

## **September Supper Salads Video Recipes**

### **Sweet Potato Buddha Bowl Salad with Lemon Tahini Dressing: (to make about 4 servings)**

- 2 cups cooked Brown rice or quinoa
- 1 small Red pepper, cut into small dice
- 15 oz can garbanzo beans, drained and rinsed
- Small box of Precut sweet potato zoodles
- 1 medium Zucchini cut into ¼" slices
- Seasonings: Garlic powder, curry powder
- 1 generous tablespoon oil, I prefer olive or avocado oil
- TOPPINGS: Choose as you like--Pumpkin (pepita) or sunflower seeds, almonds, fresh cilantro
- Dressing:
  - 1 large Lemon, juiced or 3 tablespoons bottled juice
  - 3 tablespoons tahini sesame paste (in health or ethnic food aisle)
  - 1 or 2 cloves fresh garlic, minced to your taste preference
  - 1-2 teaspoons agave, honey or maple syrup as a sweetener to taste
  - Big pinch of salt
  - To thin dressing—you can use 1/4 cup plain Greek yogurt for a creamy dressing or whisk in ¼ cup olive oil to make more toward a vinaigrette

To make salad: In 4 individual bowls or salad plates (or make one big family style platter), arrange scoops of the grain (quinoa or rice), divide up the red pepper, and the garbanzo beans. Sprinkle with curry powder if desired. Buddha bowls traditionally keep all components in separate piles in bowl but you can layer it or combine lightly tossed if that is your preference. It tastes good all ways!

In a medium skillet over medium-high heat, add 1 teaspoon of oil. When pan is hot add the sweet potato zoodles, a small box worth or one big handful if it is a large amount or pan is small. The point is not to crowd them or they will steam instead of saute. Give them several minutes to lightly cook, giving them frequent stirs until they take on a bit of color and are just tender. Not going for mushy soft here! Remove them and divide them up between the bowls. Now add rest of oil to pan and add zucchini slices, sprinkle with garlic powder. Saute them for about 5 minutes or until nicely tender but not mushy. Remove and add these to the bowl as well.

For dressing, whisk together all ingredients until smooth and creamy. Drizzle over salad and garnish as desired.

### **EasyPeasy Asian Chicken & Noodles with Fresh Garden Salad**

- Half of 8 oz package either rice stick or mung bean cellophane Asian noodles
- Bottled Asian Ginger Sesame type dressing, I like Newman's Own
- 2 cups diced Leftover cooked chicken
- Small box mixed salad greens and/or spinach
- 1 cup Diced cucumbers
- Handful of precut Carrot matchsticks
- 1 cup Halved cherry tomatoes
- Any other veggie toppers for your salad...broccoli, cauliflower, bell pepper
- Topping: green onions sliced, toasted almonds, sesame seeds

This makes one big family dinner or lunch platter! Cook Asian noodles as directed on package and rinse well with cold water. Set aside in a bowl and toss with about ¼ cup of Asian dressing til well coated.

On a platter place the box of salad greens. Sprinkle with cucumber, carrot, tomato and any and all veggies you have on hand or prefer on your salad. Run it thru the rainbow!! In center of salad pile the dressed noodles. Top with the diced chicken. Sprinkle with sliced green onion, almonds, sesame seeds (the black sesame seeds are extra fun and cool looking) and pass the bottle of dressing. Cool, refreshing and a perfect way to use up veggies in the fridge, garden, CSA box or that lingering rotisserie chicken.

Serves about 4-6