

## **Seasonal Nutrient dense Greens**

### **Oil/Dairy Free Dressing**

#### **Fresh fish**

### **Asian greens with oil/dairy free cashew ranch dressing**

#### **Salad servings 2**

1 (5oz container) Organic girl super greens

1 medium size carrot peeled and sliced into ribbons using vegetable peeler/mandoline

1 medium size cucumber sliced into ribbons using vegetable peeler/mandoline

1 daikon radish (optional) peeled and sliced into ribbons using veggie peeler/mandoline

1 spring onion (optional) shaved using mandoline or sharp knife

**Instructions** – in a medium size mixing bowl add greens and lightly coat with dressing. Then place in serving dish and garnish with shaved vegetables. May also top off with a sprinkle of sesame seeds or your choice of nuts and fresh cracked black pepper.

### **Oil/dairy free cashew ranch dressing**

#### **Serving size approximately 1 cup**

1 cup raw unsalted cashews (soaked for at least 30 minutes)

½ cup cold water

1 lemon zested and juiced (preferably organic)

1 tbsp Worcestershire sauce (optional)

1 tsp apple cider vinegar

¼ tsp garlic granules (or fresh seasonal garlic chives 1 tbsp)

¼ tsp onion granules

1 tsp dried dill or 2 tsp fresh

½ tsp dried parsley or 1 tsp fresh

¼ dried celery seeds

1 tbsp fresh chives

Pink Himalayan sea salt to taste

Cracked black pepper to taste

**Instructions** – add all ingredients in a blender/food processor and blend until smooth. Taste and add salt and pepper if needed. May be refrigerated for up to 5 to 7 days. May pour into squirt bottle and squeeze onto salad for added touch of food styling. Add more water for thinner dressing.

### **Everything bagel seared salmon**

#### **Serves 4**

1 pound salmon cut into 4 oz slices

2 tbsp everything bagel seasoning

1 to 2 tbsp sesame oil

**Instructions** – leave salmon out for at least 30 minutes prior to cooking at room temperature. Rinse with cold water and pat dry with a paper towel. Then season with everything bagel seasoning on flesh side only and set aside until ready to cook. Heat a medium size sauté pan over medium to high heat until hot, then add oil just enough to lightly coat the bottom of the pan. Once hot then add seasoned salmon flesh side down for approximately 30 to 60 seconds making sure not to burn the seeds. Once nice and toasted, flip and cook for an additional 5 to 7 minutes over low to medium heat if not finishing in oven. If finishing in oven, be sure to preheat oven first to 400 degrees and cook fish for an additional 5 to 7 minutes based on preference of doneness. Remove from heat and serve with salad greens. May be garnished with fresh squeezed citrus wedges.