

FISH & SALADS

Crusty Flower Balls

1 roll gefilta fish	Corn flake crumbs
1 egg	4 oz. can tomato sauce
Carrots, precooked, thin sticks	Oil for frying
Celery, precooked, thin sticks	

Defrost fish. Add egg and mix well. Form into balls. Stick carrot slices and celery sticks through each fish ball to create a “flower” inside the fish balls. (You can use uncooked shredded carrots and celery instead and mix into fish mixture.) Roll each ball in corn flake crumbs. Prepare baking pan by covering it with foil (if it’s a non-stick pan) and pouring in the tomato sauce. Fill frying pan with oil to 2”. Heat on med-high until oil is hot. Brown the fish balls by placing them into the frying pan for approximately a minute on each side. Remove fish balls to baking pan. When all the balls are fried, bake at 350° for 45 minutes. To serve: Slice each ball in half and place on a bed of lettuce. Decorate with more vegetables as desired.

Egg & Avocado Salad

5 eggs, sliced	12 cherry tomatoes, sliced in half
1 avocado, sliced	1 tbsp oil
1 small onion, diced very small	Salt to taste

Combine all ingredients and mix well.

Spanish Eggplant Salad

1 med. eggplant, washed with peel and diced	½ tsp. garlic powder
1 green pepper, diced	½ tsp. cumin
1 med. onion, sliced	½ tsp. paprika
4 cloves garlic, sliced	½ tbsp. sugar
4 oz. tomato sauce	1 tbsp. vinegar
Squirt of ketchup	Oil for frying
½ tsp. salt	

Sauté eggplant until browned. Remove from pan. Stir-fry green pepper and onion until tender crisp, adding the garlic just before the stir-fry is ready. Combine all ingredients and mix well.

Sushi Salad

4 cups Sushi/sticky rice	1 small bag baby carrots, sliced
6 cups water	1 bunch green onions, sliced
4 tbsp. rice vinegar (seasoned)	1 sheet seaweed, torn into small pieces
3 tbsp. sugar	1 avocado, diced
2 tsp. salt	Soy sauce for serving
1 cucumber, peeled and diced	Ginger for serving

Pour rice and water into a pot and bring to a boil. Simmer 15 minutes. Let stand for 10 minutes. Rinse. In a separate saucepan, combine rice vinegar, sugar and salt. Bring to a boil. Pour over rice. When rice is cool, toss in cucumber, baby carrots, green onions, seaweed and avocado. Serve with soy sauce and ginger.

Couscous Salad

2 cups couscous, prepared & cool (add 1 tbsp. soup mix while cooking for extra flavour)	2 cloves garlic, minced
3 tbsp. oil	1 cup green onions, chopped
½ tsp. turmeric	½ cup fresh parsley, chopped
1 tsp. cumin	¼ cup Craisins
1 tsp. salt	¼ cup currants (small raisins)
1 tsp. black pepper	¼ cup orange or lemon juice
1/8 tsp. cayenne	1 11 oz. can mandarin segments
	1 19 oz. can chic peas, drained

Toss all ingredients together and enjoy!

Healthy Mix Salad

1 can heart of palm, drained and sliced	2 tbsp. oil
1 can chick peas, drained	1 tbsp. mayonnaise
1 can baby corn, cut into small pieces	Garlic powder to taste
1 avocado, diced med.	Pepper to taste
1 tomato, diced small	Salt to taste
1 cucumber, diced small	Chow-mein noodles and/or sunflower seeds
¼ cup diced purple onion	

Combine all ingredients besides the chow-mein noodles, if you are using them. When salad is mixed well, pour chow-mein noodles on top.

Colorful Coleslaw

¼ cabbage, diced	¼ cup cashews
8 baby carrots, sliced thin	2 tbsp. mayonnaise
1 mango, diced	1 tbsp. sugar
¼ cup diced purple onion	Salt to taste
2 stalks celery, thinly sliced	½ lemon
¼ cup Craisins	

Combine all ingredients besides lemon. Squeeze lemon onto salad and mix well.

Parsley Spread

2 cloves garlic	Salt to taste
1 lg. bunch of parsley, stems removed	Pepper to taste
½ lemon	¼ cup olive oil

In food processor, chop garlic and parsley. Squeeze in lemon. Add salt and pepper. Pour in olive oil and blend well. Add more oil or water in small amounts until it becomes a creamy consistency. This spread is delicious on bread.