

DINNER MENU

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Gazpacho Andaluz Soup (raw)

Chinese Chickenless Salad (raw)

Balsalmic Asparagus (raw)

Mustard Crusted Salmon (cooked)

Chocolate Moose (raw)

Gazpacho Andaluz Soup
by Ani Phyo, Raw Food Essentials

A spanish inspired chunky version of gazpacho made with diced tomatoes and chopped bell pepper, cucumber, and spanish onion.

2 cups seeded diced ripe tomato
1/4 cup finely chopped spanish (red) onion
1 cup chopped bell pepper (any color)
1 cup peeled and chopped cucumber
1/3 cup extra virgin olive oil
1 teaspoon minced garlic
1 tablespoon lemon juice (about 1/2 lemon)
1/4 teaspoon sea salt
2 cups filtered water

Place all the ingredients in a mixing bowl and mix well
Chill for at least 30 minutes before serving.

Makes 4 servings

Chinese Chickenless Salad

by Ani Phyo, Raw Food Essentials

A sweet sesame ginger dressing is whisked together and tossed with napa and red cabbage, carrots, and green onions.

Dressing

**2 tablesppons Nama Shoyu or Braggs Liquid Aminos
2 teaspoons apple cider vinegar
1 teaspoons minced garlic
1 teaspoon minced ginger
1 tablespoon toasted sesame oil
2 tablespoons agave syrup**

Salad

**6 Cups thinly shredded napa cabbage
2 cups shredded red cabbage
2 cups shredded carrot
1/2 cup thinly sliced green onion (scallions, about 3 whole)**

Garnish

1/4 cup sliced almonds

Whisk all the dressing ingredients together in a small bowl.

Place the salad ingredients in a large mixing bowl.

Pour the salad dressing over the vegetables and toss to mix.

To serve, divide the salad amoung four salad dishes.

Garnish each portion with the almonds and serve.

Makes 4 servings

Balsalmic Asparagus

by The Complete Idiots Guide to Eating Raw

1 bunch asparagus
1/2 red pepper
, diced
1/2 orange or yellow pepper, diced
2 tablesppons olive oil
2 tablespoons balsamic vinegar
1 teaspoon brown stone ground mustard
1 teaspoon nama shoyo or braggs aminios
1/2 to 1 tablespoon maple syrup or aguave nectar

Place olive oil, balsamic vinegar, mustard, maple sryup, and nama shoyo in a cup or small bowl and stir until well combined.

Bend ends of each asparagus stalk, and they will naturally break off at the exact place necessary.

Place asparagus in a shallow dish or pan and cover with balsamic marinade.

Sprinkle with red and yellow peppers and serve.

Mustard Crusted Salmon

2 individual pieces of salmon (1/2 - 3/4 lbs total)

2 tablespoons of brown stone-ground mustard

1 teaspoon of brown sugar

1 tablespoon of lemon juice (about 1/2 lemon)

1 teaspoon of olive oil

Mix mustard and brown sugar together in a small cup or bowl

Rinse and pat-dry salmon

lightly brush bottom of salmon with olive oil

spread mixture on top of salmon

bake in 350 degree oven for about 10 minutes

turn top broiler on for last 5 minutes to lightly brown the top (watch closely)

serve with fresh lemon juice

Chocolate Moose

1 Avocado

1 cup almond milk

2/3 cup dates, pitted & soaked (if using dried)

1/2 cup carob powder

1/4 cup almond butter

2-3 bannanas, cut into 1/2 - 3/4 in slices

1 pkg strawberries, washed

any other fruit suitable for dipping in chocolate moose

Blend all ingredients until creamy using BLENDER, scraping down sides often.

To serve, dip cut fruit in moose or place cut up fruit into bowls of moose

TO BUY:

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**3/4 lb salmon
1 ripe avocado
1 bunch asparagus
1 red pepper
1 orange or yellow pepper
1 green pepper
3 ripe tomatoes
1 spanish (red) onion
1 cucumber
1 napa cabbage
1 red cabbage
1 lb carrots
1 bunch green onion (scallions)
1 lemon**

**2-3 bannanas
1 pkg strawberries
any other fruit suitable for dipping in chocolate moose**

**unsweetened almond milk
almond butter
brown stone-ground mustard**

Items we have on hand, no need to buy:

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**3 teaspoon minced garlic
1/2 cup extra virgin olive oil
1/4 teaspoon sea salt
3 tablespoons Nama Shoyu or Braggs Liquid Aminos
2 teaspoons apple cider vinegar
2 tablespoons balsamic vinegar
1 teaspoon of brown sugar
1 tablespoon toasted sesame oil
1 tablespoon maple syrup or aguave nectar
2 tablespoons agave syrup
1/2 cup carob powder
2/3 cup dates**