



CANCER SUPPORT
COMMUNITY
ATLANTA

AFFILIATED WITH  NORTHSIDE HOSPITAL
CANCER INSTITUTE

Summer Salads

Quinoa Gado Gado Salad

Yields: about 2

Salad:

1/2 cup white or red quinoa, well rinsed and drained
1 cup greens beans, trimmed
1/2 red bell pepper, thinly sliced
3/4 cup mung bean sprouts
2/3 cup thinly shredded red cabbage
2 carrots, thinly sliced into rounds

Dressing:

1/3 cup creamy peanut butter
1 Tbsp low sodium soy sauce
2-3 Tbsp maple syrup (to taste)
3 Tbsp lime juice
1 tsp chili garlic sauce or 1/4 tsp red pepper flake (more to taste)
Water to thin (3-4 Tbsp)

Bring about 6 cups of salted water to a boil in a medium pot. Add quinoa. Cook at a simmer for 12 minutes. Drain.

While quinoa is cooking, steam green beans until just tender by placing green beans in a steamer basket inside a large saucepan filled with 1 inch of water. Bring the water to a simmer on medium-high heat, cover, and cook until just tender - about 4 minutes. Once steamed, add green beans to a bowl of ice water to "shock" them. Set aside.

Make peanut sauce by adding peanut butter, soy sauce, maple syrup, lime juice, and chili garlic sauce/red pepper flake to a small mixing bowl and whisking to combine. Then add water 1 Tbsp at a time until a semi-thick but pourable sauce is formed. Taste and adjust flavor as needed.

To serve, divide quinoa between serving bowls and top with green beans, red bell pepper, mung bean sprouts, and carrots. Serve with peanut sauce and any additional toppings (optional), such as cilantro.



Class taught by: **Chef Ashley R. Van Cise, RDN, LD**
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Strawberry Balsamic Salad with Candied Walnuts

Yields: 4-6 servings

Walnuts:

1 heaping cup raw walnuts
2 tsp olive oil
1 Tbsp sugar
2 tsp maple syrup
Pinch ground cinnamon
optional: Pinch cayenne pepper

Dressing:

1/4 cup balsamic vinegar
1/4 cup extra virgin olive oil
2 teaspoons minced shallot
Pinch each sea salt and black pepper

Salad:

1 6-ounce bag mixed greens
1 -1 1/2 cups sliced strawberries
1/4 cup crumbled goat cheese

Preheat oven to 350 degrees F. Add walnuts to a parchment-lined baking sheet. Once oven is preheated, toast walnuts for 7 minutes. Then remove from oven and add remaining ingredients directly to the walnuts (oil, coconut sugar, maple syrup, sea salt, cinnamon and cayenne - optional). Use a spatula to thoroughly toss/combine. Place back in oven and roast for another 4-6 minutes, or until fragrant and golden brown. Set aside to cool. In the meantime, prepare dressing by adding all ingredients to a jar (or mixing bowl) and shaking vigorously (or whisking) to combine. Taste and adjust flavor as needed, adding more balsamic for acidity, salt or pepper for flavor balance, or olive oil for creaminess. Set aside.

To serve, add greens, half of the sliced pear, cheese, and half of the roasted walnuts to a large mixing/serving bowl. Drizzle with a bit of the dressing and toss to combine. Plate and garnish with remaining pears and walnuts, and serve with remaining dressing.