using a cheese grater so they are smaller and stick to the kale easier, but diced is fine too.
- In a separate bowl, mix the tamari, lemon juice, and olive oil and then pour over the kale and veggie mix.
- Toss the kale around. The goal is to get the kale in contact with as much 'sauce' as possible. The lemon is what tenderizes the kale.
- This salad can be served in as little as 4 hours, stirring the kale around 2 times. However I think overnight is best so the kale is super tender, turning it when you think of it, before bed and also in the morning.
- Serve.