

Food Focus: Raw and Cooling Salads

Have you noticed that in the summer we naturally crave more fresh and raw foods? These foods have a cooling effect on the body. They are light, high in water, fiber and vitamin content work together to act as our internal A/C during the warm months. This time of year we need less dense, high-energy food because we get so much energy from being outside in the fresh air and sunshine.

There is no better season to have fun creating your own fresh, tasty, creative salad combinations. By simply tossing together several of your favorite raw veggies, naked or with a light dressing, you have a perfect meal for a hot summer's day.

The possible combinations are endless. Fresh herbs are a wonderful option to mix in, as they are packed full of flavor. Experiment with adding different forms of protein to your salads, such as nuts, seeds, beans, tofu, fish or poultry. Pick up a light and healthy dressing at your local health food store, or mix up something easy, like lemon juice, rice vinegar and olive oil. What fresh vegetables haven't you tried before? Buy some different shapes and colors and see what you come up with. Whatever you choose, have fun with your food and stay cool. Happy summer!

Featured Recipe

Bok Choy Apple Slaw

Prep time: 7 minutes

Serves: 4

Ingredients:

6 stalks of bok choy (about 1/2 a head), thinly sliced
1/2 a small red onion, thinly sliced
1 granny smith apple, sliced
1/2 cup toasted sunflower seeds

Dressing:

1 teaspoon ground coriander
1 teaspoon dijon mustard
2 tablespoon apple cider vinegar (or lemon juice)
1/4 cup olive oil
2 teaspoon honey or brown rice syrup
salt and black pepper to taste

Directions:

1. First make the dressing by combining all the ingredients and whisk well.
2. Chop all the salad ingredients, leaving the apples until last, and mix in a salad bowl.
3. Toss salad with half the dressing. Add additional dressing if so desired.
4. Either eat immediately or chill for up to one hour and then add the apples just before eating.

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Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.

Amy can be found on fastloop as "ABC815". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.
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