



Savory Raw Recipes

Sushi

serves 2

4 sheet of nori
2 cups shiitake mushrooms, sliced
1 jicama, cubed
1 avocado, sliced
1 red bell pepper, sliced into thin strips
jar of pickled ginger
nama shoyu or tamari soy sauce

shiitake marinade:

$\frac{1}{4}$ cup brown rice vinegar
1 tbsp nama shoyu or tamari soy sauce
1 tbsp maple syrup

Mix together the shiitake marinade. Add shiitake mushrooms, and massage with the marinade. Allow to cool for 15 minutes.

Place the cubed jicama into a food processor, and pulse until the jicama has reached a grainy, rice like texture.

Lay one sheet of nori onto the bamboo mat. Spread about $\frac{1}{4}$ cup of jicama onto the bottom third of the nori (the part closest to you). Place the red pepper and avocado on top, allowing about $\frac{1}{2}$ an inch to stick out over the edges of the nori. Place the marinated shiitake on top, then add your desired amount of pickled ginger. Roll the sushi by turning bottom corners up and tucking the contents into the nori. Roll until only 1 centimeter is left. Moisten the last centimeter of nori with liquid from the pickled ginger jar, then roll to close tightly.

Place roll onto a cutting board and cut into about 6 equal pieces. Repeat with the remaining ingredients.

Bell Pepper Soup

serves 4

6 red bell peppers, chopped
4 tomatoes, chopped
1 small avocado
1 tsp cumin
salt to taste

Place all ingredients into a high speed blender, and blend until smooth. If necessary, add water, start with $\frac{1}{4}$ cup. When smooth, add more salt to taste and serve.

Red Cabbage Salad with Wakame Mushrooms and Sweet Miso Dressing

serves 4

1 head Red Cabbage, shredded
1 cup Wakame, soaked in water to rehydrate then drained



3 Carrots, shredded
1/2 - 1 medium jalapeño or habanero pepper, or one Thai chili, minced
2 cups Mushrooms, Shitake and Cremini, sliced thinly and marinated (recipe below)
Mushroom Marinade:
1/2 cup Olive Oil
1/3 cup soy sauce, Nama Shoyu, Tamari, etc...
1 tbsp Mirin

Mix ingredients together in a bowl, then add mushrooms. Stir to coat and let marinate for at least 30 minutes.

Sweet Miso Dressing:
1/3 cup Yellow (or Light) Miso
1/2 cup Orange Juice, freshly squeezed
1 tbsp Mirin
1 tbsp Raw Honey, or Agave
2 tbsp Sesame oil
1 small clove Garlic
2 tsp Ginger, minced or grated
2 tbsp soy sauce, Nama Shoyu or Tamari

To assemble salad:

In a large bowl combine the red cabbage, wakame, carrot and minced hot pepper. Toss with 1/2 cup of the miso dressing, and allow to rest for a few minutes before serving. Top with marinated mushrooms and a bit more dressing before serving.

Cauliflower Cous Cous

(This recipe calls for half a head of cauliflower, enough for 2 servings or 1 if you're really hungry. If you've got a whole head of cauliflower go ahead and use it, just double the recipe. If you're into nuts, try sliced almonds and/or pistachios.)

serves 1-2

1/2 head cauliflower, chopped
2 or 3 small carrots, peeled and sliced (about 3/4 cup)
1 clove garlic
1 tsp turmeric powder
1/4 tsp cayenne pepper
1/2 tsp black pepper
1/2 tsp sea salt
3 tbsp raisins
1/4 cup mint leaves, chopped
1/4 cup parsley, chopped

1 1/2 tbsp light miso
1 1/2 tbsp tahini
3 tbsp lemon



drizzle of olive oil
1/4 cup cherry tomatoes, halved

Place chopped cauliflower, carrots and garlic into the food processor and process until the vegetables are minced, and resemble cous cous. Place the vegetables into a large bowl and add turmeric, cayenne, pepper and salt. Also stir in raisins, mint and parsley. In another bowl mix together the miso, tahini and lemon. If the sauce is too thick add a tiny bit of water to thin. Pour the miso tahini sauce into the cous cous and stir well to combine. Garnish with a bit of olive oil and tomatoes to serve.

Zucchini Pasta Marinara

(For this recipe you don't necessarily need a spiralizer, but it will make things a lot easier. If you have a mandoline make zucchini noodles using the matchstick blade or thinly slice the zucchini lengthwise with a knife or mandoline, and using a sharp knife slice down for long thin strips that resemble pasta. Massage with a little olive oil to soften it before tossing with sauce.)

serves 2

2 zucchini or yellow squash, made into pasta

1 pint cherry tomatoes

1 cup sundried tomatoes, soaked in warm water if too hard and dry

1 cup basil leaves

1/2-1 small garlic clove

1 tbsp olive oil

1 date

black pepper

Place sauce ingredients into a food processor and blend until well combined. Season to taste. Toss zucchini noodles with marinara and top with more black pepper and crushed chili flakes.

Enjoy :)