

Spring Salad

adapted from healthiersteps.com

- 1 (10-ounce) box spring mix greens
- 1 c. cherry tomatoes (halved)
- 1 medium avocado, sliced
- 1 medium cucumber, sliced
- ½ c. canned beets, sliced
- ½ c. artichoke hearts, chopped
- ¼ c. red onion, sliced
- 1/3 c. black olives, sliced

Garnish with fresh basil ribbons and additional toppings on the side:: sliced fresh mushrooms, pumpkin seeds and raisins.

Vegan Blue Cheese Dressing

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- 1 c. raw cashews (cover with water, bring to a boil, remove from heat, soak for 15 minutes, drain)
- 1 c. water
- 2 T. fresh lemon juice
- 2 T. homemade tahini cream
- 1 T. nutritional yeast
- 1 clove garlic
- ½ t. salt

Place all ingredients in blender and blend until smooth.

Homemade Tahini Cream

Marla Danielson

- 1 c. white sesame seeds (hulled)
- 1 c. water
- ¼ t. salt

Toast sesame seeds in a dry frying pan on medium heat for 3-5 minutes. Add all ingredients to blender and blend until smooth. Store in fridge. Freezes well too.