



Cosmic Purple Carrot Salad

Seeds by Design

Ingredients:

- Cosmic Purple Carrots
- Green Onion
- Cilantro
- Almonds
- Currants, Raisins or Dried Cranberries
- Fresh Lemon
- Salt

Directions:

1. In large bowl combine shredded carrots, finely chopped green onion and cilantro.
2. Stir in chopped almonds and dried fruit of your choice.
3. Squeeze in fresh lemon and salt generously.

Tastes even better the next day.

Broccoli Slaw Salad

Ingredients:

- 1 package broccoli slaw
- 1 bunch of fresh broccoli
- 2 packages chicken flavored ramen noodles
- ½ cup sunflower seeds

Dressing:

- 4 cups chicken broth
- 8 slices bacon, cut into 1-inch pieces

- 4-6 slices of French bread
- 7 oz. Gouda cheese, sliced

Directions:

- Finely chop broccoli florets and toss with broccoli slaw.
- Crush up the ramen noodles with your hands.
- Mix the noodles and sunflower seeds with the broccoli mixture.
- Add the dressing and toss.
- Refrigerate for 15 minutes before serving.

Basil and Sesame Dressing

By: Renee Shepherd of Renee's Garden

Makes $\frac{3}{4}$ cup

Easily made and reminiscent of pesto with a plus, this dressing enhances all your garden fresh greens.

Ingredients:

- 1 clove garlic, minced
- 3 tablespoons rice vinegar
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons grated Parmesan or Asiago cheese
- $\frac{1}{4}$ cup chopped fresh basil
- 2 tablespoons chopped Italian parsley
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{2}$ teaspoon sesame oil
- Freshly ground pepper

Directions:

1. Combine garlic, vinegar, lemon juice, cheese, basil and parsley.
2. Gradually add the oils, whisking until blended.
3. Add pepper to taste.