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**MONICA SPOELSTRA METZ**  
Nutrition + Lifestyle

## How to Love Salad

*Here's your mini-recipe kit for tasty salad!*  
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## BALSAMIC-SHERRY VINAIGRETTE

Makes about 1 1/2 cups. The inspiration for this dressing comes from a farmers market demo I once saw featuring Le Pigeon's Gabriel Rucker (James Beard Foundation's Rising Star Chef of the Year). During the course of the demo, he made a salad dressing using both balsamic and sherry vinegars. Previously, I had only used one "acid" (lemon juice, vinegar, etc.) in a dressing — but now I'm a convert to using a blend of vinegars for a richer flavor. So yummy.

### INGREDIENTS

- ¼ cup high-quality balsamic vinegar
- ¼ cup sherry vinegar
- 1 tablespoon freshly squeezed lemon
- 1 ½ tablespoons whole grain mustard
- 1 clove garlic, finely minced or pressed
- 1 teaspoon raw honey
- ¾ cup extra virgin olive oil
- sea salt and ground pepper to taste

### INSTRUCTIONS

In a small mixing bowl, whisk vinegars with lemon juice, mustard, garlic and honey.

Slowly pour the olive oil into the vinegar mixture while whisking. Keep it to a thin stream so the dressing emulsifies properly. If you see the oil start to collect at the sides of the bowl, cut off the oil supply and continue to whisk until the oil is incorporated. Then, slowly start adding the oil back in, while whisking.

Whisk until all of the oil has been incorporated, then season to taste with salt and pepper.

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## RANCH STYLE TAHINI DRESSING

Tahini is a nutty-flavored recipe overachiever — it's great in salad dressing, veggie dip, sauces for rice bowls, and to give soup a creamy, rich texture. You can even add it to a smoothie for a dose of healthy fats! Made from ground sesame seeds, tahini is a good source of minerals such as manganese and copper (anti-inflammatory effects); magnesium (can lower high blood pressure and support healthy sleep); calcium and zinc (bone health); and important phytosterols that can reduce cholesterol.

### INGREDIENTS FOR THE SAUCE

- ½ cup tahini (sesame paste)
- 1 clove garlic, chopped
- ½ cup extra virgin olive oil
- ½ cup filtered water
- juice of 1 lemon
- zest from 1 lemon (zest before you juice)
- ¼ teaspoon onion powder
- 2 tablespoons chopped Italian parsley
- 2 scallions, chopped (white and green parts)
- sea salt and fresh ground pepper, to taste
- additional water if needed

### INSTRUCTIONS

Blend everything except for the parsley and scallions until smooth. Add a little water — one tablespoon at a time — until you reach desired consistency.

Transfer mixture to a bowl and stir in the chopped herbs. Season with salt and pepper and serve. You can store the sauce in an airtight container in the refrigerator for up to five days.

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## SPICED SEED MIX

A couple of spoonfuls make an excellent garnish for a salad — use them as you would croutons or bacon bits. You could also make a batch as a snack for your next party. Be careful — this seed mix is a little addictive, and you want to keep servings of nuts and seeds small if you're trying to lose weight (i.e. 1 ounce/day)! This recipe is adapted from a recipe on BonAppetit.com.

### INGREDIENTS

- 1 cup raw sunflower seeds
- 1 cups raw pumpkin seeds (pepitas)
- 1/2 cup raw pistachios or cashews
- 2 tablespoons coconut oil (place jar in hot water for a few minutes to liquefy)
- ¼ to ½ teaspoon cayenne
- 1 tablespoon sea salt

### INSTRUCTIONS

Preheat oven to 400° F.

Toss sunflower and pumpkin seeds with oil, cayenne, and salt to coat. Slide onto a baking sheet and toast in the oven, stirring and tossing often, until golden brown, 5–7 minutes. Let cool.

Store in an airtight container at room temperature.