

Recipe – Positive Power Salad

From Canyon Ranch:
Contains some dairy.

Ingredients:

- ½ cup raw almonds, chopped and toasted
- 2 cups chopped broccoli
- 2 cups sliced mushrooms
- 1 ½ cups chopped cauliflower
- 1 ¾ cups diced jicama
- 1 cup diced carrots
- ½ cup diced yellow squash
- ½ cup diced zucchini
- ½ cup alfalfa sprouts
- ¼ cup chopped scallions
- 2 red delicious apples, unpeeled, diced
- ½ cup raisins
- 4 ounces part-skim mozzarella cheese
- ¼ cup freshly grated parmesan cheese
- ½ cup Italian jet fuel dressing (see recipe)
- 1/3 cup toasted sunflower seeds

Directions:

Combine all the ingredients, except the sunflower seeds, in a large bowl & mix thoroughly.

If preparing this salad ahead of time, don't add the dressing, almonds or sunflower seeds until you're ready to serve it. The salt in the dressing will soften the other ingredients, and the nuts and sunflower seeds won't be as crunchy.

Sprinkle 2 teaspoons of toasted sunflower seeds over the top of each serving.

Makes 8 servings of 1 ½ cup each. Each serving contains 226 calories, 10 mg of cholesterol, 22 grams of fat, 151 mg of sodium, 25 grams of carbohydrates, 12 grams of protein.

Dressing:

Jet Fuel Dressing (derived from the original recipe developed by Canyon Ranch)

- ½ teaspoon salt
- ½ cup red wine vinegar
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon sugar or 2 teaspoons honey
- 2 garlic cloves, minced
- 2 teaspoons Worcestershire sauce
- 1 tablespoon Dijon mustard

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- 1 tablespoon fresh lemon juice
- 1 cup water

Directions:

Combine the salt and vinegar and stir until the salt is completely dissolved. Add all the remaining ingredients except the water, mix well.

Add the water and mix well. Refrigerate in a tightly covered container. Makes 2 cups.

For Variety Try:

Italian dressing: add 1 tablespoon each of fresh oregano, basil, tarragon, finely chopped, or 1 teaspoon of each of the same herbs dried, crushing them first in a mortar and pestle.

Asian dressing: add 1 teaspoon curry powder and 1/8 teaspoon ground ginger.

Mexican dressing: add ½ teaspoon ground cumin.

Tarragon dressing: add 3 tablespoons fresh tarragon, finely chopped, or 1 teaspoon dried, crushed before using in a mortar and pestle.

Serving size: 2 Tablespoons per serving

Each serving contains 5 calories, 0 fat, 0 cholesterol, 93 mg sodium, 2 grams carbohydrates, and negligible protein.