

Recipes provided by Chef David Brandt

Walnut Kale Salad

Ingredients:

- 1 tbsp lime zest
- The juice from one lime
- ¼ cup avocado oil
- 8 cups coarsely chopped kale, center rib removed
- ½ cup vegan cheese
- 1/3 cup of agave or honey
- 2 tbsp raisin
- 1/3 cup relish
- ¼ cup minced red onions
- 1/3 cup of chopped walnuts
- 2 to 3 tangerines, separate into individual pieces
- A pinch of pink Himalayan salt
- Pepper to taste

Instructions:

In a large bowl whisk together the lime juice and oil. Coat mixture over kale and massage into the leaves until well blended. Add remaining ingredients and mix together.

Tuna Salad

Ingredients:

- 2 six ounce cans of albacore tuna
- 2 tbsp minced celery
- 2 tbsp minced red onions
- 1 tbsp parsley
- 1/3 cup Vegenaïse or mayonnaïse
- Pinch of pepper
- Pinch of salt
- Lime juice (optional)
- 2 tbsp raisins
- 2 tbsp relish

Instructions:

Mix together all of the ingredients. Add additional Vegenaïse for desired consistency. Serve over bed of romaine lettuce or on toasted whole grain toast.

Salmon Salad

Ingredients:

- 2 to 3 salmon fillets (frozen or fresh)
- 2 tbsp minced celery
- 1 tbsp chopped parsley
- 2 tbsp red onion
- 1/3 cup Vegenaïse
- 1 tbsp mustard
- 2 tbsp lime juice
- 3 tbsp salmon rub
- 2-3 tbsp olive oil

Instructions:

Preheat oven to 350 degrees. Wash and rinse fillets. Pat dry using a paper towel. Brush with olive oil and apply salmon rub generously over the top (skin side down). Place fillets on baking sheets lined with parchment paper (optional). Bake for 15-20 minutes or until gently flakes with a fork.

Blend all the ingredients together into a large mixing bowl and mix until salmon is smooth. Serve over a bed of lettuce, toasted whole grain bread or crackers. Enjoy!