

Liver Cleansing Detox Salad Recipes

During the next 14-28 days you will be consuming lots of raw foods (vegetables, fruit, nuts and seeds). In the following pages you will find salad recipes to get you going during this phase. Eating food in its raw and natural state will give you a powerhouse of nutrients for increased vitality. The following recipes are basic and many of them can be modified to your taste by adding more herbs and spices to liven them up.

You will find that starting with soups is an alternative to chewing on vegetables all day long and find that they are quite filling. I personally find this one of the best ways to get densely packed nutrients in a single serving. You will find that you can make a big enough batch of soup to last a couple of days. Put some in a thermos and take it to go and eat it as a meal or sip on it throughout the day.

There are many ways to liven up a salad. Add a few olives, pickles; grate ½ carrot or a small piece of beet to make it colorful. Add some nuts, seeds, salsa, hummus, or homemade dressings to enhance the taste.

You will get to sample some of our favorite recipes.

Websites and books recommended:

www.living-foods.com/recipes

www.welikeitraw.com/rawfood/raw-food-recipes

www.rawglow.com/recipes

www.fromsadoraw.com/rawrecipes

Living on Live Food by Alissa Cohen

Raw Food Made Easy for 1 or 2 people by Jennifer Cornbleet

Living in the Raw Gourmet by Rose Lee Calabro

The Raw Food Detox Diet by Natalia Rose

Salads



EGGPLANT & AVOCADO SALAD (Serves 4)

Ingredients:

1 Large Eggplant
2 or 3 Ripe-But-Firm Ripe Avocados
2 garlic cloves, chopped finely
1/2 Red Onion, chopped finely
Juice of 3 Lemons

4 Tbsp. Extra Virgin Olive Oil
Dulse Flakes and Pepper to Taste
Dash of stevia

Instructions:

1. Pare and dice eggplant. Place in a deep bowl and immediately cover with cold water acidulated with juice of 1 lemon.
2. Whisk together: oil, garlic, dulse flakes, pepper and juice of 1 lemon. Set aside.
3. Peel and dice avocados. Place in bowl and toss immediately with juice of 1 lemon.
4. Drain eggplant and combine with avocados. Add chopped onion.
5. Whisk dressing again and add to mixture. Toss gently.
6. Set aside for about 15 minutes. Chill if desired.
7. Before serving, toss gently again and sprinkle with stevia

AVOCADO & APPLE SALAD WITH WAKAME (Serves 4)

Ingredients:

1 tablespoon olive oil
1 teaspoon lemon juice
salt and pepper to taste
1 small avocado, pitted, peeled and thinly sliced
1 Fuji apple, peeled, cored and julienned
1 ounce wakame, rehydrated, then drained and julienned

Instructions:

1. Whisk together the olive oil and lemon juice in a bowl.
2. Season with salt and pepper.
3. Add the avocado, apple, wakame and gently toss.

T.C.'S SUPER SALAD (Serves 4-6)

Ingredients:

2 to 3 lbs. of tomatoes
4 med. or lg. avocados (or 1lb chopped or ground nuts or seeds)
4 stalks celery

4 lg. red (or green) bell peppers
2 lbs. bok choy stalks and greens
Optional: 1 grapefruit

Instructions:

1. Dice the tomatoes, celery and the bell peppers.
2. Quarter, peel and dice the avocados
3. Cut up the bok choy
4. Place all ingredients in a bowl and mix together
5. Optional: Squeeze the juice from the grapefruit and use for dressing

Power Salad! (Serves 1-2)

Ingredients:

1/2 head romaine lettuce
1/4 bunch cilantro, basil, or parsley
2 large stalks of celery
1/2 avocado, cubed
juice from 1/2 orange or tangerine
1T olive oil or coconut oil

Instructions:

1. Slice 1/2 head of lettuce along short axis in 1/2 inch sections.
2. Place in food processor and pulse chop to achieve pea size uniform pieces.
3. Place in bowl.
4. Chop cilantro using same technique.
5. Slice celery in 1/2 inch pieces and pulse chop in the same manor.
6. Place all ingredients in bowl, add avocado, olive oil, toss, and serve!

Apple and Raw Beet Slaw

Ingredients:

1 teaspoon grated ginger
1 pound beets, peeled
1 large Granny Smith apple, or similar flavored and textured apple
3 tablespoons sherry vinegar (use apple cider vinegar if on Liver Enhancement or Fat burning phase)
1/2 teaspoon coarse grain salt
1/8 teaspoon cracked black pepper
1 to 2 tablespoons extra-virgin olive oil

Instructions:

1. In a medium sized salad bowl, using your microplane grater (or the smallest holes of a cheese grater) grate fresh ginger directly into bowl, about one teaspoon.

2. Grate beets and apples, add them to the bowl with the ginger, and toss until ginger is evenly distributed.
3. Add sherry vinegar or apple cider vinegar, salt, and pepper to bowl and toss to coat evenly.
4. Add olive oil, stir to combine. Taste and adjust seasonings. Serve immediately or keep refrigerated.

MARINATED GREENS

Ingredients:

1 bunch kale
1 bunch spinach
1 red and yellow bell pepper
olive oil
sea salt
cayenne pepper
one lemon
1 inch piece of ginger
½ red onion

Instructions:

1. Strip the kale leave off the stems and chop into bite size pieces
2. Chop spinach into pieces.
3. Throw greens in a large bowl.
4. Pour 3/4 cup olive oil and squeeze one lemon on greens and mix with hands.
5. Process in food processor bell peppers, red onion, ginger, 1/2 cup olive oil, sea salt and cayenne pepper to taste.
6. Process till it's a liquid.
7. Pour marinade over greens and mix with hands. Eat right away or even better let sit for few hours.