



Urban Harvest

## Fresh from the Garden

### Cabbage & Cashew Salad

#### INGREDIENTS:

4 cups shredded cabbage  
 1 cup chopped roasted cashews  
 1/3 cup thinly sliced red onions  
 1/4 cup chopped fresh parsley  
 2 tbsp. olive oil  
 1 tbsp. white wine vinegar  
 1 tbsp. lemon juice  
 1/2 tsp. salt (or to taste)  
 pepper, to taste

#### PREPARATION:

- Toss together the first 4 ingredients in a large bowl.
- Mix the remaining ingredients in a small bowl to create dressing.
- Add dressing to the ingredients in the large bowl & toss.
- Allow salad to sit for 20-30 minutes before serving.
- Serve and enjoy!

*Optional:* Add a touch of sweetness by adding fresh or preserved fruit such as crushed pineapple, diced apples, dried raisins or cranberries, etc.

Urban Harvest ■ 2311 Canal St. #200 ■ Houston, TX 77003 ■ 713.880.5540 ■ www.urbanharvest.org



Urban Harvest

## Fresh from the Garden

### Kale Chips

#### INGREDIENTS:

12 kale leaves  
 1-2 tbsp. olive oil  
 sea salt

#### Optional seasonings:

Parmesan  
 Cajun spices  
 Pizza spices  
 Garlic powder

#### PREPARATION:

- Tear washed & dried kale leaves into bite-sized pieces, removing stems.
- Add kale to a mixing bowl with the olive oil and stir to lightly coat.
- Arrange kale in a single layer on tray.
- Bake in oven or toaster oven at 300 degrees for 15-20 minutes until crispy.
- Sprinkle chips with a pinch of sea salt and allow to cool before serving.

*Crunchy, yummy and nutritious . . . what more could you ask for in a snack!*

Urban Harvest ■ 2311 Canal St. #200 ■ Houston, TX 77003 ■ 713.880.5540 ■ www.urbanharvest.org



Urban Harvest

## Fresh from the Garden

### Baby Bok Choy Salad

#### INGREDIENTS:

4 bunches baby bok choy  
 2 green onions  
 8 oz. rice noodles  
 2 tsp. ginger root, minced  
 1 tsp. fresh garlic, minced  
 1/2 cup soy sauce  
 1/4 cup rice vinegar  
 2-3 tbsp agave nectar  
 1 tbsp sesame oil  
 1 tsp lemon juice  
 1/2 tsp chili oil (optional)

#### PREPARATION:

- Soak rice noodles in a serving bowl with warm water until soft (5 minutes).
- Drain noodles. Add bok choy cut into bite-sized pieces.
- Mince green onions and add to bok choy and rice noodles.
- In a smaller bowl, whisk together the remaining ingredients to create a marinade.
- Add marinade to the serving bowl, toss well and serve. Enjoy!

*Optional:* Spice it up with the chili oil or add a "rainbow" of colors with grated carrots, radishes, kohlrabi, etc. from the garden, of course!

*Vegan recipe, developed by Pamela, UHI Garden Educator & Personal Chef.*

Urban Harvest ■ 2311 Canal St. #200 ■ Houston, TX 77003 ■ 713.880.5540 ■ www.urbanharvest.org



Urban Harvest

## Fresh from the Garden

### Apple Beet Salad

#### INGREDIENTS:

1 beet, washed & peeled  
 4 Gala apples, washed  
 1/2 cup of raisins  
 1 orange  
 honey or agave nectar

#### PREPARATION:

- Grate beet into mixing bowl.
- Cube apples with skin on (if organic); peel and cube if not, then add to beets.
- Add raisins and squeeze the juice from orange into the bowl.
- Drizzle honey or agave nectar (to taste), mix together and serve.

*Zoli's favorite way to eat fresh, crunchy beets . . . enjoy!*

Urban Harvest ■ 2311 Canal St. #200 ■ Houston, TX 77003 ■ 713.880.5540 ■ www.urbanharvest.org