



Quinoa Salad with Fresh Lime Dressing

Ingredients:

2 Tbs. fresh lime juice
3 Tbs. white vinegar
2 Tbs. minced fresh cilantro
Dash of crushed red pepper flakes
1/4 tsp. dried oregano
1/2 tsp. salt
1/2 tsp. freshly ground pepper
1/2 cup olive oil

1/2 cup quinoa
1/4 tsp. salt
1 cup drained cooked black beans, or purchased
1 tomato, seeded and finely diced
1 small red bell pepper, seeded and finely diced

Directions:

To make the dressing, in a bowl, whisk together the lime juice, vinegar, cilantro, crushed red pepper flakes, oregano, salt and pepper. Add the olive oil in a thin stream, whisking constantly until smooth and emulsified. Set aside.

In a saucepan over medium-high heat, combine the quinoa and 1 1/2 cups water. Stir in the salt. Cover and bring to a boil, then reduce the heat to low and simmer until the quinoa is tender and all the water has been absorbed, about 10 minutes. Transfer the quinoa to a colander and rinse under cold running water. Drain thoroughly, then transfer to a large nonreactive bowl.

Add the black beans to the bowl with the quinoa. Add the tomato and bell pepper. Pour in the dressing and stir to coat all the ingredients well. Transfer the salad to a large serving bowl or individual plates and serve immediately. Serves 6.



Green Leaf Salad with cilantro, avocado dressing.

Ingredients:

- 1 shallot, finely diced
- 1 1/2 Tbs. fresh lemon juice, plus more if needed
- 1 1/2 Tbs. white wine vinegar
- Salt, to taste
- 1 avocado, halved lengthwise, pitted and diced
- 1/4 cup extra-virgin olive oil
- 2 heads romaine lettuce, dark outer leaves cut into 1/2-inch pieces (or green leaf lettuce)
- 1 watermelon radish, thinly sliced
- 1/4 cup chopped fresh cilantro

Directions:

In a small bowl, stir together the shallot, the 1 1/2 Tbs. lemon juice, the vinegar and a pinch of salt. Gently stir in the avocado, season with salt and let stand for 10 minutes, stirring occasionally. Whisk in the olive oil to make a vinaigrette.

In a large bowl, combine the lettuce, radish and cilantro. Stir in the vinaigrette and drizzle over the salad. Toss gently and season with salt and more lemon juice, if needed. Transfer the salad to individual plates and serve immediately. Serves 4.



Asparagus Salad with Beer and Honey

Ingredients:

1 pound fresh asparagus
1/4 cup dijon mustard
1/4 cup beer
3 Tbsp. Honey
1 clove garlic minced
1/4 tsp. dried thyme, crushed
1/4 tsp. salt

Directions:

Cook asparagus in water for 3 minutes or until barely tender. Drain and place on serving platter.

Combine mustard, beer, honey, garlic thyme, and salt. Pour over asparagus and serve.



Orzo with Roasted Vegetables

Ingredients:

1 small eggplant
1 red bell pepper, 1 inch diced
1 yellow bell pepper 1 inch diced
1 red onion, peeled and 1 inch diced
2 garlic cloves
1/3 cup olive oil
1 1/2 tso. kosher salt
1/2 tsp freshly ground black pepper
1/2 pound orzo

Dressing:

1/3 cup freshly squeezed lemon juice
1/3 olive oil
1 tsp. kosher salt
1/2 tsp. freshly ground black pepper

To Assemble:

4 scallions, minced
1/4 cup pine nuts (toasted optional)
15 fresh bail leaves, cut into chiffonade

Directions:

Preheat oven to 425 degrees. Toss the eggplant, bell peppers, onion, and garlic with the olive oil, salt and pepper on a large baking sheet. Roast for 40 minutes, until browned, turning once with a spatula.

Meanwhile, cook the orzo in boiling salted water for 7 - 9 minutes, until tender. Drain and transfer to a large serving bowl.

Add the roasted vegetables to the pasta, scraping all the liquid and seasonings from the roasting pan into the pasta bowl.

For the dressing, combine the lemon juice, olive oil, salt and pepper and pour on the vegetables. Let cool to room temperature, then add the scallions, pine nuts and basil. Check the seasonings and serve at room temperature.



Sesame Cole Slaw with Scallions

Ingredients:

1 bag of cole slaw
1/4 cup sugar
1/4 cup rice vinegar
1/4 cup oil
Freshly ground black pepper to taste
1 tsp. Salt
2 Tbsp. toasted sesame seeds (or plain)
6 scallions chopped
1/4 cup slivered almonds

Directions:

Whisk together the sugar, rice vinegar, oil, black pepper and salt.

Toss dressing over cole slaw and add the sesame seeds, scallions and almonds.

Dress the cole slaw right before serving.



Kosher Symbols

KSA (Tazo teas)

O-U (Earths Balance Natural Peanut Butter)

O-K (Hunts Tomato Sauce)

MK (Glutino Gluten Free Bread)

Chof - K (Garden of Eaten chips)

Star- K (Trader Joes Mango Sorbets)

Heart- K (Soy Delish Ice cream)

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