

# NATURE'S FOOD PATCH Market & Café

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## Vegan 101 1/15 - Brad Myers, the Vegabond Chef

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### Quinoa Tabouli

- 1 cup Quinoa
- 2 small bunches of Parsley, finely chopped
- ½ Red Onion, diced
- Juice 3 Lemons
- Small pinch dried Peppermint
- 1 pint Cherry Tomatoes
- 1 Cucumber, peeled and cored, diced
- Salt & Pepper to taste
- 3 Ts Olive Oil

Cook Quinoa according to directions & allow to cool. Mix the rest of the ingredients in a large bowl and then add quinoa.

### Asian Slaw

- ½ large Head Nappa Cabbage- shredded
- 2 carrots, julienned
- ½ Sweet Onion, diced
- 1 Ts Toasted Sesame Oil
- 1 Ts Rice Vinegar
- 1 Ts Agave
- 1 Ts Nama Shoyu
- Pinch Black Sesame Seeds
- ½ Cup Toasted Almond Slivers

Combine all ingredients in a large bowl, mix and enjoy!