

Macrobiotic Recipe of the Month - July 2009

SALADS!

Asian Cabbage Salad

I chose this recipe because of an article on the *Food Matters* web site listing cabbage as one of the **Top 5 Foods to Help Beat Depression**. Brown rice and whole oats also are on that list. The article also tells us which foods to avoid if we're prone to depression.

1 head of purple cabbage, sliced thinly (approximately 6 cups)
1 large carrot, grated
1/4 cup cilantro, chopped

Marinade:

2 Tablespoons olive oil
1 teaspoon hot pepper sesame oil
2 Tablespoons brown rice syrup
1/2 cup of water
1 Tablespoon brown rice vinegar
1 Tablespoon lemon juice
1/4 teaspoon sea salt
1 Tablespoons of tamari (wheat-free soy) sauce

Prepare cabbage. Mix the marinade ingredients and add to cabbage. Marinate in refrigerator overnight. Serves 10-12 people.



Yam & Pickled Onion Salad

3 large yams
1 raw red onion, sliced into half moons
1 lemon, juiced
1/4 teaspoon sea salt
1 Tablespoon balsamic vinegar
*1 Tablespoon shoyu
2 Teaspoons olive oil
1 Tablespoon rice syrup
1 cup celery, diced
1/2 cup parsley, chopped
1/3 cup toasted almonds, sliced

The day before you want to serve this dish, slice one red onion into half-moons. Juice 1 lemon. Add the juice to the onions with 1/4 teaspoon of sea salt. Cover and leave overnight in the refrigerator.

Next day: Wash yams, take a fork and make some holes in the yams, bake for 45 minutes in a pre-heated 350-degree oven. Cool and chop into bite-sized pieces. Add to pickled-onion mixture: balsamic vinegar, shoyu, olive oil, rice syrup, celery and parsley. Stir and pour mixture into bowl with yams. Mix.

Toast almonds in a dry cast-iron skillet on medium-high flame for around 5 minutes, stirring occasionally. Cool and slice. Garnish salad with almonds. Serves 10-12.

*To make this wheat- and gluten-free, use tamari wheat-free soy sauce in place of shoyu soy sauce.

Enjoy! ~Meg

For more recipes and information on macrobiotics please visit Meg's Website:
www.megwolff.com, and her blog at: www.becoming-whole.com.

