

NATURE'S FOOD PATCH Market & Café

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www.naturesfoodpatch.com

SPRING SALADS & DRESSINGS

BROWN RICE SALAD

- 2 Cups Brown Rice, cooked
- 8 oz. Pkg. Tempeh, cubed and sautéed in 4 Tbsp. Tamari
- 1/2 Cup Scallions, chopped
- 1/4 Cup Parsley, minced
- 1/2 Red Bell Pepper, chopped
- 1/4 Cup Dried Apricots, chopped, soaked and drained
- 3 Tbsp. Sesame Seeds

Combine in a bowl and chill.

FLORIDA CITRUS VINAIGRETTE

- 3 Tbsp. Toasted Sesame Oil
- 2 Tbsp. Brown Rice Vinegar
- 1/3 Cup Orange Juice and Zest
- 3 Garlic Cloves, minced
- 2 Tbsp. Tamari
- 1 Tbsp. Agave Nectar
- 1 Tbsp. Dijon Mustard
- 1 tsp. Mirin
- 1 Tbsp. Fresh Ginger, grated
- 1/4 tsp. Black Pepper, fresh ground

Whisk together and pour over salad.

BROCCOLI THAI SALAD

- 3 Cups Broccoli, chopped, steamed & chilled
- 1/2 Cup Roasted Bell Pepper, chopped
- 1/2 Cup Scallions, chopped
- 1/4 Cup Cilantro, chopped

DRESSING

- 2 Tbsp. Peanut Butter
- 1 Tbsp. White Miso
- 1 tsp. Fresh Ginger, grated
- 1/2 Cup Water
- 1 Tbsp. Brown Rice Vinegar
- 1 tsp. Toasted Sesame Oil
- 1/4 tsp. Red Chile Flakes
- 1/2 Cup Scallions, chopped
- 1 tsp. Honey or Agave Nectar
- 3 Tbsp. Lime Juice and Zest

Blend until creamy.

VEGAN CAESAR DRESSING

- 1/2 Box Extra Firm Silken Tofu
- 1/4 Cup Water
- 1/4 Cup Lemon Juice and Zest
- 2 Tbsp. Chickpea Miso
- 1 Tbsp. Red Wine Vinegar
- 1/4 Cup Soy Parmesan Cheese
- 1 tsp. Dijon Mustard
- 2 Garlic Cloves, minced
- 1/8 tsp. Red Pepper Flakes
- 1/2 tsp. Unrefined Salt
- 1/2 tsp. Black Pepper, fresh ground

Blend and serve over Romaine Lettuce.

*Free Vegetarian (Vegan)
Cooking Class
By Chef Debby DeGraaff*