



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Chopped Vegetables, Nuts & Seeds Salad

A superfood salad loaded with fiber and protein—including the dressing made with lacto fermented pickle juice from the Persian Cucumber Dill Pickles (page 83) – and topped with Dr. Alberto’s favorite broccoli sprouts. (For notes on toasting the seeds and nuts, see page 77.) Serves 4-6

For the Dressing:

¼ cup juice from Persian Cucumber
Dill Pickles

¼ cup Orange juice

1 Tbsp monk fruit syrup

Juice of 1 lime

½ cup avocado oil

1 tsp poppy seeds

Sea salt and cracked black pepper

For the Salad:

½ cup finely diced carrots

½ cup broccoli florets

1 quart ice water

½ cup cherry tomatoes, halved

½ cucumber, peeled and diced

½ avocado, diced

½ bell pepper, diced

1 scallion, finely sliced

½ green apple, diced

2 cups shaved savoy or regular
cabbage

¼ cup loosely packed basil leaves,
torn

3 Tbsp. sunflower seeds, toasted

3 Tbsp. pumpkin seeds

2 Tbsp sesame seeds, toasted

3 Tbsp. cashews, toasted and crushed

Sea salt and cracked black pepper

¼ cup broccoli sprouts, for garnish

1 orange, segmented, for garnish

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1. Make the dressing: Combine the pickle juice, orange juice, monk fruit syrup, and lime juice in a blender. Blend on low speed for 15 seconds. Gradually add the avocado oil and blend until completely emulsified, 30 seconds.
2. Fold in the poppy seeds, season to taste with salt and pepper, and allow the dressing to marinate, refrigerated, for 30 minutes.
3. Prepare the salad: Bring 1 quart of water to a boil in a saucepan. Blanch the carrots and broccoli florets in the water for 30 seconds and then transfer them to the ice water for a 30-second cooldown. Drain through a colander. (Can skip this step and serve raw)
4. In a glass, ceramic, or stainless-steel bowl, combine the carrots, broccoli florets, tomatoes, cucumber, avocado, bell pepper, scallion, apple, cabbage, basil. Add toasted seeds and nuts/or alternatively, add 2 tbsp Crunchy Salad Topper per serving.
5. Add the dressing and season to taste with salt and pepper. Transfer to a bowl or platter. Garnish with broccoli sprouts and orange segments.

*You will be provided with Crunchy Salad Topped if you order food kit from Green's. Otherwise, you may make your own Crunchy Salad Topper OR use the ingredients called for above. DO NOT use Crunchy Salad Topper AND the seeds and nuts in this recipe.

Recipe credit to/adapted from Grow A New Body Cookbook

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