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JOYFUL SALADS

BEAN SALAD

14 oz. can black beans, rinsed & drained
1 cup corn, cooked
6 green onions, chopped
2 tomatoes, cut into chunks
½ cup carrot coins, raw
¼ cup celery, chopped fine
Mix all ingredients and top with dressing.

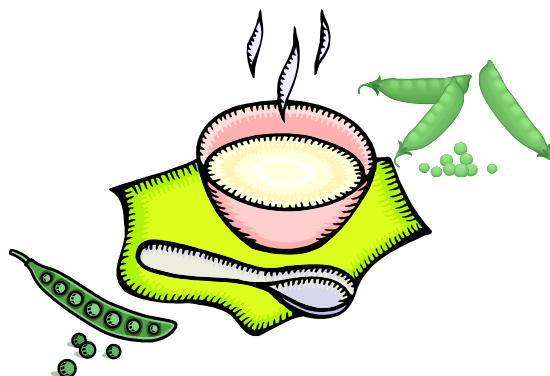


Mustardy French Dressing

2 T rice vinegar
½ tsp salt
½ tsp pepper
½ cup olive oil
1 – 1 ½ tsp Dijon mustard
1 T chopped onion
½ clove garlic chopped
Blend well. Let stand together for a few hours to develop flavour. Great on any type of salad. You can substitute balsamic vinegar for the rice vinegar for a slight variation.

QUINOA SALAD

2 cups cooked quinoa
1 cup frozen peas
2 green onions, chopped
1/3 cup almond slivers
¼ cup olive oil
salt and pepper
Cover peas with boiling water. After two minutes, drain. Add remaining ingredients, except oil. Chill, and add oil just before serving.
Bon appetite!



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