

Ginger, Cabbage & Peach Slaw

Makes
Serving size 1 cup

6 cups Purple Cabbage
4 Med Peaches, peeled and coarsely diced
2 Med Jalapeno Pepper, thinly sliced,
Seeds removed
8 sprigs Fresh Dill Weed
2 tbsp Sugar

Dressing:

1 cup Light Sour Cream (or vegan sour cream)
3 tbsp Sugar
3 tbsp Rice Vinegar
2 tsp. Fresh Ginger, finely grated

Wash produce and mix dressing. Mix dressing into cabbage and refrigerate. You may refrigerate the cabbage overnight to meld flavors. Dice the peeled peaches and sprinkle with 1 tbsp. of the sugar and set aside. Slice one peach and sprinkle with 1 tbsp. of the sugar and reserve to be used as garnish. Just before serving, mix diced peaches into the cabbage mixture. Serve 1 cup portions decorated with the sliced peaches placed on the slaw with a sprig of dill weed and a couple of the thinly sliced pieces of jalapeno pepper.

Original recipe created by Caroline Johnson, RN, BSN GI/Short Stay



Award Winning Recipe

Quinoa, Peach & Spring Greens Salad

Serves 8

Grilled Peaches

2 cups Peaches, diced
2 tsp Cinnamon
1 tsp Sugar
Pinch Pepper Flakes 2 tsp olive oil

Toss peaches, oil, cinnamon, sugar and a pinch of pepper flakes in a bowl. Grill or broil (on a baking sheet) until they start to brown. Remove and cool.

Pickled Onions

1 Med Red Onion, thinly sliced
1 cup Apple Cider Vinegar
2 tbsp Sugar
1 tbsp Salt

Bring vinegar, sugar and salt to a boil. Add onions and simmer for 1 minute. Remove and let sit for 30 minutes.

Salad

1 cup Quinoa
1 cup Spinach
1 cup Arugula
1 ½ cup Cherry Tomatoes, cut into ¼ wedges
1 oz roasted almonds, chopped
¼ cup chives
Salt and pepper to taste

With everything at room temperature, toss peaches, onion, spinach, arugula, tomatoes and 2/3 vinaigrette in a bowl. Fold in quinoa. Add the rest of the vinaigrette if needed. Salt and pepper to taste. Top with almonds and chives

Vinaigrette

1/3 cup olive oil
3 tbsp pickling vinegar

Mix olive oil and pickling vinegar.

Original recipe created by Elijah Witten, Nutritional Services



Award Winning Recipe

Quinoa Salad

Makes 14 servings

Serving size ½ cup

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| 1 cup Quinoa | ½ cup Red onion, chopped |
| 2 cups Vegetable Broth | 3 tbsp Olive oil |
| 1 can Black Beans | 3 tbsp Red Wine Vinegar |
| 1 cup Edamame | 1 tsp Salt |
| 1 cup Tomatoes, chopped | 1 tsp Pepper |

Cook Quinoa in vegetable broth for 15 minutes. Cool
Drain and rinse 1 can of black beans, add to quinoa.
Add 1 cup shelled edamame
Add tomatoes, onions, oil, red wine vinegar. Mix well.
Add salt and pepper

Good with cilantro. Can add avocado.

Original recipe created by Janice Schirmer, RN Short Stay.



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