



Market & Café

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MARINATED VEGETABLE SALADS

MARINATED CHICKPEA SALAD

2 Cups	Chickpeas, cooked and drained
4	Radishes, sliced
1	Cucumber, peeled, seeded, sliced
2 Ribs	Celery, diced
1/2 Cup	Watercress, chopped
1/4 Cup	Parsley, minced
1/4 Cup	Fresh Mint (or 1 Tbsp. dried)
1/2 Cup	Black Olives, sliced

DRESSING

1/4 Cup	Olive Oil
2 Tbsp.	Umeboshi or Brown Rice Vinegar
Pinch	Unrefined Salt

Toss chickpeas in dressing. Marinate 4 hours.
Add the rest of the ingredients.

MARINATED CUCUMBERS & ONIONS

1	Cucumber, thinly sliced in rounds
1	Onion, thinly sliced in rings
3 Cups	Water
1 Tbsp.	Unrefined Salt

DRESSING

1/4 Cup	Brown Rice Vinegar
1/4 Cup	Brown Rice Syrup (or Agave Nectar)
1/2 Cup	Water

Bring salted water to boil. Pour over cucumber and onion. Let sit 2-1/2 hours. Place dressing ingredients in saucepan to dissolve sweetener. Drain cucumbers and onions. Pour dressing over and let stand until mixture cools.

MARINATED STRING BEAN SALAD

1 Large	Red Onion, thinly sliced
1 lb.	String Beans, cut
Pinch	Unrefined Salt
1 Pkg.	Tempeh - Fakin' Bacon cooked/crumbled
1/4 Cup	Almonds, sliced
	Salad Greens

HERBED MARINATE

3 Tbsp.	Olive Oil
1 Tbsp.	Brown Rice Vinegar
1/2 tsp.	Oregano (dry)
1/2 tsp.	Dill (fresh)
1	Garlic Clove, minced
Pinch	Unrefined Salt

Sprinkle onion with salt. Toss and allow onion to wilt. Steam beans 5 minutes until bright green. Run under cold water to prevent over cooking. Prepare marinade and mix with beans and onions. Let sit for 1 hour. To serve, place marinated vegetables on bed of lettuce and garnish with Fakin' Bacon and almonds.

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