

Chef Sohum

21 Salads in

2021



Table of Contents

1. Apple, Basil, Walnut, and Tomato Salad with a Lemon-Mosambi Vinaigrette
2. Quinoa Salad with a Cilantro-Lime Sauce
3. Red Cabbage, Grape, and Pomegranate Salad
4. Roasted Pumpkin Salad with Corn, Apples, Walnuts and a Cranberry Tahini Glaze
5. Arugula and Quinoa Salad with Avocado, Red Pepper, Yellow Pepper, Spicy Almonds in a Lemon Vinaigrette
6. Guava, Red Cabbage, Cucumber, Spicy Peanuts, and Corn Salad with a Pomegranate-Guava Dressing
7. Watermelon, Arugula, Roasted Pecans, Feta with a Balsamic Glaze
8. Strawberry, Arugula, Roasted Walnuts, Parmesan with Basil Vinaigrette
9. Papaya, Green Cabbage, Cucumber, Tomatoes, Grated Coconut, Boiled Peanuts with a Thai Curry Dressing
10. Pomelo, Cucumber, Toasted Coconut, Roasted Peanuts, Sesame Seeds with a Lemongrass-Olive Oil Vinaigrette
11. Lettuce, Yellow Squash Ribbons, Whipped Lemon Zest Ricotta, Basil, Tomatoes, Walnuts
12. Ratatouille Confit Byaldi with Zucchini, Yellow Squash, and Tomatoes
13. Celery with Dates, Almonds, Parmesan
14. Cantaloupe, Arugula, Walnuts, Feta, Pistachios, Lemon-Dijon Dressing
15. Grilled Bell Pepper Carpaccio with a Basil Pesto Foam
16. Feta-Stuffed Falafel with Roasted Red Pepper Hummus
17. Spiced Bundi, Pomegranate, Tomato, Cucumber, Cilantro with Chikoo-Coconut Milk Sauce
18. Roasted Peppers Stuffed with Quinoa, Feta, Topped with Pink Guava and Avocado with Tomatillo Salsa
19. Roasted Masala Chickpeas, Purple Lettuce, Avocado, Cherry Tomatoes, and Lemon Juice
20. Strawberry, Feta, Purple Lettuce, Pecans, and Balsamic Vinaigrette
21. Coconut-Pineapple Sorbet with Guava and Pecans

RECIPE

1.

Apple, Basil, Walnut, and Tomato Salad with a Lemon- Mosambi Vinaigrette

Ingredients

- 2 Apples
- 1 Tomato
- 1 cup Fresh Basil Leaves
- 1 cup Walnuts
- 2 tablespoons Balsamic Vinegar
- 1 Lemon
- 2 Mosambi (can use oranges instead)
- 1 cup Olive Oil
- Salt
- Black Pepper
- Oregano

Preparation

1. Roast Walnuts on a pan over low-medium heat with 1 teaspoon of Olive Oil
2. While the Walnuts are roasting (~5 minutes) squeeze the juice of the Mosambi and Lemon into a bowl
3. Once the Walnuts are roasted, crush them into small pieces
4. Combine the Olive Oil and juice of the Mosambi and Lemon, and Balsamic Vinegar into a bowl
5. Blend using a hand blender until mustard yellow in color and add Salt, Black Pepper, and Oregano to taste
6. Chill dressing in the fridge for 10 - 20 minutes
7. Dice the Apples and Tomatoes when you are ready to serve
8. Combine the salad, walnuts, and dressing together and top with Basil Leaves

2.

Quinoa Salad with a Cilantro-Lime Sauce

Ingredients

- 1 cup Quinoa
- 2 cups Water
- ½ cup Kalamata olives (can use green spanish olives instead)
- 1 can Chickpeas (can use dry chickpeas instead)
- 2 Avocados (can use tomatoes instead)
- 1 bunch Cilantro
- 3 Limes
- 2 Jalapenos
- 1 cup Heavy cream (can also use milk or almond milk)
- Olive Oil
- Salt
- Black Pepper
- Cumin

Preparation

1. (If using dry chickpeas, soak overnight)
2. Add Quinoa to lightly salted, boiling water and add some Olive Oil to ensure Quinoa does not clump
3. While the Quinoa is cooking, make sure to stir often
4. Once the water is fully absorbed by the Quinoa, use a fork and its natural steam to fluff up the Quinoa
5. (If using canned Chickpeas) save the water (Aquafaba) that comes from the Chickpea can in a separate bowl
6. (If using dry chickpeas) cook soaked Chickpeas
7. After cutting Cilantro leaves and stems, dicing Jalapenos, and juicing 2 Limes, place ingredients in blender / food processor
8. Add 1 tablespoon Salt, 1 teaspoon Cumin, and lightly sprinkle some Black Pepper in the mixture
9. Boil Cream / Milk in a medium sized pot on medium heat, once it starts to boil take off heat and add to the Cilantro-Lime sauce in small portions so it does not curdle, continuously blend
10. (Skip if using dry chickpeas) In a separate chilled mixing bowl, pour chickpea water (aquafaba) in and mix using a hand-blender for 10 - 15 mins until it forms soft peak
11. Take ripe Avocado and dice, ensuring it retains its firm and firmness

-
12. Place diced Avocado in a bowl and add Lime juice, Salt, Black Pepper, and some Cumin, and lightly toss
 13. Halve the pitted Kalamata Olives and combine with the drained Chickpeas, and Quinoa
 14. (Skip if using dry chickpeas) Once the sauce has cooled, fold the whipped Aquafaba meringue into the sauce in thirds, ensuring it retains its soft peaks
 15. In a ramekin or small bowl, first place your quinoa salad into 3/4 of the bowl and top off with your diced Avocado
 16. Using a plate, cover the top of the bowl and flip over so the Avocado has now become your base, with your Quinoa salad resting on top
 17. Gently lift the bowl creating a typical tartare shape, and carefully place the light, sauce around the base of the salad, until you can no longer see the Avocado
 18. Lastly, feel free to use any remaining ingredients to decorate the top of your salad

3. Red Cabbage, Grape, and Pomegranate Salad

Ingredients

- 1 Red Cabbage
- 1 bunch Grapes
- 1 Pomegranate
- 2 Curry Leaves
- 2 Green Chillies
- 1 Lemon
- Mustard Seeds
- Olive Oil
- Salt
- Black Pepper

Preparation

1. Cut Red Cabbage into thin strips
2. Remove Pomegranate into a bowl and chill in the fridge
3. Halve and deseed Grapes
4. In a pan, place 1 tablespoon Olive Oil and on medium heat, add Mustard Seeds
5. Once the seeds start to crackle, add Curry Leaves, chopped Green Chillies, Red Cabbage, Salt and cook for 3 minutes
6. Turn of the stove and cover the pan
7. Once the Cabbage is al dente add in Pomegranates and Grapes
8. Mix well and add some Lemon juice and a sprinkle of Black Pepper

4. Roasted Pumpkin Salad with Corn, Apples, Walnuts, Parmesan Tuile and a Cranberry Tahini Glaze

Ingredients

- ½ Pumpkin
- 1 Corn
- 1 Apple
- 1 cup Walnuts
- 2 cups Cranberry Juice
- 2 cups Parmesan
- 1 Lemon
- 2 cups Tahini
- 4 tablespoons Nutrilite

- Olive Oil
- Salt
- Black Pepper
- Oregano
- Crushed Red Pepper

Preparation

1. **Remove Pumpkin Seeds and save in a bowl**
2. **Dice Pumpkin in to medium size chunks and cover with a generous amount of Olive Oil, and sprinkle Salt, Oregano, and Crushed Red Pepper**
3. **Bake in oven at 200 degrees Celsius for 20 mins**
4. **While the Pumpkin is baking, in a medium sized pan reduce the Cranberry Juice along with 1 - 2 tablespoons Lemon Juice over medium heat until ¼ the volume, make sure to continue mixing**
5. **Once reduced, let cool at room temperature, continuously stir**
6. **Once cool, mix in with tahini until it starts to thicken into a glaze, if it clumps loosen with chilled water added in portions**
7. **Remove Corn Kernels from fresh Corn and dice Apple**
8. **In a pan over low-medium heat, heat Nutrilite until it browns and add in diced Apple**
9. **Cook until Apple starts to become mushy**

-
10. Add in Corn Kernels and combine until Corn is coated in Butter Apple mixture, cook on low heat for 5 - 10 minutes, or until Corn is cooked
 11. Once the Pumpkin is ready, remove from oven and place Walnuts and reserved Pumpkin Seeds on oven tray instead
 12. Roast in oven for 5 minutes or until golden brown
 13. Once roasted, crush Walnuts into small pieces
 14. Finally, grate Parmesan and place a thin layer onto a skillet on medium heat in the shape of a filled circle
 15. Heat Parmesan for 10 minutes or until it starts to crisp up and bubbles, make sure to use a thin spatula or knife blade to loosen edges slightly so it's easy to remove from the pan
 16. This should form a Parmesan Tuile or Crisp that once golden brown can be removed and cooled at room temperature
 17. Plate the salad by placing the glaze on the bottom and adding the Pumpkin and Corn on top along with the Walnuts and Pumpkin Seeds on the side, top with the Parmesan Tuile

5. Arugula, Quinoa, Avocado, Red Pepper, Yellow Pepper, Spicy Almonds with a Lemon Vinaigrette

Ingredients

- 1 cup Quinoa
- 1 cup Arugula
- 2 Avocados
- 1 Red Pepper
- 1 Yellow Pepper
- 1 cup Almonds
- 3 Lemons
- ½ cup Olive Oil
- Salt

- Sugar Gold
- Black Pepper
- Oregano
- Crushed Red Pepper

Preparation

1. Add Quinoa to lightly salted, boiling water and add some Olive Oil to ensure Quinoa does not clump
2. While the Quinoa is cooking, make sure to stir often
3. Once the water is fully absorbed by the Quinoa, use a fork and its natural steam to fluff up the Quinoa
4. Roast Almonds on a pan over medium heat and cover in Chile Limon powder with a little Lemon juice (can use Paprika and Lemon juice)
5. Dice Red and Yellow Peppers and combine with the remaining parts of the salad and add thin slices of Avocado on top with a sprinkle of Black Pepper and Salt
6. For the dressing, use a hand blender to mix Olive Oil and Lemon juice along with Spices and pinch of Sugar Gold to balance the bitterness (optional: add a splash of Balsamic Vinegar)

6. Guava, Red Cabbage, Cucumber, Spicy Peanut, and Corn Salad with a Pomegranate- Guava Dressing

Ingredients

- 2 Guavas
- 1 Red Cabbage
- 1 Cucumber
- 1 cup Peanuts
- 1 Corn
- 1 Pomegranate
- 1 Lemon

- Salt
- Sugar Gold
- Red Mirchi Powder
- Olive Oil

Preparation

1. Cook Peanuts in an Instant Pot
2. Remove the peel of one ripe Guava and place in a blender along with the seeds of one ripe Pomegranate. Blend until smooth and sprinkle Sugar Gold until sweetness comes forward.
3. Strain seeds out to have a silky mixture and place in the fridge to thicken.
4. Cut Red Cabbage into small strands and cook in a medium pan over low to medium heat with 1 teaspoon Olive Oil and a pinch of Salt
5. Once cooked, remove from pan and add in fresh Corn kernels, sauté until the Corn is cooked but still retains some crunch
6. Finely dice remaining slightly under ripe Guava and mix with Peanuts, coat both with Indian Red Mirchi powder, Lemon juice, and a pinch of Salt
7. Plate with cooked Red Cabbage and Corn on the bottom covered with the Spiced Guava and Peanut mixture and top off with some Cucumber cut in ribbons, keep dressing on the side

7. Watermelon, Arugula, Roasted Pecans, Feta with a Balsamic Glaze

Ingredients

- 1 Watermelon
- 1 lb. Arugula
- 1 cup Pecans
- 1 cup Feta
- ¼ cup Balsamic Vinaigrette
- Salt
- Black Pepper

Preparation

1. Dice Watermelon into large cubes
2. Grill Watermelon directly over a medium-high flame or on a medium saucepan until the outside is slightly charred and sprinkle Salt and Black Pepper
3. Roast Pecans in a small saucepan or in an oven until lightly toasted and crush roughly
4. Chop Feta blocks until it is crumbled
5. Heat Balsamic Vinaigrette in a small saucepan until it reduces in volume by half
6. Mix ingredients together and pour glaze over the watermelon

8. Strawberry, Arugula, Roasted Walnuts, Parmesan with Basil Vinaigrette

Ingredients

- 4 cups Strawberries
- 2 cups Arugula
- 1 cup Walnuts
- 1 cup Parmesan
- ¼ cup Balsamic Vinaigrette

Preparation

1. Slice Strawberries in half lengthwise
2. Roast Walnuts in a small saucepan over medium heat or in an oven until lightly toasted
3. Peel thin strips of Parmesan and mix with the remaining ingredients including Arugula (thoroughly washed), add Balsamic to taste

9. Papaya, Green Cabbage, Cucumber, Tomatoes, Grated Coconut, Boiled Peanuts with a Thai Curry Dressing

Ingredients

- 1 Papaya
- 1 Green Cabbage
- 1 Cucumber
- 2 Plum Tomatoes
- 1 pkg. Coconut Milk
- 1 cup Peanuts
- 1 cup Coconut Milk

- 2 Lemons
- 4 tbsp. Sambal
- 4 tbsp. Soy Sauce
- Olive Oil
- Salt
- Black Pepper
- Crushed Red Pepper

Preparation

1. **Dice Papaya into medium cubes**
2. **Cut Green Cabbage into thin strips, and cook in a medium saucepan in Olive Oil with a few sprinkles of Salt, cover with a lid after cooking for ~5 mins**
3. **Blend Coconut Milk with Sambal, juice of 2 Lemons, Soy Sauce, and spices to taste**
4. **Once blended, reduce on a medium saucepan over medium heat until half in volume**
5. **Dice Tomatoes and cut Cucumbers into thin slices, mix with boiled or roasted Peanuts, Papaya over a base of Green Cabbage**
6. **Grate Coconut on top of the salad to plate and add any spices to taste, serve alongside Thai Curry dressing (can be served chilled or warm)**

10. Pomelo, Cucumber, Toasted Coconut, Roasted Peanuts, Sesame Seeds with a Lemongrass- Olive Oil Vinaigrette

Ingredients

- 1 Pomelo
- 1 Cucumber
- 1 Coconut
- 1 cup Peanuts
- ¼ cup Sesame

- 1 cup Lemongrass
- Olive Oil
- Balsamic Vinegar
- Salt
- Black Pepper
- Crushed Red Pepper
- Oregano

Preparation

1. Steep dried Lemongrass in Olive Oil on a medium saucepan over low heat covered with a lid for at least 15 mins
2. Open, extract, and separate Pomelo kernels
3. Lightly toast thin Coconut copra slices, Peanuts and Sesame seeds in a medium saucepan over low-medium heat until golden brown
4. Cut Cucumber into thin slices
5. Emulsify Lemongrass-Olive Oil with 2 splashes of Balsamic Vinegar along with spices to taste using a hand blender until light yellow in color
6. Mix together ingredients and serve

11. Lettuce, Yellow Squash Ribbons, Whipped Lemon Zest Ricotta, Basil, Tomatoes, Walnuts

Ingredients

- 1 Iceberg Lettuce
- 1 Yellow Squash
- 2 cups Ricotta
- 2 Lemons
- 1 cup Basil
- 1 Tomato
- 1 cup Walnuts
- Olive Oil
- Salt
- Vinegar

- Black Pepper

Preparation

1. Cut Yellow Squash lengthwise in thin ribbons (use Mandolin if available) and grill in a medium saucepan over low-medium heat with a drizzle of Olive Oil and Salt to taste until the Squash turns golden brown, dust in Black Pepper
2. Zest Lemons and finely chop Basil, mix together so Basil essence is extracted
3. Whip the Ricotta with the Lemon zest and finely chopped Basil until light and fluffy, place in the fridge
4. Dice Tomatoes and pull apart several large Lettuce leaves
5. Remove excess water from Lettuce by sprinkling some Salt
6. Once the water is removed, soak the Lettuce in a few splashes of Lettuce before placing it on a hot saucepan over high heat for 2 minutes.
7. Roast Walnuts in an oven or stove until golden brown, and then crush
8. Plate salad with a base of the warm Lettuce, Squash and Ricotta in the center with a drizzle of Olive Oil on top, with diced Tomatoes and roasted Walnuts on top

12.

Ratatouille Confit Byaldi with Zucchini, Yellow Squash, and Tomatoes

Ingredients

- 2 Zucchini
- 2 Yellow Squash
- 8 Tomatoes
- 2 Red Peppers
- Olive Oil
- Salt
- Black Pepper
- Crushed Red Pepper
- Oregano

Preparation

1. Boil water and blanch tomatoes (make sure you score them before blanching) for ~60 seconds and then place them in a bowl of ice water
2. Peel the skin off of the blanched tomatoes and cut them into thin slices
3. Using a Mandolin or sharp knife, cut Zucchini and Yellow Squash into thin slices (~2 mm)
4. Reserve scraps and add Red Peppers along with Olive Oil and spices to a large saucepan over low-medium heat, cook until the vegetables are jammy
5. Place the jammy vegetables into a blender and blend along with more Olive Oil and salt until smooth
6. Once the sauce is ready, coat the bottom of a oven-safe pan the sauce and start to lay the sliced Tomatoes, Yellow Squash, and Zucchini into a layer of shingles spiral shingles in a certain repeatable pattern
7. Once the entire pan is organized with the shingles, generously drizzle Olive Oil along with a sprinkle of Salt and cover with parchment paper or aluminum foil
8. Bake at 150 degrees Celsius for ~90 mins
9. Once baked serve with additional sauce as needed

13. Celery with Dates, Almonds, Parmesan

Ingredients

- 1 Celery
- 1 cup Pitted Dates
- ½ cup shaved Parmesan
- 1 cup Almonds
- ¼ cup Olive Oil
- 1 Lemon
- Salt
- Black Pepper
- Crushed Red Pepper

Preparation

1. Toast almonds in the oven or on a medium saucepan over medium heat, and chop into smaller bite-sized pieces
2. Separate Celery from its leaves and cut diagonally into diamonds
3. Coarsely chop Dates
4. Arrange all remaining ingredients along with a cup of the Celery leaves and mix in Lemon juice along with Olive Oil and spices to taste

14.

Cantaloupe, Arugula, Walnuts, Feta, Pistachios, Lemon-Dijon Dressing

Ingredients

- 1 Cantaloupe
- 2 cups Arugula
- 1 cup Walnuts
- ½ cup Feta
- ½ cup Pistachios
- 2 Lemons
- 6 tbsp. Dijon Mustard
- ¼ cup White Vinegar
- ½ cup Olive Oil
- Salt
- Black Pepper
- Crushed Red Pepper
- Oregano

Preparation

1. Cut Cantaloupe into medium sized cubes
2. Roast walnuts in an oven or on a medium saucepan
3. Chop feta cubes so it crumbles
4. Mix juice of Lemons, Dijon Mustard, White Vinegar, Olive Oil along with spices to taste using a hand blender
5. Mix all ingredients together

15.

Grilled Bell Pepper Carpaccio with a Basil Pesto Foam

Ingredients

- 1 can Chickpeas
- 2 Red Pepper
- 2 Green Pepper
- 2 Yellow Pepper
- 2 Purple Pepper
- 1 bunch Basil
- Olive Oil
- Salt
- Black Pepper
- Crushed Red Pepper
- Oregano

Preparation

1. **To make Aquafaba: Remove Chickpea water from can and whip using a stand mixer for 15 minutes on high until it whips into a meringue (if you don't have canned Chickpeas, soak Chickpeas overnight and then cook in a pot of boiling water for 30 mins on low heat, remove the water and let it settle for 45 mins, and then reduce again in a medium saucepan until it becomes viscous)**
2. **Thinly slice all Peppers and lightly coat in Olive Oil along with spices to taste, and bake or grill in an oven**
3. **Blend the Basil into a pesto along with spices and Olive Oil and then gently fold into the Aquafaba meringue to make the Basil Pesto foam**
4. **Arrange the sliced Peppers into a Carpaccio and then serve alongside the foam**

16.

Feta-Stuffed Falafel with Roasted Red Pepper Hummus

Ingredients

- 2 cups Chickpeas
- ½ cup Feta
- 1 cup Parsley or Celery leaves
- 1 cup Cilantro
- 2 Red Peppers
- 3 Lemons
- 1 Iceberg Lettuce
- 2 Tomatoes
- 1 cup Spanish Olives
- All Purpose Flour
- Tahini
- Vegetable Oil
- Olive Oil
- Salt
- Black Pepper
- Crushed Red Pepper

- Paprika
- Cumin
- Coriander
- Baking Soda

Preparation

1. Soak Chickpeas in cold water overnight
2. Drain Chickpeas and blend 1 cup in a blender or food processor along with chopped Parsley or Celery leaves, Cilantro, juice of 1 Lemon, a dusting of All-Purpose Flour, a pinch of Cumin, Coriander, Salt, Paprika, Black Pepper, and ½ teaspoon of Baking soda
3. Make sure the Falafel is ground but not like a paste
4. Form into a ball and add in small amounts of Flour if too soft and falling apart
5. Add in 1 cube of Feta inside the Falafel ball
6. Fry in a pot of vegetable oil (don't need to add to much) over medium heat
7. Remove the Falafel once it is dark brown and remove excess oil using a paper towel
8. While the Falafel is resting, roast the Red Peppers in the oven with some Olive Oil and Salt for 10 - 12 mins
9. Once tender to the touch, blend the Red Peppers, remaining Chickpeas along with ½ cup Tahini
10. Continue to add more Tahini as needed based on the flavor and texture

-
11. Add in the juice of the remaining Lemons along with Salt and Crushed Red Pepper to taste
 12. Plate the Falafel with the Hummus along with chopped Lettuce, diced Tomatoes, and Spanish Olives

17. Spiced Bundi, Pomegranate, Tomato, Cucumber, Cilantro with Chikoo- Coconut Milk Sauce

Ingredients

- 1 cup Bundi
- 2 Pomegranate
- 1 Tomato
- 1 Cucumber
- 1 bunch Cilantro
- 4 Chikoo
- 1 box Coconut Milk
- 1 Lemon
- Chili Lime Spice
- Salt

- Sugar Free

Preparation

1. Coat Bundi in Chili Lime Spice along with some Lemon juice and Salt.
2. Mix together with diced Tomatoes, sliced Cucumbers, Pomegranate Seeds, along with Cilantro leaves.
3. Reduce Chikoo in a medium pan under low-medium heat, along with Coconut Milk, until Chikoo is fully cooked down.
4. Strain sauce and cool, add Sugar Free to taste, and serve alongside salad

18. Roasted Peppers Stuffed with Quinoa, Feta, Topped with Pink Guava and Avocado with Tomatillo Salsa

Ingredients

- 4 Multi-colored Bell Peppers
- 1 cup Quinoa
- ½ cup Crumbled Feta
- 2 Pink Guavas
- 1 Avocado
- 6 Tomatillos
- 4 Green Chillies

- Jalapenos
- 3 Lemon
- Salt
- Black Pepper
- Crushed Red Pepper
- Oregano
- Olive Oil

Preparation

1. Roast Bell Peppers with tops removed in an oven for 15 mins at 200 degrees Celsius covered in Olive Oil and a generous sprinkle of Salt
2. Cook Quinoa in 2 cups of water along with spices, once boiling, lower the flame to its lowest level and cover the pot with a lid to finish cooking the Quinoa until it is fluffy
3. Once the Bell Peppers are roasted, mix the Quinoa with Crumbled Feta and top off the Stuffed Peppers with thinly sliced Pink Guava and Avocado with some Lemon juice and a sprinkle of Black Pepper
4. To make the Tomatillo Salsa, blanch the Tomatillos and blend along with Green Chillies, the remaining Lemon juice, Salt and Black Pepper to taste; cool in the fridge before serving

19. Roasted Masala Chickpeas, Purple Lettuce, Avocado, Cherry Tomatoes, Basil, and Lemon Juice

Ingredients

- 1 cup Roasted Masala Chickpeas
- 1 bunch Purple Lettuce
- 1 Avocado
- 1 cup Cherry Tomatoes

- 1 Lemon
- 1 cup Basil
- Olive Oil
- Oregano
- Salt
- Black Pepper
- Crushed Red Pepper

Preparation

1. **Slice Cherry Tomatoes in half and coat in Olive Oil with all spices to taste, along with Basil.**
2. **Mix all ingredients together, along with sliced Avocados, and toss in juice of 1 Lemon along with Salt and Pepper to taste.**

20. Strawberry, Feta, Purple Lettuce, Pecans, and Balsamic Vinaigrette

Ingredients

- 2 cups Strawberries
- ½ cup Crumbled Feta
- 1 bunch Purple Lettuce
- ½ cup Pecans
- 4 Tablespoons of Balsamic Vinaigrette

Preparation

1. Roast Pecans on a small pan on an induction plate.
2. Slice Strawberries and mix all ingredients together.

21.

**Not really a
salad, salad.**

Coconut- Pineapple Sorbet with Guava and Pecans

Ingredients

- 1 can Pineapple
- 1 box Coconut Milk
- 1 Lemon
- ½ cup Pecans
- 1 Pink Guava
- Sugar Free

Preparation

1. Drain canned Pineapple, rinse under hot water to remove excess sugars.
2. Blend Pineapple and 1 tablespoon Lemon juice until smooth in consistency.
3. Add in ½ box of Coconut Milk along with Sugar Free to taste.
4. Place in the freezer for 3 hours at minimum and serve with sliced Pink Guava and roasted Pecans.