

Spring Fresh Veg Salad

Salad dressing:

- 1 1/2 teaspoons grated fresh ginger
- 1 1/2 teaspoons coarsely chopped shallot
- 1 1/2 teaspoons coarsely chopped fresh rosemary
- 2 tablespoons soy sauce
- 2 tablespoons honey
- 3 tablespoons sweet rice vinegar
- 1 1/2 tablespoons fresh lemon juice
- 1/2 cup canola oil

Method:

1. In a blender, grind the ginger, shallots and rosemary to a paste.
2. Add the soy sauce, honey, vinegar, lemon juice to the ginger mixture and blend until fairly smooth.
3. With the blender running, slowly add the oil. This makes about three-fourths cup dressing, more than is needed for the remainder of the recipe. The dressing will keep, up to 3 days, covered and refrigerated.

Fresh vegetable salad:

- 2 cups shelled edamame beans
- 1 cup raw fresh yellow corn
- 2/3 cup diced avocado
- 2/3 cup toasted and salted cashews
- 1/2 cup sliced or diced roasted and peeled red bell peppers
- 1 1/2 cups French green beans (haricot vert), blanched, shocked and chopped
- 2 cups diced jicama
- 1/2 cup salad dressing, more as desired
- 1 cup daikon sprouts
- 1/4 cup plus 2 tablespoons hemp seeds

Method:

1. In a large bowl, combine the edamame, corn, avocado, cashews, peppers, green beans and jicama.
2. Add one-half cup of the dressing and toss to coat.
3. Taste and add additional dressing if desired.
4. Divide the salad among 4 plates and garnish with the daikon sprouts and hemp seeds. This makes about 8 cups of salad. Serve immediately.