

## **Grilled Asparagus Salad with Baby Lettuce, Lemon-Basil Oil and Caper Vinaigrette**

1 lb asparagus, trimmed  
1 Tbsp grapeseed oil  
3 cups mixed baby lettuces  
Lemon basil oil, as below  
Caper vinaigrette, as below  
Salt and pepper

Heat a grill or overhead broiler, place trimmed asparagus in a baking pan, season with salt and pepper, allow to sit while you make the caper emulsion. Either grill or broil the asparagus, until it is crisp tender. Toss the greens with a bit of the vinaigrette and place in the center of each plate. Top the greens with some of the asparagus, and then more of the caper vinaigrette. Then drizzle with the lemon basil oil.

Serves 4

### **Caper Vinaigrette**

2 small shallots, diced  
3 tablespoons capers, rinsed  
3 tablespoons good quality red wine vinegar, such as banyuls  
3 tablespoons water  
1/3-1/2 cup olive oil  
Salt and freshly ground black pepper

Place capers in the blender with the shallots, vinegar and water. Blend until smooth. Drizzle in the olive oil until an emulsion is formed. Add salt and pepper to taste. If mixture is too thick, add additional water or vinegar to thin slightly.

### **Lemon Basil Oil**

Grated zest of 2 lemons  
Leaves from 1/2 a bunch of basil  
1/2 cup mild olive oil from California

Place the lemon zest and basil in a food processor, pulse several times then transfer to a glass jar. Pour the olive oil over the basil and lemon and allow to infuse for 2-3 days, then drain the oil off of the basil and lemon paste.

## **Rapini and Beans**

1 large bunch rapini, washed and chopped into 2 inch pieces  
3 large cloves garlic, coarsely chopped, or 1 large clove of elephant garlic, sliced  
About 2 cups beans, drained, with cooking liquid.  
2 T extra virgin olive oil  
Leaves from one large sprig of thyme  
Sea salt and freshly ground black pepper  
2 Tbsp fresh walnut oil  
1/2 tsp red wine vinegar if it needs it  
2 Tbsp freshly chopped parsley

Heat the olive oil in a large saute pan and add garlic. Swirl around for a moment, then add the rapini with a pinch of salt. Continue to stir and wilt the rapini 2 minutes. Then add the beans and thyme and saute one minute. Add about a 1/4-1/3 cup of the bean cooking liquid, cover for a moment and let the rapini finish cooking. Remove from the heat and add salt to taste. It may not need it with the bean cooking liquid. Then add the red wine vinegar if you think it needs some acidity. Remove to a serving plate and finish by sprinkling on the walnut oil and freshly chopped parsley.

To cook dried beans:

1 lb dried beans  
Water to soak overnight  
Water to cover the beans by 2 inches or so  
2 cloves of garlic  
Sprig of fresh thyme  
2 bay leaves

Cover the beans with water and allow to soak at least 6 hours, or overnight. Discard the soaking water (some people use this to cook the beans in, I don't usually). Place the bean in a non-reactive pot (I cook mine in a clay pot: it makes a difference to me) and cover with fresh water by 2 inches, Add the crushed cloves of garlic, and the herbs. Bring to a slow simmer and cook from 1-2 hours until the beans are done. Larger varieties may require more time. Also take into account the amount of time you have soaked. The longer the soak, the less the cooking time. Do not season beans until they are cooked. Then add salt and black pepper and cook 15-30 minutes longer.

### **Quinoa Salad with hemp oil dressing**

1 1/2 cups quinoa  
3 cups light vegetable stock or water  
2 cups blanched fresh snap peas, cut in half  
1/2 cup zucchini, lightly blanched  
4-5 green onions, thinly sliced  
2 tablespoons chopped fresh herbs of your choice, such as cilantro, parsley, or basil

#### Dressing

Juice of 1 lemon  
1 tablespoon red wine vinegar  
2 tsp organic dijon mustard  
3 tablespoons hemp oil  
About 1/4 cup olive oil  
Salt and pepper to taste

Bring water or stock to a boil in a small pan, add a pinch of salt. Then add quinoa, bring back to a boil, cover and reduce heat to a slow simmer. Cook until the liquid is absorbed, usually 15 minutes. Turn heat off and let stand 5 minutes. Remove Quinoa from pan and cool. Whisk together the dressing ingredients. Toss the Quinoa with the other vegetables and herbs, then add the dressing. Allow to stand for 1 hour before serving. Check seasoning and add more salt, pepper, vinegar or oil to taste. Serve on a platter garnished with fresh herbs

### **Spring Detox Pesto**

1 clove garlic  
½ bunch dandelion greens  
½ bunch spinach  
Fresh herbs of your choice – basil, marjoram, parsley, thyme, rosemary, etc.  
1/3 c lightly toasted walnuts, room temperature  
California extra virgin olive oil  
Sea salt

In a food processor, chop the clove of garlic first. Then add the walnuts and herbs and process until coarsely ground. Lightly pack in the dandelion greens and spinach and process into a paste. The dandelion greens and spinach may need to be done in a couple batches. Slowly pour into olive oil and process until desired consistency. Add sea salt to taste.