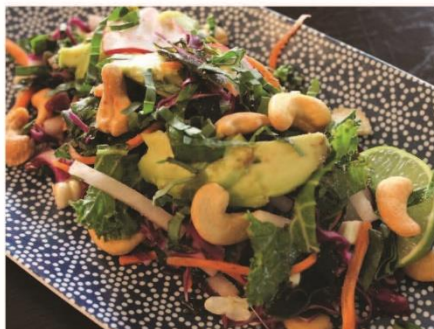


RAW RADISH & AVOCADO SALAD WITH CASHEWS

Mexican street salad

Portion: 1 cup

Yields: 4



CALORIES: 200

TOTAL FAT (g): 12

SATURATED FAT (g): 2

TOTAL CARB (g): 24

PROTEIN (g): 5

DIETARY FIBER (g): 7

SODIUM (mg): 340

INGREDIENTS:

1/4 cup Spinach, Baby, Fresh	1/2 cup Water, Warm
1/4 cup Spinach, Fresh, Chopped	1/2 cup Seaweed, Dried, Cut (Wakame)
1 cup Radish, Fresh, Sliced	1 each Avocado, Fresh, Sliced
1 cup Radish, Daikon, Fresh, Cut in Matchsticks	1/4 cup Lime Juice, Fresh, Strained
1/2 cup Kale, Fresh, Chopped	1-1/2 Tbsp Coriander, Ground
3 Tbsp Basil, Fresh, Chiffonade Cut	1/4 cup Cashew Halves, Unsalted
1/4 cup Carrots, Fresh, Julienne Sliced	1/2 tsp Salt, Kosher
1/2 cup Cabbage, Red, Fresh, Shredded	1 Tbsp Cumin, Ground
1/2 cup Corn, Kernels, Fresh	

METHOD:

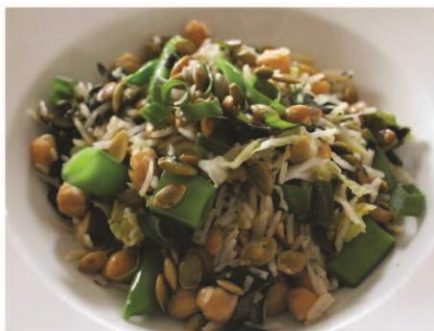
Cut all vegetables into desired sizes. In a large mixing bowl toss together all of the vegetables except avocado. Set aside. Add water to the Wakame and let sit 5-7 minutes while it reconstitutes. Drain and toss with other mixed ingredients. Incorporate the lime juice, coriander, cumin, and salt. Garnish with cashews and avocado slices.

SEA LETTUCE & CHICKPEA RICE BOWL

Garlicky rice bowl with sea lettuce, chickpeas & Chinese cabbage

Portion: 1 cup

Yields: 4



CALORIES: 500

TOTAL FAT (g): 17

SATURATED FAT (g): 2.5

TOTAL CARB (g): 82

PROTEIN (g): 13

DIETARY FIBER (g): 11

SODIUM (mg): 570

INGREDIENTS:

	Rice
3 Tbsp Sesame Oil	1 cup Basmati Rice, Long Grain, Brown, Dry
1 cup Garbanzo Beans, Canned, Drained	2 cups Water
1 cup Chinese Cabbage (Napa), Fresh, Shredded	1 Tbsp Shallots, Peeled, Fresh, Minced
3 Tbsp Garlic Cloves, Peeled, Fresh, Sliced	1-1/4 tsp Canola/Olive Oil Blend
1-1/2 cup Sugar Snap Peas, Fresh	1 cup Nori Seaweed, Sheet, Dried, Finely Chopped
3 Tbsp Lemon Juice, Fresh	
1/4 cup Green Scallions, Fresh, Bias Cut	
4 tsp Pumpkin Seeds, Hulled	
1-1/2 Tbsp Cumin, Ground	
1/2 tsp Salt, Kosher	
1/4 tsp White Pepper, Ground	

METHOD:

Heat olive oil and sauté shallots and rice to lightly toast. Add cold water and salt. Bring to a boil, stir once, cover, reduce heat to low and continue to cook the rice until fluffy, about 40 minutes stirring one more time during the cooking. Cut the nori sheets into small squares, once the rice is done, stir into the rice and allow the Nori to bloom. Set aside. Prepare vegetables: slice garlic, shred nappa, and cut the sugar snap peas into thirds. In a large sauté pan sauté the sesame oil, garlic, nappa, snap peas, and garbanzo beans (3-5 minutes). Incorporate the Rice and Nori into the sautéed vegetables, then add the salt, cumin, and white pepper. Finally add the pumpkin seeds and lemon juice and stir thoroughly.

QUINOA MAKI ROLL

SUPERFOOD

Portion: 1 roll (8 slices)
Yields: 4

Quinoa maki roll with carrots, cucumber & avocado



INGREDIENTS:

3/4 cup	Quinoa, Dry	2 Tbsp	Ginger, Pickled, Sliced
1-1/2 cup	Water	1/2 cup	Carrots, Fresh, Grated
2 tsp	Rice Wine Vinegar, Unseasoned	1/2 each	Cucumbers, Seedless, Fresh
2 tsp	Sugar, Granulated	1 each	Avocado, Fresh, Sliced
1/8 tsp	Salt, Kosher	4 each	Nori Seaweed, Sheet, Dried

METHOD:

Place quinoa and water into a pot and bring to a simmer; lower heat, cover tightly and low simmer for 15 minutes. Turn off heat and leave cover on to steam for 10 more minutes. Place cooked quinoa into a bowl and stir in vinegar, sugar and salt. Chill and set aside until completely cooled.

Chop pickled ginger and set aside. Cut the unpeeled cucumber into thin slices and set aside.

To assemble each sushi roll, place a nori sheet onto a clean, dry sushi rolling mat. Place 3/4 cup of the cooked and seasoned quinoa on the nori sheet and spread evenly over 2/3 of the sheet. Sprinkle 1/2 tbsp of chopped ginger and then lay 1/4 of each of the carrots, cucumbers and avocado onto the middle of the quinoa. Using the mat, roll the sushi firmly and tightly. Wet the edges with water to seal. Repeat with remaining 3 sheets of nori. Cut into 8 slices and serve.

CALORIES: 230
TOTAL FAT (g): 9
SATURATED FAT (g): 1.5
TOTAL CARB (g): 32+
PROTEIN (g): 6
DIETARY FIBER (g): 7
SODIUM (mg): 120

JAPANESE SEAWEED MIXED RICE

SUPERFOOD

Portion: 1 cup
Yields: 4

Wakame-Gohan



INGREDIENTS:

4 cups	Steamed Rice	2 tsp	Sesame Oil
4 Tbsp	Seaweed, Dried, Cut (Wakame)	1 tsp	Salt, Kosher
1 Tbsp	Chives, Fresh, Chopped	1/2 tsp	Sesame Seeds, Black
4 Tbsp	Sesame Seeds	4 tsp	Wine, Cooking, Mirin (Sweet Rice)

METHOD:

In a saucepan, bring water to a boil. Stir in rice, and reduce heat. Cover and simmer for 20 minutes. Remove the pan from the heat and then add wakame to the rice let stand covered for 5 minutes. Fluff with fork.

Add all of the ingredients together except the black sesame seeds. Mix thoroughly. Garnish with black sesame seeds.

CALORIES: 310
TOTAL FAT (g): 9
SATURATED FAT (g): 1.5+
TOTAL CARB (g): 52
PROTEIN (g): 6
DIETARY FIBER (g): 2
SODIUM (mg): 630