

# Summer Series Recipes



*Tina McDermott*  
DISCOVER WHOLE BODY FREEDOM

# Summer Series

Healthy Picnic Survival Guide

## Picnic Salad Recipes

### Zucchini Coleslaw

#### Ingredients:

- 4 -6 zucchini, spiralized or julienne
- 1 bunch chopped green onions
- 1 tsp sea salt
- 2 carrots shredded
- 1/2 cup veganaise (soy free) (or coconut yogurt)
- 1 TB lemon juice
- 1 TB raw honey
- 2 tsp garlic powder
- 1/2 tsp paprika
- 1/8 cayenne pepper for a kick
- 1/4 tsp pepper

#### Directions:

- 1) Place the zucchini, sliced onions and sea salt into a colander and combine. Allow to drain for a few minutes.
  - 2) Whisk the veganaise or coconut milk, lemon juice, honey and seasonings in a small mixing bowl
  - 3) use a linen kitchen towel (or paper towels) and dump the zucchini/onion mixture in the middle, wrap it up and wring out the water.
  - 4) Add everything into a serving bowl and combine well.
- Refrigerate for up to one week.

---

### Zesty Red Cabbage Coleslaw with Mojo Criollo Dressing

#### Ingredients

- 4 cups red cabbage, shredded (about 1 lb)
- 1 cup carrots, [peeled](#) and shredded (about 3 large carrots)
- 1/3 cup cilantro, minced (about 1/2 a bunch)
- 1 shallot, minced
- 1/2 cup [mojo criollo dressing](#) (made WITH olive oil)

#### Directions:

# Summer Series

## Healthy Picnic Survival Guide

1. Make [mojo criollo dressing](#). NOTE: you may wish to start with 1 clove of garlic and add more to taste since you are using it raw in this recipe.
2. Rinse outside of cabbage and remove any outer leaves that are wilted or discolored. Cut in half and then quarters and remove the tough inner core.
3. Cut a cabbage quarter into thin strips with a sharp knife. Then, cut strips into shorter pieces by cutting crosswise. Chop again until you have fine shreds.
4. Peel and shred your carrots.
5. Mince shallot and cilantro and all all your veggies to a big bowl and mix to combine.
6. Pour in mojo criollo dressing. You can start by adding 1/4 cup and add more to taste.
7. Refrigerate 30-60 minutes before eating. Enjoy!

## **Mojo Criollo Dressing**

### **Ingredients**

- 1 cup sour orange juice (aka bitter, Seville, marmalade, or bigarade oranges. May be labeled "naranja agria" at Hispanic markets)
- 1 Tbsp garlic (about 3 large cloves)
- 1 tsp sea salt
- 1/2 tsp dried oregano
- 1/4 tsp ground black pepper
- 1/4 - 1/2 cup [extra-virgin olive oil](#)
- optional spices to taste: cumin, paprika, granulated onion, granulated garlic

### **Directions**

1. Squeeze sour oranges.
2. If you can't find sour oranges, you can substitute 1/2 cup lime juice and 1/2 cup regular (sweet) orange juice. Or, you can use 1/2 cup orange juice, 1/4 cup grapefruit juice, and 1 Tbsp lime juice.
3. place juice, peeled garlic oregano, salt, black pepper, and other optional spices you are using into blender or food processor and pulse until garlic is pulverized and you have a sauce with a creamy consistency.
4. Use immediately as a marinade or dressing. Store in fridge a few days only. Freeze unused portions for use later. I recommend freezing it WITHOUT the oil and adding it after thawing.

# Summer Series

## Healthy Picnic Survival Guide

### Kale Salad

#### Ingredients:

- 8 cups roughly chopped kale (about 2 bunches, tough stems removed) or use baby kale
- 3 tablespoons freshly squeezed lemon juice ( or apple cider vinegar)
- 3 tablespoons extra virgin olive oil, to taste
- 1 or 2 large garlic cloves, mashed
- 1 teaspoon Dijon mustard
- ½ teaspoon sweetener of choice (e.g., maple syrup, cane sugar, honey, etc.)
- ¼ teaspoon fine sea salt
- ¼ teaspoon freshly ground black pepper
- Optional toppings/add-ins: chopped toasted nuts or seeds, chopped tomatoes (fresh or sun-dried), chopped fresh fruit (blueberries, strawberries), diced avocado, chopped seeded cucumber, shredded carrots

#### Directions:

1. Place the kale in a large bowl.
2. In a small jar, place the lemon juice, olive oil, garlic, mustard, sweetener, salt, and pepper. Screw on top (tightly) and shake vigorously for 30 seconds; pour over kale, tossing to combine. \*
3. Cover the bowl with foil or plastic wrap and refrigerate for 1 hour. Toss salad again and season with additional salt and pepper to taste. If desired, add any of the suggested topping/add-ins.

#### Notes

\*The salad will keep, covered, in the refrigerator for up to 1 day.

\* if using the large kale leaves, knead the dressing into the leaves for 1 to 2 minutes. It helps to break down the cellulose to make it easier to chew.

# Summer Series

## Healthy Picnic Survival Guide

### **Broccoli Coleslaw**

#### **Ingredients:**

- 6 cups broccoli coleslaw mix
- 1/2 cup chopped green onions
- 1/3 cup walnut oil
- 1/4 cup apple cider vinegar
- stevia or monk fruit to taste
- 1 tsp sea salt
- 1/2 tsp dill weed
- 1/4 tsp celery seed
- black pepper to taste

#### **Directions:**

- In a large bowl, combine coleslaw and onions.
- In a jar add the remaining ingredients and shake well.
- Drizzle over the slaw and toss to coat.

### **Spinach, Quinoa & Apple Salad (aka The Best Summer Party Salad)**

#### **Ingredients:**

- 6 cups loosely packed baby spinach (or any mixed greens)
- 1 1/2 cups cooked quinoa, cooled
- 1 large pink lady apple, chopped
- 1/4 cup thinly sliced red onion
- 3/4 cup of “the perfect homemade balsamic vinaigrette”
- optional: 4-6 ounces organic goat cheese, crumbled

#### **Directions:**

- Toss all salad ingredients in a large bowl, then toss with dressing. Sprinkle goat cheese if using and lightly toss one more time to coat.
- If preparing ahead, place all ingredients except the dressing and goat cheese in a large salad bowl and cover tightly plastic wrap. Refrigerate up to 4 hours. Toss all ingredients 10 minutes before the party starts.

# Summer Series

## Healthy Picnic Survival Guide

### Balsamic Vinaigrette

Makes 1 cup

- 1/2 cup extra balsamic vinegar
- 1/2 cup extra virgin olive oil
- 1 teaspoon whole grain mustard
- 1/4 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper

#### Directions:

- Place all ingredients in a container with a tight-fitting lid (a mason jar works great). Shake vigorously for 30 seconds until emulsified. You can also emulsify your vinaigrette in a blender or food processor (work on low, increasing the speed as you stream in the oil last). I only use a blender when working in extra large quantities. Up to about a cup, shaking it like crazy in a mason jar works great (and there's way less clean up.)
- 

### Better Broccoli Salad

#### Ingredients:

- 2 large bunches of broccoli
- 1/2 white onion
- 1 cup roasted or sprouted almonds, chopped roughly (where to buy sprouted almonds)
- 3 Tablespoons raw honey (where to buy raw honey)
- 2 Tablespoons apple cider vinegar
- 1/4 cup olive oil (where to buy olive oil; yours is probably fake)
- 4 strips of bacon, cooked, cooled, and crumbled (optional) (where to find nitrate-free bacon from foraged hogs; if they're back-ordered, I use these guys)
- salt to taste

#### Directions:

- Prepare bacon, if using.
- Remove the largest part of the broccoli stem and compost or throw to your chickens. Cut the remaining broccoli – florets and small stems – into very small pieces and add to a medium bowl. Dice onion and add to broccoli along with roughly chopped almonds.
- In a pint-sized jar combine raw honey, apple cider vinegar, and olive oil. Cover tightly, shake, and pour over salad ingredients. Toss well, sprinkle with sea salt to taste, and allow to marinate in the refrigerator at least 30 minutes before serving. This may also keep in the refrigerator overnight.
- Double recipe if bringing to your next potluck!