

ROUXBE ONLINE COOKING SCHOOL

<https://rouxbe.com/recipes/5480-asian-kale-coconut-cashew-salad>

Asian Kale, Coconut & Cashew Salad

This fresh and aromatic salad is made with kale, cabbage, mint, cilantro, chives, toasted cashews and coconut flakes and finished with a simple Asian vinaigrette.

Serves: 2 to 4 • Active Time: 30 mins • Total Time: 40 mins • Success: 100

Step 1: Making the Vinaigrette

1/8 to 1/4 cup water
3 tbsp toasted sesame oil
2 tbsp rice wine vinegar
1 to 2 tbsp sweetener, such as honey or agave
cayenne, to taste (a good pinch or more)
2 tbsp soy sauce
2 tbsp miso paste

Method

To make the vinaigrette, whisk together all of the ingredients — starting with 1/8 of a cup of water. Alternatively, the dressing can be made in a small jar with a tight-fitting lid. Add all of the ingredients to the jar and shake vigorously to combine.

Lately, taste for seasoning. If the dressing is a bit too strong in flavor and/or it is too thick, add a bit more water.

Step 2: Preparing the Mise en Place for the Salad

4 heaping cups chopped kale*
1 cup shredded green cabbage
1/4 cup roughly chopped fresh mint
1/4 cup roughly chopped cilantro
3 tbsp finely minced chives (or 2 green onions, finely minced)

Method

Prepare the ingredients for the salad. *For the kale, wash, de-stem and dry. To prepare the kale, it can either be torn into bite-sized pieces, or it can be shredded. Shredding the kale (like chiffonade) makes for a more delicate salad.

Once done, add all of the ingredients to a large bowl.

Step 3: Finishing the Salad

Method

3 tbsp roughly chopped,
toasted cashews*
3 tbsp toasted coconut, or to
taste*

To finish the salad, add just enough of the vinaigrette to lightly coat the ingredients. Note that there will likely be leftover dressing.

Just before serving, add the chopped cashews and toasted coconut. Note that these [Asian-Roasted Cashews](#) are also delicious in this salad, rather than just the plain roasted cashews.

Lastly, taste for seasoning and serve.

Note: While this salad is delicious immediately after it has been made, it is also nice if left to marinate for about 15 minutes — this give the vinaigrette time to infuse and slightly soften the ingredients. If dressing the salad ahead, do not add the cashews and coconut until just before serving.

Chef's Notes

by Dawn Thomas • June 14, 2018

For the toasted coconut, it can be used as is, or it can first be tossed with a bit of soy sauce and sriracha hot sauce before toasting.

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<https://rouxbe.com/recipes/5415-crispy-chickn-w-quinoa-kale-avocado-citrus-salad>

Crispy Chick'n w/ Quinoa, Kale, Avocado & Citrus Salad

Citrus, delicate sunflower sprouts and avocado complement the savory crunch of these plant-based tenders in a delicious summer salad.

Serves: 4 • Active Time: 30 mins • Total Time: 30 mins • Success: 0

Step 1: Preparing Your Mise en Place & Tossing the Salad

1 (9-oz) pkg Gardein Chick'n Tenders
3 cups baby kale
1 cup sunflower sprouts
1 cup quinoa cooked
1/2 cup Citrus Miso Dressing

Method

Preheat the oven to 425°F (220°C) and cook the Chick'n Tenders according to package instructions. Once the Tenders have cooled, slice on the bias or in half. Set aside.

To assemble the salad, add the quinoa to the kale, along with some fresh sunflower sprouts and a couple tablespoons of the [Citrus Miso Dressing](#) and gently toss to combine.

Step 2: Finishing the Salad

3 tbsp toasted seeds such as sesame, pumpkin and sunflower
1/2 avocado, sliced
1 orange, segmented

Method

Once greens are lightly tossed, gently add the Chick'n, orange segments and sliced avocado, adding more dressing if needed, to coat the Tenders.

Serve immediately and garnish each plate with some of the toasted seeds.

Serve this delicious salad as an appetizer or as a main meal.

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<https://rouxbe.com/recipes/5085-quinoa-arugula-salad>

Quinoa & Arugula Salad

Quinoa, arugula, spicy pecans, red peppers, tomatoes, snap peas, raisins, capers and a refreshing white balsamic and garlic vinaigrette.

Serves: 4 • Active Time: 20 mins • Total Time: 45 mins • Success: 100

Step 1: Making the Vinaigrette

Method

3 tbsp white balsamic vinegar
3 tbsp extra virgin olive oil
1 small clove of garlic, minced
1 tsp sweetener
sea salt, to taste
freshly ground black pepper,
to taste

To prepare the vinaigrette, add all the ingredients to a mixing bowl and whisk to combine.

Alternatively, you can add the ingredients to a jar or other container, place a lid on the top and shake to combine.

Store any leftovers in the refrigerator. Bring to room temperature before using.

Step 2: Preparing Your Mise en Place

Method

4 cups arugula
2 cups quinoa, cooked
1 cup Spicy Pecans
1 cup snap peas, sliced in half
on a diagonal* (see note)
1 cup red pepper, diced
1 cup cherry tomatoes, cut in
half
1/3 cup raisins
2 tbsp capers
sea salt, to taste
freshly ground black pepper,
to taste
1/2 lemon, juiced

First, gather and prepare your mise en place. Be sure to make the [Maple Chipotle Candied Walnuts](#) or the [Spicy Pecans](#) as well, as they really add a kick to the salad.

*For the snap peas, blanch for 20 seconds and then put them into an ice bath to stop the cooking process. This will make them nice and green, but they will still be crunchy.

Step 3: Assembling the Salad

Method

4 tbsp vinaigrette, or to taste

Place all of ingredients, except the lemon juice, into a bowl and toss lightly to combine.

Once combined, add the lemon juice, toss briefly and serve immediately.

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<https://rouxbe.com/recipes/5116-roasted-sweet-potato-salad-w-arugula-balsamic-vinegar>

Roasted Sweet Potato Salad w/ Arugula & Balsamic Vinegar

This roasted sweet potato salad highlights the no-oil roasting method. While the finished product is a bit drier than it would be with oil, it's refreshed and flavored by a flavorful dressing.

Serves: 4 • Active Time: 1 hr 15 mins • Total Time: 1 hr 15 mins • Success: 0

Step 1: Preparing the Sweet Potatoes

Method

2 cups sweet potatoes,
peeled and cut in 1-inch
cubes
2 tbsp white balsamic vinegar
1/4 tsp freshly ground black
pepper
1/4 tsp cinnamon

Preheat oven to 375 °F (or 190°C).

Toss the sweet potatoes with the vinegar, freshly-ground black pepper, and cinnamon.

On a non-stick sheet pan, or one lined with parchment or a silpat, spread out the potatoes evenly. Place in the oven and roast, turning vegetables over once, for 12 to 15 minutes or until tender and slightly browned.

Let the potatoes cool until they are near room temperature.

Step 2: Preparing the Dressing

Method

1/2 cup white balsamic
vinegar
3 tbsp liquid sweetener
1/4 tsp cinnamon
2 tbsp fresh chives, minced

Prepare the dressing while the potatoes are roasting.

In a small bowl, whisk together the remaining balsamic vinegar, honey, cinnamon and chives.

Step 3: Finishing the Dish

Method

4 cups baby arugula
1 small fennel bulb, thinly
shaved on mandolin

To finish the dish, in a large bowl, gently toss together the arugula and shaved fennel. Next, add the potatoes, drizzle with dressing and toss.

To serve, place a large helping of salad on a plate and sprinkle with toasted seeds or nuts for an added crunch.

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<https://rouxbe.com/recipes/5299-sprout-grapefruit-salad>

Sprout & Grapefruit Salad

This simple, refreshing recipe is a perfect pairing to heavier dishes, especially when grapefruits are at their peak of sweetness.

Serves: 4 as a side dish • Active Time: 45 mins • Total Time: 45 mins • Success: 0

Step 1: Preparing the Salad

2 cups assorted fresh sprouts
(sunflower sprouts,
buckwheat sprouts or pea
shoots, sliced in half if too
long)
2 grapefruits, peeled and
segmented ([link to video](#))
1 avocado, semi-firm, seed
removed and sliced in strips
lengthwise
4 to 5 cilantro sprigs, leaves
only
1 tsp fresh ginger, peeled and
sliced in 1/2-inch paper-thin
julienne
1 lemon, zest and juice
1 tbsp flax oil
1/4 tsp flaked sea salt

Method

First, gather and prepare your mise en place.

To prepare the salad, in a mixing bowl, add the sprouts, grapefruit segments, avocado slices and cilantro leaves. Add ginger, and about one tablespoon of the lemon zest and the lemon juice. Drizzle with flax oil and gently combine the ingredients.

When serving, gently handle the salad to ensure the avocado slices remain in tact. Sprinkle with sea salt before serving.

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