

BEAN AND TOMATO SALAD

Drain (if canned rinse gently, then drain):

4 c. cooked beans (cannellini, cranberry, garbanzo, etc.)

Combine in salad bowl:

2 garlic cloves, minced (or substitute garlic powder)

1/4 c. minced onion, any variety

6 inner celery stalks with leaves, sliced or diced

juice of 1 lemon

2 Tbsp. extra-virgin olive oil

1 Tbsp. fresh basil or other herb, finely chopped
(or 1 tsp. dried, but fresh is much better!)

4-5 tomatoes, cut in 1/2" cubes

salt and seasoned salt to taste

Add drained beans and mix carefully. Best served at room temperature on a bed of chopped baby spinach. Serve with rolls, bread sticks, rye bread, or garlic bread for a complete supper. Artichokes or corn on the cob are optional accompaniments.

Adapted from *Moosewood Restaurant Cooks at Home*

BLACK BEAN & AVOCADO SALAD

Combine in large bowl:

- 3 c cooked or canned black beans, drained
- 3 c corn kernels, fresh or thawed
- 1/2 c red onion, thinly sliced or finely diced
- 1/4 c finely chopped cilantro (optional)
- 1/4 t garlic powder
- 2 avocados, cubed
- Juice of 1 lime
- Juice of 1 lemon
- Salt or VegeSal to taste

Optional additions could be: diced peppers, cucumbers and/or tomatoes.

Adapted from *Eat More*.

TEX-MEX PINTO BEAN SALAD

Cook in crockpot or kettle till tender: (or substitute two 15 oz. cans of pintos)

1 1/2 c. dried pinto beans

1 t. salt

1 bay leaf

3 3/4 c water (a bit less if using crockpot)

Drain beans and cool till just warm.

Meanwhile, combine well: 3 T. fresh lemon jc.

1 T. fresh lime jc.

1 t. salt

1/4 c. olive oil

1-2 garlic cloves, minced

1/4 c fresh cilantro, chopped (or substitute cumin to taste)

Pour dressing over warm beans and mix well. (Add 1 salt or some ground cumin may be added.)

Add, and toss well: 2 med. tomatoes, chopped

1 med. red onion, thinly sliced (or 1+ cups sliced green onion)

1 green pepper, diced (opt.)

Garnish with: 2 green onions, sliced

Serve warm or chilled. This can be served with corn bread or tortillas as a meal in itself, or add corn on the cob, Spanish rice, or Mexican pasta.

Adapted from the *Detroit Free Press*, 2004

ALL PURPOSE DRESSING

Whiz in blender till smooth: 1 c. cashews (pre-grind in dry blender before adding other ingreds)

1 t. salt

1/2 t. garlic powder (more or less to taste)

2 t. onion powder

2-4 T. nutritional yeast flakes

3 T. lemon juice

1 c. water (add gradually)

1/3 cup roasted red peppers, optional

This savory dressing is good on everything—salads, potatoes, sandwiches, beans, vegetables.

QUINOA BEAN SALAD

Combine in kettle: 1½ cups quinoa (pre-rinsed)
 2½ cups water or low sodium vegetable broth
Bring to a boil, then simmer covered 15-20 minutes until tender. Allow to cool.
(Or use approximately 6 cups of precooked quinoa.)

Combine with cooled quinoa: ½ cup sliced green onions
 2 oz sliced black olives
 1½ c. tomato, diced
 1 ½ c. English cucumber, diced small
 1 ½ c. bell peppers, yellow or orange
 1 or 2 cans of beans, rinsed & drained (garbanzos, kidney)

Combine for dressing*: ¼ c. olive oil (or less)
 1/3 c. lemon juice (or more)
 1 tsp. garlic powder
 1 tsp. Italian herbs
 ¼ c. dried onion flakes
 ½ tsp. dry basil
 ½ tsp. dry oregano, opt.

Combine dressing with salad. Allow flavors to blend for at least 30 minutes. Serve over spring mix lettuce, or toss the greens into the salad just before serving.

Serve with whole-grain pita bread for a great meal!

*Alternate dressing recipe: Tangy Tomato Dressing—combine 1 pkt. Good Seasons Zesty Italian dressing mix, ¼ c. lemon juice (about 1 ½ lemons), 1 T. olive oil, 2/3 c. tomato sauce. Shake together until well mixed. Add a bit of water if too thick

Other Main Dish Salads to Consider: Lowfat Vegan Taco Salad
 Pasta Salad with Beans & Veggies
 Create Your Own with beans, greens, grains & vegs

MEDITERRANEAN POTATO SALAD

Scrub, steam, cool, and dice coarsely: 5 pounds red potatoes (10-12 medium sized)

To diced potatoes add: 10 oz kalamata or Spanish olives, sliced
 ½ c diced red onion
 4 roma tomatoes diced, or 1-2 cups roasted red pepper, diced

Combine for dressing: ½ c lemon juice
 ¼ c extra virgin olive oil
 1½ t. salt (or to taste)
 1 T. dry basil
 1 t. Italian herbs
 1 t. dry oregano (or less if desired)
 4 minced garlic cloves OR 1½ t. garlic powder

Combine dressing with potato mixture. Refrigerate for several hours or overnight to allow flavors to blend. Serve with a side of California Blend Vegetables, raw or cooked greens, or steamed broccoli.

GARBANZO-ZUCCHINI SALAD

Combine in salad bowl: 1 (8") zucchini, cubed
 2 c. chopped tomato
 1 (15-19 oz) can garbanzos, drained
 2 tsp. dry parsley OR 2 T. fresh parsley
 ½ tsp. dry basil OR 1 ½ tsp. fresh basil
 ½ tsp. garlic powder
 ¼ tsp. dry oregano
 ¼ tsp. dry dill weed
 ¼ tsp. salt
 1-2 green onions, chopped

Pour on and toss lightly: 2-3 T. fresh lemon juice

This is best if allowed to marinate at least a half hour before serving.

Adapted from *100% Vegetarian* by Julianne Pickle

CRUNCHY CORN & EDAMAME SALAD

Combine and allow to thaw: 16 oz. frozen sweet corn
12 oz. frozen shelled edamame beans

Meanwhile, prepare: 1 c. jicama, diced (1/4" size)
2/3 c. celery, diced

1/2 c. red bell pepper, diced
1/3 c. green onion, sliced
1 T. minced fresh parsley

Combine for dressing: 5 T. lemon juice (from 2 1/2 lemons)
1 T. agave nectar, honey, or maple syrup
1 1/2 t. salt
1/4 t. garlic powder
1/4 t. dry basil
1/8 t. dry dill weed

Combine dressing with other ingredients. Chill and serve.

VARIATION: Omit basil and dill, add 1/4 rounded teaspoon of cumin, use cilantro instead of parsley; if desired use limes instead of lemons. Add lemon or lime zest if desired.

Adapted from *Vital Vittles* by Heather Leno.