



SUMMER 2008 RECIPIES

BROCCOLI SALAD WITH AVACADO

Amount	Ingredient
1 lb	broccoli
1 ripe	avocado
2 TBSP	olive oil
2 TSP	freshly squeeze lemon juice
1 TBSP	organic grainy mustard

Directions: Trim and wash broccoli and cut into bite size pieces. Steam or boil in large pot until bright green or just crunchy-tender, then drain well, and cool. Peel and pit the avocado, cut into small cubes. Fold into broccoli. In a small bowl, whisk olive oil, lemon juice and mustard. Toss into broccoli and avocado.

FRUIT & RICE SALAD

Amount	Ingredient
¼ cup	pine nuts
1 cup	brown rice
2 TBSP	lemon juice
2 TBSP	oil
1 TBSP	chutney
2 TSP	curry powder
1 small	carrot, chopped
1 medium	apple, chopped
1 ½ cups	pineapple, chopped
1 small	red pepper, chopped
¼ cup	raisins, chopped
¼ cup	walnuts, chopped

Directions: Toast pine nuts on oven tray in moderate oven for about 5 minutes, cool. Add rice gradually to saucepan of boiling water, boil, uncovered for 30 minutes or until rice is tender, drain, rinse under cold water. Drain. Combine rice with all other ingredients and mix well.



RAINBOW COLESLAW

Amount	Ingredient
½ cup	cider vinegar
2 TBSP	granulated sugar
1 TSP	celery seed
½ TSP	salt
½ TSP	black pepper, ground
½ cup	vegetable oil
1 each	red, green, yellow pepper
1 pkg (454g)	coleslaw mix, or 8 cups shredded green cabbage

Directions:

In a large bowl, stir vinegar with sugar, celery seed, salt and pepper. Whisk in oil. Core and seed peppers, then slice in thin long strips. Place in bowl with dressing and add coleslaw mix. Toss to mix evenly. Salad will keep well for 3 days if covered and refrigerated.

INSTANT BANANA PUDDING

Amount	Ingredient
1 small	banana
½ cup	applesauce
2 TSP	plain yoghurt
½ TSP	cinnamon

Directions:

Mash the banana with a potato masher. Add the applesauce, yogurt and cinnamon. Serve immediately.

PIZZA QUESADILLAS

Amount	Ingredient
4	whole wheat tortillas
1 ¼ cups	mozzarella cheese, grated
½ cup	pasta sauce
6 slices	vegetarian pepperoni, cut to thin strips, or any vegetables
1 TBSP	olive oil

Directions:

Place tortillas on a flat surface. Use ¾ cup of the cheese to sprinkle on one half of each of the tortillas. Top the cheese on each tortilla with 2 tablespoons of

pizza/pasta sauce. Equally divide pepperoni and place pepperoni on top of sauce. Sprinkle last ½ cup of cheese on top of pepperoni on each of the tortillas. Fold tortilla over, pressing lightly. Having a small amount of cheese on both the bottom and top of the tortilla will help it remain closed once cheese is melted. Place olive oil in the bottom of a non stick skillet over medium heat. Place two quesadillas at a time in the skillet. Brown quesadillas lightly on each side. Allow to cool slightly and cut each quesadilla into 3-4 triangles.