



1.

Umeboshi Cucumber Pickle

Most of my salad recipes start with the following Japanese-style Umeboshi & Cucumber Pickle.

Ingredients

1 cucumber, remove skin if waxy. Remove seeds if large. Cut into lengthwise strips and then slice across thinly
1 scallion, sliced thinly
1/3 cup chopped parsley
1 tbsp Umeboshi vinegar

Directions

Mix all the ingredients in a large bowl, and massage the vegetables with hands. Cover the pressed veggies with a plate, and weigh it down with a rock. Or use a Japanese pickle press. Press for a few minutes to several hours. The longer a vegetable pickles, the more interesting the flavor.

Strain the Umeboshi Cucumber Pickle, saving the brine.

2.

Vegan Potato Salad “Nice-Dice Vegetable Salad”

By Mary Estella from *Natural Foods Cookbook*

Ingredients

4 red potatoes, cut in small cubes
1 medium carrot, cut in 1/2-inch dice
1 stalk celery, diced
1 onion, diced into 1/4 to 1/2-inch pieces
1/2 lb. string beans, cut into 1/2-inch pieces
1/2 lb. fresh peas, shelled

Dijon Dressing

1/2 to 3/4 cup vegan mayonnaise
2 to 3 tbsp. dijon or stone ground mustard

pinch white pepper
2 tbsp. fresh parsley, chopped
1 tbsp. pickle juice or a chopped dill pickle
Salt to taste

Garnish Suggestions

Lettuce, radish, tomato

Procedure

Wash vegetables. Dice potatoes and onion. Cut both the carrot and celery stalk into 1/4-inch strips. Then dice across the width.

Place potatoes in a pot and just cover with cold water, and bring to a boil; turn down heat, and simmer 5 minutes. Do the same with the diced carrot, but simmer 6-7 minutes.

Sauté the diced onion in a tbsp. of sesame, safflower, or olive oil. I use refined sesame oil for high heat. After the strong onion smell is cooked out, add the diced celery. Sauté these vegetables to a golden brown.

(You can boil both the onion and the celery for less oil in the recipe).

Cooking the string beans and peas: Boil 2 cups water with a pinch of salt. Add the peas, and cook until brightly colored and tender, approximately 2 minutes. Scoop out the veggies with a flat strainer. Strain the vegetables and set aside to cool.

Add the cooled vegetables to the dressing. Save the cooking liquid for stock. Mix all the dressing ingredients, and add cooled vegetables. Can be served on a lettuce leaf.

3.

Susan's Vegan Potato Salad

(Based on Mary Estella's Nice-Dice Vegetable Salad)

Vegan Potato Salad with Umeboshi Cucumber Pickle

This recipe for Vegan Potato Salad, along with most of my salad recipes, starts with the following Japanese-style Umeboshi & cucumber pickle.

Presenter: Susan Ragsdale of Healthy World Sedona

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Umeboshi Cucumber Pickle

See recipe on page one. After you strain the Umeboshi Pickle, saving the brine, mix the pickled vegetables with 1/2 to 3/4 cup vegan mayonnaise “Vegenaise”

THE SALAD ~ Potato Salad

Ingredients

4 red potatoes, cut in small cubes
1 medium carrot, cut in 1/2-inch dice
1 stalk celery, diced
1 onion, diced into 1/4 to 1/2-inch pieces
1 lb all together, optional: 1/2 lb. string beans, cut into 1/2-inch pieces with 1/2 lb. fresh peas, shelled OR Sugar snap peas, cut into thirds, OR Snow peas, cut into inch-sized pieces
Most often, I use string beans solely.

Procedure

Wash vegetables. Dice potatoes and onion. Cut both the carrot and celery stalk into 1/4-inch strips; then dice across the width.

Place potatoes in a pot and just cover with cold water, and bring to a boil; turn down heat, and simmer 5 minutes. Do the same with the diced carrot, but simmer 6-7 minutes.

Sauté the diced onion in a tbsp. of sesame, safflower, or olive oil. I use refined sesame oil for high heat. After the strong onion smell is cooked out, add the diced celery. Sauté these vegetables to a golden brown.

You can boil both the onion and the celery for less oil in the recipe.

Cooking the string beans and peas: Boil 2 cups water with a pinch of salt. Add the peas, and cook until brightly colored and tender, approximately 2 minutes. Scoop out the veggies with a flat strainer. Strain the vegetables and set aside to cool.

Add the cooled vegetables to the dressing.

Can be served on a lettuce leaf.

Garnishing Suggestions Lettuce, radish, tomato

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4.

Perfect Fluffy Quinoa

Use the one to two ratio of quinoa to water.

Ingredients

1 cup uncooked quinoa ~ you will end up with three times as much cooked quinoa as dry.

2 cups water

Salt ~ pinch or 1/4 teaspoon salt per cup of quinoa

Instructions

Rinse the quinoa by pouring it into a *fine* mesh colander and rinse under running water for 30 seconds. Drain well. This cleaning step removes any bitterness on the outside of the quinoa.

Combine the rinsed quinoa and water in a saucepan.

Bring the mixture to a boil over medium-high heat. Add a pinch of salt. Then decrease the heat a bit to maintain a gentle simmer. You can use a flame tamer or two stack ones in order to keep the heat lower.

Cook until the quinoa has absorbed all of the water ~ 15 to 20 minutes.

Remove the pot from heat, keep it covered, and let the quinoa steam for 5 minutes. This step gives the quinoa time to pop open into little curlicues, so it's nice and fluffy.

Remove the lid and fluff the quinoa with a fork, and reserve for your recipe.

5.

Colorful Quinoa Medley*

I suggest using the **Umeboshi Cucumber Pickle** to mix in with this recipe

(Umeboshi Cucumber Pickle recipe is on page 1)

Ingredients for Colorful Quinoa Medley

1 cup quinoa, washed and drained + 2 cups water = 3 cups cooked quinoa (Perfect Fluffy Quinoa recipe above)

1 medium tomato, diced

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3/4 cup pine nuts, lightly pan toasted
1/2 cup pitted black olives, sliced thin
Small pieces of steamed broccoli or cauliflower could be added

Lemon Sesame Oil Dressing

2 tbsp Sesame oil
1 tsp lemon juice, freshly squeezed, as well as a 1/4 tsp lemon zest

Directions for Colorful Quinoa Medley

Place quinoa in a large mixing bowl and fluff with a fork to cool. Add the tomatoes, pine nuts, and olives. In a small bowl, mix the dressing ingredients together. Pour the dressing over the salad and toss to mix thoroughly. Serve room temperature or chilled.

6.

Back-eyed Peas & Corn Salad

*I suggest using the **Umeboshi Cucumber Pickle** to mix in with this recipe.

Ingredients for Black-eyed Peas & Corn Salad

15 ounces Black Eyed Peas, drained
OR
A package of frozen Black-eyed peas
OR
2 cups Black Eyed Peas, cooked (1 cup dried beans)
1 1/2 cups tomatoes, diced—look for red, firm tomatoes
1 cup corn, fresh or frozen, blanched 1 to 2 minutes

If you don't make the Umeboshi Cucumber Pickle, add these:

1/4 cup scallions, finely chopped

1/2 cup onion, minced, sautéed or boiled

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Use frozen or canned Black-eyed Peas OR . . .

### **How to Cook Black-eyed Peas**

Soaking is not essential for black-eyed peas, but cooking time can be shortened if they are. I soak mine for 1 to 2 hours. Strain the soaking water from the beans, and discard.

Place the black-eyed peas in a pot, with an inch of kombu sea vegetable.

Cover with water, and bring to a boil. Once boiling, reduce to a simmer, tilting the lid slightly to allow steam to escape, and cook for an hour, or until tender.

Keep an eye on the pot. Don't let the beans become mushy. They need to retain their shape but be tender.

**Back to the Salad . . .**

### **Japanese “Wafu” Dressing**

#### THE BASICS

2 Tbsp Sesame Oil  
1 Tbsp Brown Rice Vinegar  
1 Tbsp Tamari or Shoyu

#### SUGGESTED ADDITIONS

1 clove garlic, minced  
1/4 cup chopped fresh basil  
(1 tsp Mustard)

Place black eyed peas, tomatoes, corn, scallion and red onion in a bowl and mix. Mix the dressing ingredients with a fork or use a blender.

Pour the dressing over the peas and vegetable and toss to mix. Serve room temperature or chill 1 hour before serving.

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