



FRESH VEGETABLE SALAD WITH A CREAMY TAHINI DRESSING

- 1 beet
- 2-3 carrots
- ¼-½ red cabbage
- 1 zucchini
- 1 yellow squash
- 1 red onion
- 1 fennel bulb
- 1 bunch parsley

Grate the beets, carrots, cabbage, zucchini, and squash into a large bowl. Finely chop onion, fennel, and parsley. Mix all the vegetables together. Note that the type and amount of vegetables can be easily altered. Serve with the following salad dressing...

CREAMY TAHINI DRESSING

- 3 Tablespoons sesame seeds
- ½ cup tahini
- ¼ cup lemon juice
- ¼ cup sesame oil
- ¼ cup olive oil
- ¼ cup tamari
- Pinch of cayenne
- 1 teaspoon dried dill weed

Combine all ingredients in a jar and stir/shake well. If too thick, add a bit of water to thin it out.

Recipe adapted from "A Guide to Cooking Farm Fresh Seasonal Produce: From Asparagus to Zucchini" Third Edition (2004). Prepared by the Madison Area Community Supported Agriculture Coalition. p184.

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**A little bit about raw foods...** I like to think of cooked foods as nourishing and raw foods as cleansing. This is a gross generality, but a nice guideline. It is great to have a balance of both in your diet. Too many cooked foods in the diet, and the metabolism gets sluggish. Too many raw foods in the diet, and the digestive fire suffers. Raw foods are cold energetically and need to be balanced with warming meats, soups, and cooked vegetables. This is where listening to your body comes into play: it will tell you what it wants!