

Pesto Farfalle Salad

Ingredients

14.5 ounces (one box) farfalle pasta,
4 cups packed fresh basil
¼ - ½ cup pine nuts, toasted
6-8 cloves garlic, peeled and chopped
4 teaspoons fresh lemon juice
12 ounce package extra firm silken tofu
½ cup nutritional yeast, optional
Salt to taste
2 10 ounce cans quartered artichoke hearts, drained, rinsed, and coarsely chopped.
1 15 ounce can garbanzo beans, drained and rinsed.
1 10 ounce package frozen peas, thawed and drained
5 roma tomatoes (about 2 cups), seeded and coarsely chopped
Variations: red bell peppers, celery, cherry tomatoes, parsley, etc.



Directions Cook pasta per directions; rinse & drain. Combine basil, nuts, garlic, lemon juice, tofu and nutritional yeasts in food processor or blender and puree until smooth and creamy. Add salt if desired

Assemble In a large bowl, combine farfalle, pesto sauce, artichoke hearts, and garbanzos. At this point you can put the salad in the refrigerator. When it's time to serve, stir in the peas and chopped tomatoes (and any other fresh vegetables). You may adjust the flavor with freshly ground black pepper, salt, and lemon juice.

adapted from : *Forks over knives: the cookbook*, by Del Sroufe

Cucumber/Strawberry Salad

Ingredients

4 Persian cucumbers, or 1 English cucumber, sliced into ¼- ½ inch rounds
1 pint strawberries, quartered
3 Tbs white wine vinegar
1 tsp honey
2 Tbs chopped mint
Salt & pepper to taste
2 Tbs crumbled feta cheese

Directions

Place strawberries and cucumbers in a medium bowl. Set aside. Whisk vinegar, honey, salt and pepper together until well combined. Drizzle over fresh produce. Gently toss to coat. Garnish with fresh mint and feta cheese, if desired. Serve immediately or within 10 minutes for best results.

