

# **Company's Coming Vegan Salads**

*by Pamela Fay*

If you occasionally prepare meals for a vegan, you already understand the challenges of finding interesting recipes. Even a salad can be trying. For vegan preparation, you cannot freely toss in the items that make a salad more interesting to a carnivore, or even a vegetarian. Forget the grilled chicken breasts, bacon bits and anchovies. Step away from the blue cheese crumbles, garlic butter croutons, baked goat cheese and chopped eggs. Pile on the veggies... and make it good.

## **Kale Avocado Salad**

Tear a washed head of kale into bite-sized pieces. Dinosaur kale works well, but use whatever variety you prefer. Dump on top a nicely ripe peeled and pitted avocado, lemon juice, garlic, sea salt, and olive oil. With clean hands, massage the ingredients into the kale, softening it in the process. Using a teaspoon, seed a large tomato. Chop it and add to the salad. Serve immediately. Use organic ingredients for an amazingly fresh taste. The recipe serves two as a main meal and four as a side dish.

## **Kitchen Sink Veggie Salad**

Place a generous amount of salad greens in a large bowl. Add the following ingredients: chopped and seeded vine-ripened tomato, coarsely chopped avocado, sliced sweet onion rings, paper-thin sliced peeled cucumber, shredded carrots, oil cured dry black olives, thinly sliced jalapeno peppers, thinly sliced garlic, slivered Medjool dates (or any variety) and snipped dulse. Dulse is a seaweed that you can find in the Asian food section of gourmet stores and markets. Toss the salad. For the dressing, thin a quarter cup of sesame tahini with the juice of half an orange and a few splashes each of apple cider vinegar and olive oil. Add a bit of soy sauce to taste. This salad is very flavorful and needs very little dressing, so use it sparingly. Sprinkle nutritional yeast flakes over the top. Nutritional yeast looks and tastes somewhat like Parmesan cheese and you can find it in the bulk food section of your supermarket or health food store. Sesame tahini is available in Indian and Middle Eastern markets, as well as many health food stores. If you cannot find tahini or prefer a lighter dressing, toss the salad with a little olive oil, soy sauce or Bragg's liquid aminos, and a bit of orange or lemon juice.

## **Spanish Rice Salad**

Chop a head of cauliflower in your food processor until it resembles rice. Remove to a large bowl. In the processor, roughly chop half a sweet onion, a red bell pepper, one jalapeno, a handful of cilantro and a teaspoon each of sea salt, chili powder and paprika; pulse to dice. Add to the bowl. Mash together two ripe avocados, the juice of half a lemon and a quarter cup of olive oil. Toss with the ingredients in the bowl. Serve over a bed of organic salad greens. Add additional chopped avocado and two chopped tomatoes to the top. The recipe serves two hungry people or four as sides.

## **Taco Salad**

Soak a cup and a half of raw walnuts in water for about six hours or overnight. Combine the walnuts along with one and a half teaspoons of cumin, a teaspoon of chili powder, a

teaspoon of coriander, two teaspoons of soy sauce, a generous squirt of lime juice, a large spoonful of hot Asian chili paste, and a handful of cilantro. Pulse until the mixture resembles ground taco meat. Place salad greens, chopped tomato and diced onion on four plates. Top with shredded vegan cheese and a generous dollop of “taco meat.” Add vegan sour cream and salsa, if desired.