

Carrot Salad

8 carrots	4 medium tomatoes, peeled & pureed
1 medium red onion, sliced thin	½ c flaxseed oil
1 green pepper, seeded and sliced thin	¾ c lemon juice
4 T dry mustard	½ tsp black pepper

Steam carrots until tender. Slice them thinly crosswise and place in a large bowl. Combine remaining ingredients until well mixed and then add to carrots, stirring until carrots are well coated. Refrigerate overnight and serve well chilled. Serves 4.

Almond Chicken Salad

1 c cooked, diced chicken breast meat	½ c sliced almonds
1 c romaine lettuce, chopped	¼ c chopped Medjool dates
1 c butter leaf lettuce, shredded	1-2 T flaxseed oil
¼ c chopped red cabbage	1-2 T freshly squeezed orange juice

Combine all ingredients except liquids in a large serving bowl. Toss with flaxseed oil and freshly squeezed orange juice. Serves 2.

Marinated Cauliflower Salad

1 head cauliflower, small florets	½ green bell pepper, chopped
½ red onion	¾ c marinade (below)

In medium-sized bowl, combine cauliflower, onion and pepper. Pour marinade over entire mixture and refrigerate overnight. Serves 4.

Marinade

1 tsp black pepper	1 c flaxseed oil	1 tsp dry mustard
1 T dried onion flakes	6 tsp lemon juice	1 T fresh parsley, chopped
3 tsp red wine		

Mix all dressing ingredients in blender. Makes 1½ cups.

Butter Leaf Avocado Salad

2 c butter leaf lettuce, shredded	1 c avocado slices
1 c chopped iceberg lettuce	avocado oil
¼ c raisins	lemon juice
1 c tomatoes, quartered	

Combine the lettuce, raisins, and tomatoes in a serving bowl and layer the avocado slices around the top. Dress with avocado oil and lemon juice. Serves 3.

Waldorf Salad

2 c diced, unpeeled red apples	½ c chopped walnuts
2 T lemon juice mixed w/2 T flaxseed oil	½ c raisins
1 c thinly sliced celery	2 c iceberg lettuce leaves

Toss together first 5 ingredients. Serve on top of lettuce bed. Serves 2.

Marjorie's Mexican Salad with Chicken or Beef

3 c lettuce, chopped	1 T garlic powder
4 scallions, sliced thin	1 T onion powder
12 cherry tomatoes, halved	1 tsp cayenne pepper
3 T olive oil	1 tsp dry mustard
¼ c diced green chilies	1 ripe avocado, thin sliced
½ lb chicken or lean beef steak, cut into thin strips	¼ c water

Arrange lettuce, scallions, and tomatoes on 2 large plates and set aside. In heavy skillet, heat olive oil on low heat. Add meat and remaining ingredients except avocado and simmer for 10-15 minutes, stirring constantly. Remove from heat and place on each salad. Place avocado slices evenly on top and serve with Omega 3 Tomato Dressing (see Condiments). Serves 2.