

Cucumber Peanut Salad

By The Chef and Dietitian

3 large cucumber-peeled, seeded, chopped (about 2 pounds)
Juiced and zest 2 limes
Red Pepper flakes to taste
Chopped mint
1/2 c chopped roasted unsalted peanuts

Mix all ingredients except for peanuts and mix well. Let flavors meld for at least 30 mins. before serving. Add chopped peanuts before serving.

Easy Stir Fry

By Laura Erlig

1/2 c Vegetable Broth
1 bag of frozen stir-fry Veggies
1 tbs. of garlic
1 medium sweet onion – peeled and diced
1 package of sliced mushrooms
1 tbs. of sesame seeds
Low sodium soy sauce to taste about 1/2 cup

Pour Vegetable Broth into the pan and heat with garlic on high heat. Pour in onions and mushrooms and sauté till golden brown, and then add stir-fry veggies. Continue to stir for a couple of minutes and then add soy sauce and sunflower seeds. Cook a couple of minutes and then it is ready to serve over brown rice.

Raw Brownies

By The Chef and Dietitian

2 c of Brazil Nuts & Sunflower seeds
1/4 c of Cacao Powder
2 c of Dates
1 tbs. of Vanilla Extract
1/2 c of Cacao Chips

Chop in food processor nuts and seeds to a flower like substance. Add Cacao and food process it to be mixed. Add 2 cups of dates and chop so that it forms dough that is easy to break. Then, add vanilla extract and cacao chips and mix together w