

Chop-Chop Salad

1 cup chopped portabella mushrooms (or other similar mushroom) marinated in Nama Shoyu*
1 cup baby red peppers, sliced into rounds (or regular red bell pepper, chopped)
1 cup carrots, cut into matchsticks
1 cup chopped broccoli
1 cup sugar snap peas, sliced on the diagonal into small pieces
½ small yam, spiralized or (julienned)
½ cup thinly sliced purple cabbage
½ cup daikon radish
2 or 3 green onions, chopped (green and white ends)
1 cup bean sprouts
¼ chopped parsley
¼ cup chopped cilantro
¼ cup chopped basil
1T minced garlic
1T minced ginger
1T minced red hot pepper
½ cup chopped cashews, optional

*optional, but if using, marinate mushrooms while chopping rest of salad

Directions

Toss together salad ingredients. Add marinated mushrooms, if using. Blend dressing and pour over salad and toss until evenly coated.

Dressing 1

2/3 cup olive oil
1/3 cup lemon juice
1 small clove of garlic, crushed
1/2 tsp mustard powder
Salt and pepper to taste

Dressing 2

1 cup olive oil
1/3 cup fresh-squeezed orange juice
1/3 cup fresh-squeezed lemon juice
2T Nama Shoyu
1 tsp minced garlic
1 tsp minced ginger
1 tsp minced red hot pepper

Dressing 3

½ avocado
½ lemon, squeezed
Handful of basil (1/4-1/2 cup)
Water as needed for desired consistency

Dressing Directions

Blend all ingredients in a blender