

# The Nourishing Bowl

## Ingredients

### Veggies:

- 2 red peppers
- ½ head purple cabbage
- 4 carrots
- 2 celery stalk
- 1 red onion

### Starch:

- 1 cup shredded sweet potato or kombuca squash

### Protein:

- 16 ounces cooked wild salmon

### Flavors & Liquid:

- 1 inch piece fresh ginger
- 4 cloves garlic
- 1/8 cup lime juice
- 1/8 cup rice wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 tablespoon dark sesame oil

## Method

1. If you don't already have cooked salmon, use canned wild salmon or cook it now. Place salmon on a baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Bake at 350 for 20 minutes or until the salmon flakes easily.
2. Slice pepper and cabbage into thin strips.
3. Place veggies in a large sauté pan as you go.
4. Dice carrot and celery into thin slices.
5. Dice onion.
6. Shred sweet potato and add to pan.
7. Mince ginger and garlic. Add to veggies.
8. Add oils to veggies and turn heat to medium.
9. Sauté vegetables. When they begin to sizzle, add lime juice and rice wine vinegar.
10. Let vegetables cook until they are brightly colored and softened.
11. To make your bowl, layer vegetables and salmon. Veggies go on the bottom.

## Variations

**Veggies:** Any variety that you like

**Starch:** Cubed celeriac, fresh/frozen fruit

**Protein:** chicken breast, ground turkey, ground beef, firm tofu

**Flavors:** Salsa, pesto, olive spread, any vinegar, soy sauce, walnut oil, any fresh or dried herbs or spices, sesame seeds, pine nuts

# Mason Jar Salad

## Ingredients

### Dressing:

Homemade or Drew's organic dressing

### Heartly vegetables:

Organic cherry or grape tomatoes, cauliflower floret and shredded purple cabbage

### Softer vegetables:

Organic tri color bell pepper slices, organic English cucumber slices

### Unprocessed carb:

Shredded sweet potato or frozen butternut squash cubes, fresh or frozen fruit

### Protein:

Precooked chicken cubes or canned wild salmon or natural chicken sausage (True Story, Teton Ranch, Trader Joe's)

### Leafy Greens:

Prewashed organic arugula mix, power greens mix, spinach leaves

### Nuts/seeds:

Pumpkin or sunflower seeds, almonds, walnuts or pecans

## Method

1. Layer ingredients in mason jar in the order listed in ingredient list.
2. Close tightly.
3. Store for 3-4 days.
4. Shake up and pour into a large bowl.

## Variations & Details

<http://www.organizeyourselfskinny.com/2014/03/17/the-ultimate-mason-jar-salad-tutorial-and-recipe-round-up/>