

Elga's Spring Spa Salad

Yield: 6 Servings

SALAD INGREDIENTS:

- 1 cup Cracked Freekeh (cooked, instructions below)
- ½ cup Garbanzo beans, drained and rinsed
- 6 ounce sliced beets, drained
- 8 each Blanched asparagus spears, trim woody ends (blanch 1 minute in salted water, then shock in ice water)
- 2 cups baby arugula
- 2 cups spring mix (also called mesclun)
- ½ cup strawberries cleaned and quartered
- ½ cup blueberries cleaned
- ¼ cup toasted walnuts (can be done in omelet pan on stove until fragrant)
- 1 each ripe avocado sliced thin
- 3 ounces orange vinaigrette (recipe follows)

ORANGE VINAIGRETTE DRESSING INGREDIENTS:

- 2 Tablespoons of Orange Juice
- 2 tsp. minced shallots
- 1 tsp. rice vinegar
- 1 teaspoon brown sugar
- A sprinkle of kosher salt and fresh ground black pepper
- Place in a bowl and let stand 5 minutes. Whisk in 2 ounces of extra virgin olive oil.

INSTRUCTIONS:

Yield: 4 Servings

1. To prepare freekeh, you'll want a little bit more than a two-to-one ratio of liquid to freekeh. Two and a half cups of water or vegetable broth for every cup of freekeh. Simmer freekeh, covered, for 15 to 20 minutes. When the liquid is absorbed and the grains are soft, they're ready to be used. Refrigerate until cool.
2. Prepare all components except for the avocado.
3. Toss arugula and spring mix in a bowl with half of the vinaigrette. Lightly season with salt and pepper.
4. Place on 2 plates. Artistically arrange components in separate areas on top of lettuce.
5. Slice avocado and place in the center on top of the salad. Sprinkle walnuts and drizzle remaining vinaigrette.
6. Serve immediately.

TIPS:

This salad can be served as a complete meal for lunch or dinner or as a side. Substitute freekeh with cooked brown rice or any other healthy grain!

Enjoy

BAKED PINEAPPLE

Yield: 6 Servings

INGREDIENTS:

- ½ cup softened butter
- 1 cup granulated sugar
- 4 ea. Eggs
- 1 -20 oz. can crushed pineapple, drained
- 5 slices day old bread, cubed



INSTRUCTIONS/METHOD:

1. Cream butter and sugar with mixer.
2. Heat oven to 350F
3. Add 1 egg at a time and beat.
4. Stir in well drained pineapple
5. Stir in bread cubes
6. Bake uncovered in a greased 1 ½-quart casserole at 350F for 1 hour, until lightly browned

TIP:

Pairs great with ham!

Enjoy