

## FOOD DAY RECIPIES

Emphasis on eating more variety, colours, seasonal fruits and vegetables, phytonutrients. Discuss vitamin C, immunity and fiber.

Dishes:

- spirooli/spiralised "spaghetti." How to make "raw pasta" and creating a healthy meal
- fresh vegetable, tomato and herb sauce
- salad dressings x2 (good oils, no cream, no trans fats)

### 1. Raw spaghetti (3 to 4 people)

Ingredients:

- 1 green zucchini
- 1 yellow zucchini

Directions:

Use spirooli machine to create zucchini spaghetti or use a peeler to create fettuccine.

### 2. Fresh vegetable, tomato and herb sauce (3 to 4 people)

Ingredients:

- 1 big tomato
- 1 handful of cherry tomatoes
- 1 sun dried tomato (soaked in water or from a jar in oil)
- 1 slice red pepper
- 1 slice of onion (1/6 of a medium onion)
- 1 clove of garlic (peeled)
- 6 leaves of fresh basil
- Salt & pepper as seasoning

Directions:

Blend all ingredients using a blender (place bigger ingredients at bottom of blender for better results), add a little filtered water or dried tomatoes soaking water for reaching the right creaminess.

Pour on spaghetti for immediate use or in jar to use it in the next few days.

### **3. Orange Vinaigrette**

**Ingredients:**

Juice of 1/2 orange

2 tablespoons olive oil

1 tablespoon red wine vinegar

1/2 teaspoon Dijon mustard

**Directions:**

Mix all ingredients in a bowl and add to salad made with a variety of colorful vegetables and other tasteful additions like carrots, tomatoes, cucumber, peppers, olives, goji berries, apples or pears.

Mix thoroughly to let all the salad leaves to be wet.

### **4. Apple Cider Vinegar Dressing**

**Ingredients:**

1 tablespoon Apple Cider Vinegar

2 tablespoons olive oil

cracked black pepper

1/2 teaspoon of dried parsley or 1 tablespoon chopped fresh parsley

**Directions:**

Mix all ingredients in a bowl and add to salad made with a variety of colorful vegetables and other tasteful additions like carrots, tomatoes, cucumber, peppers, olives, goji berries, apples or pears.

Mix thoroughly to let all the salad leaves to be wet.