

ARUGULA SALAD

INGREDIENTS

Walnut Topping

1 cup walnuts 1/2 cup pure maple syrup

Salad

8 oz arugula
1 endive, sliced
2 Granny Smith apples, peeled and diced
2 Stalks celery, sliced
3/4 cup dried cherries
1/4 cup golden raisins

Dressing

1/4 cup oil
1/4 cup pure maple syrup
2 Tbsp. mayonnaise
2 Tbsp. apple cider vinegar
1 Tbsp. Dijon mustard
1/2 tsp. kosher salt
1/4 tsp. black pepper

METHOD

1.Preheat the oven to 350 F.
In a small bowl, coat the
walnuts with the maple
syrup and spread in a single
layer on a baking sheet.
Bake for 10 minutes, or until
fragrant. Allow to cool.

- 2. To prepare the dressing: Place all the dressing ingredients in a small jar or cruet and shake well to combine.
- 3. To prepare the salad: In a large salad bowl, combine the walnuts with the salad ingredients. Add the dressing and toss to combine. Serve immediately.

Serves 6-8



ASPARAGUS CORN SALAD

INGREDIENTS

1 Bunch of Asparagus

Cherry or Grape Tomatoes

4 Fresh Corns

1 Red Onion

METHOD

Cut the asparagus into four, grill them on a frying pan with just a lit bit of oil until it's tender.

Cook the corn in water and cut it when its ready.

Mix the asparagus with the corn, and add halves of cherry or grape tomatoes.

Add cubes of red onion, mix it all and dress with olive oil, lemon juice, salt and pepper for taste.



CHICKPEA MANGO SALAD

INGREDIENTS

1 Can of Chickpeas

Cherry or Grape Tomatoes

2 Avocados

1 Mango

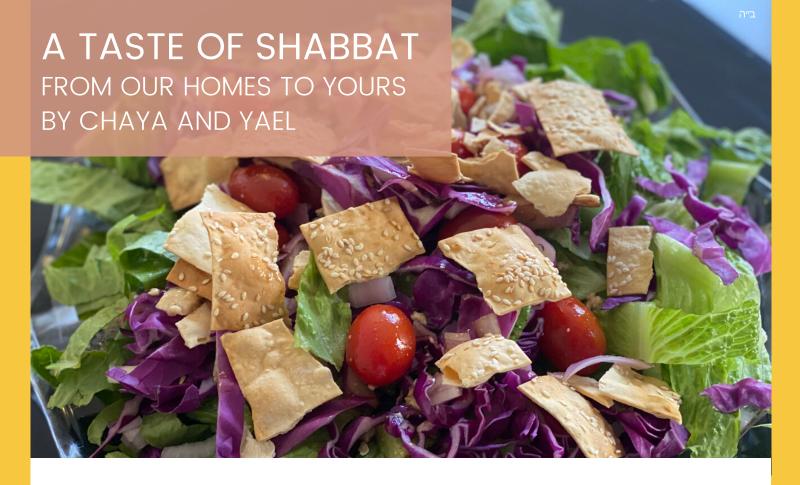
Red Onion

METHOD

Cut the avocado and mango into small cubes

Add the chickpeas, halves of cherry or grape tomatoes, and diced red onion

Mix it all and dress it with olive oil, lemon juice, salt, pepper and 1 tbsp of honey



NISH NOSH SALAD

INGREDIENTS

Salad

Lettuce
Shredded Red Cabbage
Grape Tomatoes
Nish Nosh Cracker Crisps or Crushed
Sesame Crackers
Optional: Red Onion

Dressing

1/4-1/2 Cup Oil
1/2 Cup Mayo
2 tsp. Sugar
3/4 tbsp. Lemon Juice
1 tsp. Mustard
1 Clove Garlic Crushed
Salt & Pepper to Taste