

## *Red Lentil Soup*

4 to 5 cups water  
1/2 cup red lentils, washed  
1/2 cup onion, diced  
1/4 cup celery, diced  
1/4 cup leek, thinly sliced  
1/4 cup chopped fresh cilantro

1-inch piece kombu, soaked and thinly sliced  
2 bay leaves  
1/4 to 1/2 teaspoon sea salt  
Shoyu to taste  
2 Tablespoons scallion, finely chopped, for garnish

Place the red lentils, kombu, bay leaves and water in a pot, cover, and bring to a boil. Reduce the flame to medium-low and simmer for 45 to 50min. Add the onion, celery. Cover and simmer 5min. Add the sea salt, cover, and simmer another 10min. Then add shoyu. Add the leek and the cilantro towards the end. Place in serving bowls and garnish with scallion.

## *Brown Basmati Rice Salad*

1-cup brown basmati rice  
1 cucumber, quartered  
1/4 cup peas, washed  
1/4 cup carrot, diced  
1/4 cup corn, cut off cob or frozen organic corn

1/4 cup celery, diced  
1/4 cup almonds, rinsed and dry roasted  
Olive oil  
1 3/4 cup water  
Sea salt

In a large pot add olive oil to lightly cover the bottom. When hot add the rice and actively saute until golden in color. While sauteeing bring water to a boil in a separate pot. Then add boiling water to roasted rice. Add sea salt. Cover and simmer with flame deflector for 1 hour.

Quickly blanch all of the above vegetables. When all ingredients cool down combine in a large serving bowl. Mix in toasted and chopped almonds. Serve with dressing.

### *Shoyu-Ginger Dressing :*

1 tablespoon shoyu  
2 teaspoons rice vinegar  
1/2 cup water  
Ginger juice to taste

## *Garden-Fresh Chickpea Salad w/ Sweet Mustard Dressing*

1-cup fresh or frozen corn  
1 to 2 yellow summer squash, split lengthwise, cut crosswise into 1/8 inch-thick half-moon slices  
1 carrot, cut into large dice  
1 to 2 stalks broccoli, small florets with stems peeled and sliced  
2 to 3 scallions cut into long thin slices  
2 cups cooked chickpeas

*Sweet mustard dressing:*

**1/4 cup tahini**  
**1/4 cup mustard**  
**1-teaspoon umeboshi vinegar**

**Juice of 1 orange**  
**1/2 teaspoon shoyu**  
**1-tablespoon brown rice syrup**

Bring a large pot of water to a boil. Blanche corn, squash, carrot, and broccoli separately. Mix cooked vegetables with scallions and chickpeas.

For the dressing, whisk all ingredients together in a small bowl. Add a small amount of water if you want it thinner. Mix the dressing into chickpea mixture. Garnish with sprouts. Serve warm or chilled.

## *Cucumber Dulse Salad w/ Ume-Tangerine Dressing*

**2 cucumbers, cut into thin slices**  
**Umeboshi vinegar**  
**1/2 cup dulse**  
**1/4 cup sunflower seeds, lightly toasted**

Place cucumbers in a small bowl and sprinkle with umeboshi vinegar. Rub between your fingers to coat with vinegar and press for 1 hour.

Rinse and dice dulse. Just before serving, squeeze excess liquid from cucumbers and toss with dulse, dressing and sunflower seeds. Serve chilled or at room temperature.

*Ume-Tangerine Dressing:*

**Juice from 2 to 3 tangerines**  
**Generous dash of umeboshi vinegar**  
**Juice of 1 lemon**

*Whisk together the tangerine juice, umevinegar and lemon juice.*

## *Strawberry Mousse*

**2 cups fresh strawberries, washed, tops removed, and sliced in half**  
**2 cups apple juice**  
**1 cup Eden Blend (rice & soyblend)**

**1/2-1 teaspoon vanilla extract**  
**Pinch of sea salt**  
**3 to 4 heaping Tablespoons agar-agar flakes**

Place the juice, eden blend, agar flakes, and pinch of sea salt in a pan. Stir and turn the flame to medium. Bring to a boil, stirring occasionally. Reduce the flame to low and cook 2 to 3min, add vanilla extract. Remove from the flame and add the strawberries. Place in the refrigerator and let sit until the kanten jells. When done, blend in a food processor or blender until creamy consistency. Serve chilled or room temperature.