

RECIPE OF THE WEEK

FEATURING: *LOTS OF FRESH VEGGIES!* **RAINBOW BOWL W/ALMOND-GINGER DRESSING**

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Serves: 4

Ingredients

SALAD

- 1 red pepper, thinly sliced
- 1 large cucumber, spiralized or thinly sliced
- 1 large carrot, peeled into ribbons
- 1 cup halved cherry tomatoes, any color or variety
- 6 cups loose packed soft baby kale or spinach or arugula
- 2 cups shredded purple cabbage
- 8 to 10 basil leaves, chopped
- 2 scallions, chopped
- 1/2 cup edamame (frozen, thawed, shelled-Trader Joe's is great)
- 2 tablespoons hemp seeds
- 8 ounces cooked soba noodles (more if you like a higher noodle ratio)

ALMOND-GINGER DRESSING

- 1/4 cup almond or cashew butter
- 1/4 cup fresh lime juice
- 1 1/2 tablespoons low-sodium tamari, plus more to taste
- 1 garlic clove, minced
- 1/2 teaspoon minced ginger
- 1/3 cup unsweetened almond milk
- optional: a squirt of sriracha

Instructions

Make the dressing: In a small bowl, combine the almond butter, lime juice, tamari, ginger and garlic. Whisk until smooth. Add the almond milk and whisk to combine. (At this point, the dressing might taste a little salty & strong but once it's tossed with all of the vegetables, the flavors will become more balanced). Chill until ready to use. If it separates, give it a little stir before using.

In a very large bowl, combine the pepper, cucumber, carrot, cherry tomatoes, kale, cabbage, basil, scallions, edamame, hemp seeds and soba noodles. Add the dressing and toss well so that the vegetables begin to wilt. Taste and season with more tamari, if desired.

Brought to you by...

Paradise Produce,

Brenda Johnson MD & Cheryl Bauermeister ANP

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