

LET'S GET STARTED

Do you want to feel energized, be more productive and nurture a positive outlook on life? Then it's time to transform your diet! Healthy eating is key to feeling terrific and reducing your risk of getting sick. Throughout this guide, we focus on resources and recipes that make eating a diet full of healthy plant food both easier and tastier! We start our journey by emphasizing the ever-versatile salad, which can be a great way to begin a meal or be a wonderful, complete meal on its own! With these unique recipes and tips, we hope you'll see salad in a fresh, new light!

Why Fruits and Vegetables?

There is no way to deny it – fruits and veggies are our life preservers! They produce the most bang for your buck when it comes to health! Most Americans eat significantly less than the recommended amount of fruits and vegetables. For best health, adults should shoot for at least 3 cups of vegetables a day and 2 cups of fruit. Kids benefit from a diet rich in fruits and vegetables as well – page 165 shows recommendations for kids.

- Fruit and veggies help lower your risk of heart disease, high blood pressure, Type II Diabetes and cancer.
- Fruit and veggies help you maintain a healthy body weight and healthy digestive system.
- They are full of disease-fighting vitamins, minerals and antioxidants.
- They are a perfect natural snack: convenient, easy to eat, low in calories and loaded with fiber to keep you full.
- They are delicious, nutritious and fun to eat!



Healthy Eating Benefits the Whole Family

Good nutrition is absolutely critical for the healthy development of children (starting in pregnancy) and for lifelong well-being in adults. The Dietary Guidelines for Americans 2015-2020 recommends that children ages 2 and older and all adults follow a healthy eating plan that includes an abundance of fruits and vegetables, whole grains, lean protein (plenty from plant sources), healthy fats and low-fat calcium sources.

Unfortunately, rather than consuming these healthful foods, Americans often fill up on excessive amounts of fatty, salty and sugary processed foods. This leads to higher rates of obesity, heart disease, stroke, diabetes and cancer.

Well balanced nutrition not only contributes to young children's growth, but affects their brain development as well. Children who consume unhealthy, low-nutrition foods may have trouble concentrating, become easily fatigued or irritable, and face difficulties in learning. This can lead to behavioral and social problems. In contrast, children that eat a healthy diet are better able to cope with stress, regulate their emotions, grow stronger, stay well and succeed in school.

To give children a foundation for success, provide your family with a diet that is rich in fruits and vegetables and lower in processed foods. Our HEALing Kitchen will help you in this process by providing tips, techniques, and recipes that will enable you to prepare wholesome foods.

A NOTE ABOUT OUR RECIPES

Throughout this book, you will see symbols alongside certain recipes indicating that they are vegan, gluten free, or can be modified to be made this way.



Vegan: Contains no meat or animal products



Gluten Free: Contains no gluten (protein found in certain grains, especially wheat)



Modifiable: Can be modified to be made gluten free or vegan (modification option shown in ingredient list)



Leafy Greens

Dark, leafy greens pack a punch when it comes to nutrition. They are strong disease fighters! Try to include 1-2 cups of leafy greens in your daily diet as this is one of the easiest ways to protect your health.

However, not all greens are created equal! The most nutritious varieties include dark green or red leaf lettuce, spinach, kale, radicchio, romaine, Swiss chard, mustard greens, and deep colored salad mixes such as spring mix. The iceberg lettuce you commonly see in restaurants and many people's shopping carts, is very low in nutrition.

Check out the chart below to learn the flavor profile of various salad greens. There are loads of great greens, making it easy to be adventurous with your salads! Shortly, we will consider other ways to make salad more exciting with healthy toppings, homemade dressings, and unique combinations!



Meet the Greens

- **ARUGULA:** also called "rocket"; peppery and spicy
- **BELGIAN ENDIVE:** bitter and crunchy
- **BIBB LETTUCE:** mild and sweet
- **BOSTON LETTUCE:** buttery, very soft leaves
- **COLLARD GREENS:** mild and sweet
- **DANDELION GREENS:** nice and bitter
- **ENDIVE:** sweet, bitter, and crunchy
- **FRISÉE:** slightly sweet, slightly bitter
- **GREEN OAK-LEAF LETTUCE:** mild and slightly grassy
- **GREEN CHARD:** zesty and hearty
- **ICEBERG LETTUCE:** crisp, mild, though not high in nutrition
- **KALE:** mild with slight cabbage flavor
- **MÂCHE** (also called lambs lettuce, corn salad): sweet, creamy and nutty
- **MIZUNA:** mustardy Japanese green
- **MUSTARD GREENS:** crunchy, slightly bitter and cabbagey
- **RADICCHIO:** beautiful deep red color; bitter and slightly peppery
- **RED CHARD** (and beet greens): slightly sweet and grassy
- **RED OAK-LEAF LETTUCE:** mild and slightly nutty
- **ROMAINE LETTUCE:** very crunchy, slightly sweet and slightly bitter
- **SPINACH:** zesty and hearty
- **WATERCRESS:** peppery, spicy, great with citrus fruit

How to Spruce Up Your Salad

FRESH FRUIT

Grapes, berries, sliced or diced apples, pears, peaches, nectarines, kiwi, mango, tangerines, oranges, grapefruit, and clementines

DRIED FRUIT

Apricots, raisins, currants, cherries, figs, and dates

COOKED AND COOLED VEGETABLES

Green beans, peas, asparagus, corn, cauliflower, and broccoli

FRESH HERBS

Cilantro, basil, parsley, dill, chives, or mint

COOKED, COOLED, AND SLICED POTATOES

TOMATOES

Any kind: cherry, beefsteak, plum, yellow

RAW VEGETABLES

Sliced or diced cucumbers, mushrooms, carrots, bell peppers, jicama, radishes, celery, and fennel

GRATED RAW CARROTS OR BEETS

SPROUTS

Especially nice peppery ones like broccoli or radish sprouts

PICKLED BEETS

ROASTED PEPPERS

OLIVES

Black or green

THINLY SLICED ONIONS

Especially sweet ones like Bermuda, Walla Walla, or Vidalia

CHEESES

Almost any crumbled or grated, including feta, Parmesan, cheddar, blue, Brie, and goat

PROTEIN

Marinated chicken, beef, fish, shrimp, or tofu

COOKED BEANS

Black, white, garbanzo, red kidney, and pinto

TOASTED NUTS OR SEEDS





12 SIMPLE SALADS FOR FALL

Fall fruits and vegetables are heartier than summer produce, so they can be roasted and caramelized for healthy, flavorful salads that will keep you warm all season long.

SALAD KEY		1		2		3												
DRESSING		BALSAMIC VINAIGRETTE		BALSAMIC VINAIGRETTE		BALSAMIC VINAIGRETTE												
BASE		MIXED GREENS		BABY SPINACH		ARUGULA												
INGREDIENTS		PEAR, GORGONZOLA, WALNUTS		CLEMENTINES, APPLE, PECANS		ROASTED BEETS, COOKED LENTILS, GOAT CHEESE, WALNUTS												
BASIC VINAIGRETTE	<ul style="list-style-type: none"> 1 ½ tsp vinegar (balsamic, apple cider, sherry, red wine) 2 tsp Dijon mustard 2 tsp sweetener (jam, sugar, honey, maple syrup) 2 tsp oil (cooking, avocado, grapeseed, olive) Salt and pepper 	ASIAN VINAIGRETTE	<ul style="list-style-type: none"> 1 clove garlic, crushed 2 ¼ tsp soy sauce 2 ¼ tsp rice vinegar ½ tsp brown sugar ½ tsp toasted sesame oil 2 ½ tsp oil 	LEMON YOGURT DRESSING	<ul style="list-style-type: none"> 1 clove garlic, crushed 2 tsp lemon juice 1 tsp Dijon mustard 2 tsp yogurt 2 tsp oil Salt and pepper 	CITRUS VINAIGRETTE	<ul style="list-style-type: none"> ¼ bulb shallot, minced 2 tsp citrus juice (orange, lemon, lime, grapefruit) 1 tsp red wine vinegar 1 tsp Dijon mustard 1 tsp honey 3 tsp oil Salt and pepper 	SPICED VINAIGRETTE	<ul style="list-style-type: none"> ½ tsp spices (paprika, cumin, coriander) 2 tsp red wine vinegar 2 tsp Dijon mustard 1 tsp honey 2 tsp oil Salt and pepper 	4	5	6	7	8	9	10	11	12
Balsamic Vinaigrette	Balsamic - Apple Cider Vinaigrette	Balsamic - Apple Cider Vinaigrette	Balsamic - Apple Cider Vinaigrette	Sherry Vinaigrette	Red Wine Vinaigrette	Red Wine Vinaigrette	Asian Vinaigrette	Lemon Yogurt Dressing	Spiced Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette		
Baby Spinach	Kale	Kale	Kale	Mixed Greens	Mixed Greens	Mixed Greens	Butter Lettuce	Endive	Romaine Lettuce	Baby Spinach	Baby Spinach	Arugula	Arugula	Arugula	Arugula	Arugula		
Roasted Butternut Squash, Apple, Walnuts	Roasted Root Vegetables (Turnips, Kohlrabi, Parsnips, Rutabaga), Cooked Lentils, Goat Cheese	Pear, Golden Raisins, Almonds, Croutons	Pear, Golden Raisins, Almonds, Croutons	Roasted Delicata Squash, Figs, Prosciutto	Dried Cherries, Red Onions, Pumpkin Seeds	Apple, Radishes, Pecans	Roasted Tofu, Apple, Dried Cranberries, Sunflower Seeds	Apple, Green Grapes, Chopped Pecans	Mushrooms, Green Olives, Tomatoes, Avocado, Cilantro	Clementines, Apple, Pecans	Clementines, Apple, Pecans	Roasted Beets, Cooked Lentils, Goat Cheese, Walnuts	Roasted Beets, Cooked Lentils, Goat Cheese, Walnuts	Roasted Beets, Cooked Lentils, Goat Cheese, Walnuts	Roasted Beets, Cooked Lentils, Goat Cheese, Walnuts	Roasted Beets, Cooked Lentils, Goat Cheese, Walnuts	Roasted Beets, Cooked Lentils, Goat Cheese, Walnuts	



14 SIMPLE SALADS FOR WINTER







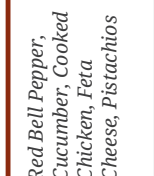
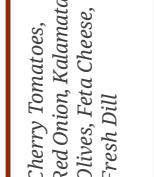



There may not be as much fresh produce in the winter, but salads can be brightened up with crunchy vegetables and sweet and tart citrus fruits.

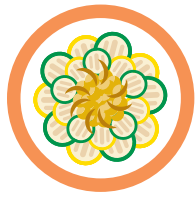
SALAD KEY		DRESSING		BASE		INGREDIENTS																							
BASIC VINAIGRETTE	1 ½ tsp vinegar (balsamic, apple cider, sherry, red wine) 2 tsp Dijon mustard 2 tsp sweetener (jam, sugar, honey, maple syrup) 2 tsp oil (cooking, avocado, grapeseed, olive) Salt and pepper	SPICED VINAIGRETTE	½ tsp spices (paprika, cumin, coriander) 2 tsp red wine vinegar 2 tsp Dijon mustard 1 tsp honey 2 tsp oil Salt and pepper	CITRUS VINAIGRETTE	¼ bulb shallot, minced 2 tsp citrus juice (orange, lemon, lime, grapefruit) 1 tsp red wine vinegar 1 tsp Dijon mustard 1 tsp honey 3 tsp oil Salt and pepper	LEMON YOGURT DRESSING	1 clove garlic, crushed 2 tsp lemon juice 1 tsp Dijon mustard 2 tsp yogurt 2 tsp oil Salt and pepper	ASIAN VINAIGRETTE	1 clove garlic, crushed 2 ¼ tsp soy sauce 2 ¼ tsp rice vinegar ½ tsp brown sugar ½ tsp toasted sesame oil 2 ½ tsp oil	5		6		7		8		9		10		11		12		13		14	
1		2		3		4																							



11 SIMPLE SALADS FOR SPRING

With spring time comes fresh vegetables from the market, and the best way to experience their flavors is to keep these salads light and simple.

SALAD KEY		1	2	3
DRESSING				
BASE				
INGREDIENTS				
BASIC VINAIGRETTE	<ul style="list-style-type: none"> 1 ½ tsp vinegar (balsamic, apple cider, sherry, red wine) 2 tsp Dijon mustard 2 tsp sweetener (jam, sugar, honey, maple syrup) 2 tsp oil (cooking, avocado, grapeseed, olive) 	ASIAN VINAIGRETTE	LEMON YOGURT DRESSING	SPICED VINAIGRETTE
<ul style="list-style-type: none"> 1 clove garlic, crushed 2 ¼ tsp soy sauce 2 ¼ tsp rice vinegar ½ tsp brown sugar ½ tsp toasted sesame oil 2 ½ tsp oil 	<ul style="list-style-type: none"> 1 clove garlic, crushed 2 tsp lemon juice 1 tsp Dijon mustard 2 tsp yogurt 2 tsp oil 	<ul style="list-style-type: none"> ½ bulb shallot, minced 2 tsp citrus juice (orange, lemon, lime, grapefruit) 1 tsp red wine vinegar 1 tsp Dijon mustard 1 tsp honey 2 tsp oil 	<ul style="list-style-type: none"> ½ tsp spices (paprika, cumin, coriander) 2 tsp red wine vinegar 2 tsp Dijon mustard 1 tsp honey 2 tsp oil 	<ul style="list-style-type: none"> Red Wine Vinaigrette Butter Lettuce Shallot, Citrus (Orange, Grapefruit), Avocado
4		5	6	7
<ul style="list-style-type: none"> Red Wine Vinaigrette Mixed Greens Tomatoes, Cucumbers, Croutons 	<ul style="list-style-type: none"> Asian Vinaigrette Green Leaf Lettuce Jicama, Shredded Carrot, Cherry Tomatoes, Cilantro 	<ul style="list-style-type: none"> Asian Vinaigrette Romaine Lettuce Shredded Carrot, Bell Pepper, Bean Sprouts, Fresh Mint Leaves, Peanuts 	<ul style="list-style-type: none"> Lemon Yogurt Dressing Romaine Lettuce Sliced Turkey, Avocado, Tomato, Bacon, Hard-Boiled Eggs, Bleu Cheese 	<ul style="list-style-type: none"> Asian Vinaigrette Kale, Shredded Cabbage Shredded Carrot, Red Bell Pepper, Peas, Green Onions
8		9	10	11
<ul style="list-style-type: none"> Orange Vinaigrette Mixed Greens Rotisserie Chicken, Blueberries, Avocado, Feta Cheese 	<ul style="list-style-type: none"> Orange Vinaigrette Mixed Greens Rotisserie Chicken, Blueberries, Avocado, Feta Cheese 	<ul style="list-style-type: none"> Spiced Vinaigrette Roasted Cauliflower Garlic, White Beans, Green Olives, Lemon Zest 	<ul style="list-style-type: none"> Spiced Vinaigrette Sautéed Vegetables (Asparagus, Sugar Snap Peas) Black Beans, Avocado, Shredded Mexican Cheese, Cilantro 	<ul style="list-style-type: none"> Spiced Vinaigrette Sautéed Vegetables (Asparagus, Sugar Snap Peas) Black Beans, Avocado, Shredded Mexican Cheese, Cilantro



13 SIMPLE SALADS FOR SUMMER

Summertime meals call for quick cooking and meals that are refreshing yet hearty. Take advantage of the summer bounty and serve these salads with grilled meats or as the main course.

SALAD KEY		1		2		3		4	
DRESSING		Balsamic Vinaigrette		Balsamic Vinaigrette		Balsamic Vinaigrette		Sherry Vinaigrette	
BASE		Arugula		Mixed Greens		Arugula		Mixed Greens	
INGREDIENTS		Tomatoes, Fresh Mozzarella, Fresh Basil		Blueberries, Gorgonzola Cheese, Walnuts		Strawberries, Fennel, Almonds		Peach, Corn, Cooked Farro, Goat Cheese, Fresh Basil, Almonds	
BASIC VINAIGRETTE	1 ½ tsp vinegar (balsamic, apple cider, sherry, red wine) 2 tsp Dijon mustard	ASIAN VINAIGRETTE	1 clove garlic, crushed 2 ¼ tsp soy sauce 2 ¼ tsp rice vinegar ½ tsp brown sugar ½ tsp toasted sesame oil 2 ½ tsp oil	LEMON YOGURT DRESSING	1 clove garlic, crushed 2 tsp lemon juice 1 tsp Dijon mustard 2 tsp yogurt 2 tsp oil Salt and pepper	CITRUS VINAIGRETTE	¼ bulb shallot, minced 2 tsp citrus juice (orange, lemon, lime, grapefruit) 1 tsp red wine vinegar 1 tsp Dijon mustard 1 tsp honey 3 tsp oil Salt and pepper	SPICED VINAIGRETTE	½ tsp spices (paprika, cumin, coriander) 2 tsp red wine vinegar 2 tsp Dijon mustard 1 tsp honey 2 tsp oil Salt and pepper
5		6		7		8		9	
10		11		12		13			

Salad Dressing 101



step 1
Start with
about 1/2
cup oil



olive oil

sesame oil

peanut oil

walnut oil

avocado oil

grapeseed oil

step 2
Whisk in
1/4 cup
acidic
juice or
vinegar



lemon



balsamic



champagne



orange



rice

mustard

honey

jam

ginger

step 3
Sprinkle
in flavor
enhancers



garlic & shallot



sriracha



tahini



fresh herb



soy sauce

COOKING FORMULA FOR A SIMPLE VINAIGRETTE

There's no need for store bought dressings full of preservatives when it's so easy to make your own salad vinaigrette with our easy cooking formula.



OILS	ACIDS	OTHER FLAVORS
Olive oil	Vinegar <i>(e.g., sherry, red wine, balsamic, rice)</i>	Mustard
Grape seed oil	Lemon juice	Jam / preserves
Sesame oil		Herbs <i>(e.g. parsley, basil)</i>
Nut oils		Garlic
Avocado oil		Shallots
		Ginger
		Soy sauce
		Tahini
		Spices
+ STANDARD SEASONING		
Preferred sweetener <i>(If there isn't one already.) This is used to balance out the tartness of acids.</i>		
Salt & pepper		

3 GREAT VINAIGRETTES MAKE ~1/4 CUP

SWEET

- 2 tsp jam
- 1 1/2 Tbsp balsamic vinegar
- 3 Tbsp olive oil
- Salt & pepper

FRENCH

- 1 minced garlic clove
- 2 tsp Dijon mustard
- 1 1/2 Tbsp red wine or sherry vinegar
- 3 Tbsp olive oil
- Salt & pepper

ASIAN

- 1 garlic clove, minced
- 2 tsp soy sauce
- 1 Tbsp rice vinegar
- 3 Tbsp vegetable oil
- Salt & pepper

GOES GREAT ON



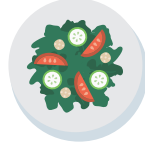
Apples, pecans, blue cheese, and spinach



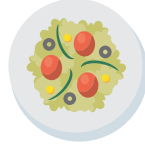
Strawberries, almonds, goat cheese, and arugula



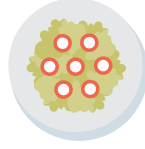
Roasted beets, walnuts, and baby kale



Cucumbers, tomatoes, and red leaf lettuce



Tuna, olives, corn, green beans, cherry tomatoes, and butter lettuce



Radishes and butter lettuce



Rotisserie chicken, red peppers, carrots, cabbage, peanuts, and romaine lettuce



Mushrooms, cucumbers, tomatoes, and spinach



Oranges, edamame, celery, and spinach

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