



Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients for 4

Steamed Veggies (Pick the veggies of your choice):

- 1 head cauliflower, cut in florets
- 1 bunch asparagus
- 1 cup sugar snap peas
- 2 turnips, sliced

Raw Veggies (Pick the veggies of your choice):

- 4 carrots, cut in 2 inch long pieces
- 1 cucumber, cut in 2 inch long pieces
- 4 celery stalks, cut in 2 inch long pieces
- 1 fennel bulb, sliced
- 1 cup cherry tomatoes

Dressing

- 1 cup peanut butter
- 1 cup coconut cream
- 1 lime juice
- 2 tablespoons soy sauce
- 1 shallot, thinly chopped
- 1 onion, sliced
- 2 tablespoons canola oil
- Salt and pepper

Veggies and Peanut Coconut Dressing

The veggies with a fluffy and comforting peanut coconut dressing make a wonderful appetizer.

Steam the veggies no more than 5 minutes and set aside. You can also keep them all raw.

Heat 2 tablespoons canola oil in a pan and sauté the onion until caramelized, about 5 minutes. Season with salt and pepper.

Mix all the ingredients of the dressing in a food processor until smooth. Transfer to a serving bowl and set aside.

Arrange all the veggies on a dish and serve with the dressing on the side. The dressing can also be used as a dip.



Soaking time: 20 minutes

Preparation time: 20 minutes

Cooking time: 7 minutes

Ingredients for 4

Noodles

- 1 pound glass noodles (the thinnest you can find)
- 10 cloves garlic, crushed
- 1/2 teaspoon salt
- 1/2 cup unsalted roasted peanuts, roughly chopped
- 1 tablespoon sesame seeds
- Soy sauce
- Canola oil
- 3 lime juice

Veggies (Pick the veggies of your choice)

- 2 carrots, shredded
- 1/2 cucumber, thinly sliced
- 2 cups cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 4 green onions, thinly sliced
- 1 cup red or green cabbage, thinly sliced
- 1/2 red bell pepper, thinly sliced
- 1/2 cup soybean sprouts
- 1 jalapeno, thinly sliced
- 1 cup cilantro, chopped
- 2 tablespoons basil, chopped

Glass Noodle Salad

This salad is refreshing and spiritually uplifting. It is your salad if you wish to flee the routine and enjoy new flavors.

Soak the noodles in very warm water for 20 minutes. You can cut all the veggies in the meantime.

Drain the noodles and set aside.

Heat 2 tablespoons canola oil in a large pan or wok. Add the garlic and salt and sauté for 2 minutes. Add the noodles, peanuts and sesame seeds and sauté for about 5 minutes, while mixing. The garlic, peanuts and sesame seeds should attach to the noodles. Add 2 tablespoons soy sauce and mix well. Set aside to cool, about 10 minutes.

Once the noodles have cooled down, transfer to a large salad bowl. Add the dressing and mix well, then add all the veggies and mix thoroughly. Adjust seasoning to taste.

You can eat right away at room temperature or refrigerate for a couple days, it will taste even better.



Fried Zucchini

The fried zucchinis add an audacious kick to any feast.

Mix the flour and cumin in a bowl. Dredge the zucchini in the flour mixture and season with salt and pepper.

Heat about 1/4 inch of canola oil in a pan and fry the zucchini on both sides until golden. About 2 or 3 minutes on each side. Transfer to a paper towel. Adjust seasoning to taste. Sprinkle with soy sauce and lime juice.

Then just enjoy!

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients for 4

- 2 zucchinis, sliced
- 2 tablespoons flour
- 1 teaspoon ground cumin
- Salt and pepper
- Canola oil
- Soy sauce for sprinkling
- Lime juice for sprinkling