

Plant-Based Paleo Support Group

Tuesday May 22, 2017

It's getting hot. That means it's time for picnics and finger foods that travel well, and recipes that don't require turning on our ovens and heating up our whole kitchen. So we'll be making and tasting: *Favorite Summer Foods*. Bring your questions or concerns for a group discussion.

Sweet Potato Sushi -- a beautiful dish made from sweet potatoes, vinegar, stevia, and green onions wrapped in nori. Sea vegetables are a great source of iodine and this recipe is a delicious way to include them in our diets. Here's what it looks like:



Israeli Salad—This is THE ultimate summer salad. This is what we make when cucumbers, tomatoes, and sweet peppers are abundant. With the addition of onions, lemon juice, thyme, black pepper and just a few green olives, this salad is one that no matter how much I make, my family will keep eating it until every last drop is gone! That recipe is here:

<http://joannfarb.weebly.com/blog/israeli-salad>

Lentil-Pate and Lentil Pate Wraps – I will be adapting this recipe to reduce the fat slightly: <http://joannfarb.weebly.com/blog/lettuce-lentil-pate-wraps>

Actual ingredients for the pate will be: 3 cups cooked lentils, 2 large onions, 1 cup chopped green beans, ½ cup raw walnut pieces (about 2 ½ oz) 1 tsp salt, black pepper. This makes a great vegetable dip or spread. It can also be rolled up in lettuce leaves or lettuce leaves and rice paper wrappers. Great way to eat LARGE amounts of lettuce!

Slushies – Remember the old 7-11 Icee? We'll finish up with this sugar free alternative made only from whole fruit, a touch of lemon juice, stevia extract and ice. It's SO refreshing on a hot summer day.

Next Plant-Based Paleo Support Group will be Tuesday June 5th.