

Tossed Green Salad with Sesame Seeds

Ingredients:

*4 cups spinach leaves loosely packed
2 cups lettuce leaves loosely packed
½ cup grated zucchini
½ cup thinly grated carrots
¼ cup alfalfa sprouts
1 tablespoon sesame seeds
Choice of dressing (optional)*



Method:

Wash lettuce & spinach and tear into large pieces. Combine all vegetables in salad bowl. Sprinkle with sesame seeds and add dressing if desired, toss.

Tabouli Salad

Ingredients:

*1/4 cup sesame seeds soaked in water, or ½ cup of cooked quinoa
1/2 white onion
1 bunch of fresh parsley
4 tomatoes
2 spring onions or shallots
1/2 bunch of mint leaves*

For the dressing:

*Juice of 1 lemon
dash of olive oil (optional)
sea salt
black pepper*



Method:

Finely chop and mix the ingredients well. The quinoa should not be overcooked for this recipe. Prepare the dressing then pour it over the salad.