

# honore summer salad

Each 6 servings: 387 calories; 14 grams protein; 29 grams carbohydrates; 8 grams fiber; 26 grams fat, 3 grams saturated fat; 0 cholesterol; 10 gram sugar; 306 grams sodium.



## DRESSING

## INGREDIENTS

- 1 ½ teaspoons grated fresh ginger
- 1 ½ teaspoons finely chopped shallot
- 1 ½ teaspoons finely chopped rosemary
- 1 ½ teaspoons finely chopped parsley
- 2 tablespoons soy sauce or Tamari
- 2 tablespoons honey
- 3 tablespoons sweet rice vinegar
- 1 ½ tablespoons fresh lemon juice
- ½ cup canola oil
- ½ cup olive oil

## METHOD

1. In a blender, grind the ginger, shallots, rosemary, and parsley.
2. Add the soy sauce, honey, vinegar and lemon juice to the ginger mixture and blend until fairly smooth.
3. With the blender running, very slowly add the oil in a fine stream. This makes about ¾ cup of dressing, more than is needed for the recipe. The dressing will keep at least a week.

## SALAD

## INGREDIENTS

- 2 cups shelled organic edamame beans or fava beans (frozen is fine, too, thaw slightly)
- 1 cup fresh, raw yellow or white organic corn (frozen is fine, too, thaw slightly)
- 2/3 cup avocado
- 2/3 cup toasted and salted cashews
- 1 ½ cups fine green beans (the small French ones, hericot vert, are especially delicious), blanched, shocked, dried and chopped
- 2 cups diced jicama
- ½ cup dressing, more if desired
- 1 cup daikon or other delicate sprouts
- ¼ cup or more hemp or other seeds

## METHOD

1. In a large bowl, combine the edamame, corn, avocado, chashews, green beans, and jicama.
2. Add one half cup dressing and toss to coat. Season with salt and pepper and add additional dressing if desired.
3. Divide among 4-6 plates and garnish with the daikon sprouts and sprinkle with hemp seeds. This makes about 8 cups of salad. Serve immediately, although this is still great as left-overs the next day.

\* This recipe is adapted from a salad that Chef Neal Fraser and Amy Knoll Fraser created for their now defunct restaurant, BLD, in Los Angeles.