

## Powerhouse Bakery presents Power Cooking School

# Reinvent the Salad

Gone are the days of iceberg and a bundle of stale croutons! At Powerhouse salads are fully loaded with good stuff. Here are some salad idea that will knock your fork right out of the bowl!

### **P-H-B Buddha Bowl**

*...secretes revealed!*

**Dressed Quinoa:** *Quinoa Spice, lemon, olive oil, salt*

**Dressed Kale:** *Sesame oil, honey lime juice, seeds of your choice, smoked paprika*

#### **Marinated Veggie Salad & Herbs:**

*broccoli, carrots, asparagus, baby bella mushrooms.*

*Shredded red cabbage: quick sauté then dress in a splash of rice vinegar & srihacca*

**Hummus** *(garbanzo beans, tahini, lime juice and sea salt)*

**Add Ins:** *Edemame, nuts: walnuts, almonds, pistachios; cherries, figs; fresh cranberries and Goji Berries*



#### **Dressed for Success — Star ingredients:**

**Toasted Sesame oil, fresh ginger, garlic and lime juice; honey**

**Organic spices:** smoked paprika, thyme, sage, fresh ground pepper; seeds: chia, hemp, flax, fennel, cilantro, coriander.

**Herbs:** Fresh mint, cilantro, basil, parsley. Be generous!