

EHHD's 6 Springtime Super Foods!

The foods we chose as this year's "Spring Super Foods" offer your body a broad spectrum of health benefits. To name a few, they are full of nutrients that **boost your immune system, help to ward off seasonal allergies, detoxify your body after a long winter, and help slim the waistline to help you get ready for summer!**

1. **Citrus:** Grapefruits, lemons, or oranges any time of day! Enjoy lemon in your water, grapefruit as a side to your breakfast, or a juicY orange for a dessert on a warm day.
2. **Raw Local Honey/Local Bee Pollen:** Put in tea, yogurt, smoothies, or enjoy a spoonful raw!
3. **Quinoa:** Use for cold or hot side dishes, on a salad, or in a Spring Roll!
4. **Dandelion Greens:** Throw these peppery greens into a salad, in a soup, or in a lunch wrap for an added zing to your meal!
5. **Walnut Oil:** Use for cold foods only (not for cooking); enjoy its nutty flavor in a dressing or on top of a favorite grain dish such as brown rice or quinoa
6. **Asparagus:** Grilled, sautéed in a stir-fry, or put in a Spring Roll, asparagus are a hearty spring vegetable full of nutrition that will keep you feeling full for hours!

Superfood Spring Rolls

Serves 2 (3 rolls per serving)

The Rolls

- 6 large rice wrappers (found in international section at grocery store)
- ½ Cup (cooked) quinoa (any variety)
- 6 grilled asparagus (grilled or roasted with olive oil, sea salt, and pepper)
- 1 handful of dandelion greens, chopped into small pieces
- 1 handful of mixed, Asian, or other type of greens (for "base" of spring roll)
- 1 large carrot, chopped into small pieces
- 10-12 fresh mint leaves
- 4 TBLS fresh squeezed orange juice
- 2 TBLS walnut oil
- 4 TSP local honey
- Pinch of sea salt
- Pinch of red chili flakes
- Grilled chicken or shrimp (optional addition for extra protein)

Combine the quinoa, carrots, and dandelion greens into a small bowl. In a separate bowl combine the walnut oil, orange juice, chili flakes, sea salt, and honey into a dressing. Whisk briefly and pour over the quinoa salad, tossing gently. Take a spring roll and gently submerge in a shallow bowl of water for 8-10 seconds. Place on a non stick surface (parchment paper or cutting board) and line with a thin layer of mixed greens, 1 asparagus, and a thin line of the quinoa salad. Gently fold the top half in, followed by the sides, and gently roll until mixture is tight within the spring roll. Cut in half and serve with the sweet chili sauce as a side dip.

Sweet Chili Sauce (for dipping)

- ¼ cup unseasoned rice vinegar
- 2 TBLS Braggs liquid aminos or Tamari (gluten free soy sauce)
- 2 TBLS water
- 2 TBLS honey
- 1 tsp red pepper flakes
- Juice of ½ orange

Combine all ingredients into a small bowl and whisk until well combined. Serve as a dipping sauce for spring rolls, or use as a marinade for grilled chicken or shrimp.

Spring Detox Salad

Serves 4

- 1 bunch kale (red or green)
- 1 whole beet; peeled and sliced into thin slivers
- 2 whole carrots; peeled and thinly grated
- Juice of ½ grapefruit
- ½ lemon's juice
- 1" cube of fresh ginger; finely diced
- Pinch of turmeric, sea salt, and black pepper
- Red, green, and yellow bell peppers; diced into cubes
- ¼ cup Brazil Nuts (optional)
- ¼ cup pumpkin seeds
- ¼ cup olive oil

Squeeze grapefruit's juice into a medium sized bowl and whisk together with the ginger and turmeric. Combine with the carrots and beets and set aside to allow for marinating. In another bowl, separate the kale from its spine and gently massage with lemon juice and 2 TBLS. of olive oil for about 5 minutes or until the leaves are notably more tender and smaller in size. Take the carrots and beets out of the grapefruit juice marinade and toss with kale. Add bell peppers. To make the dressing, add about ¼ cup olive oil to grapefruit marinade and whisk well; add a pinch of sea salt and pepper and continue to whisk until well combined (traditional vinegar to oil proportions are about 1 part oil:3 parts vinegar; adjust oil and salt/pepper additions to your liking). Pour dressing over the kale salad and gently combine until all ingredients are well coated. Toss in the Brazil nut slivers and pumpkin seeds, and serve immediately or keep refrigerated for later use. Enjoy as a healthy snack, side dish, or add some protein (chicken, salmon, hard boiled eggs, etc.) as a main entrée.

Spring Detox Spritzer

Serves 2

- 12 ounces plain seltzer
- 20 frozen blueberries
- 10 mandarin orange slices
- Lemon and/or lime pieces, cut small
- 2 lemon wedges
- 8-10 drops of Stevia "Sweet Drops" (natural sweetener)

Place fruit at bottom of a glass. Pour seltzer water over fruit mixture and squeeze lemon wedge into glass. Drop 4-5 Sweet Drops into the glass and stir gently. Garnish with lemon wedge and enjoy!

Springtime Asparagus Frittata

Serves: 6

- 2 tsp. olive oil
- 1 small onion, thinly sliced
- ½ tsp. salt
- 1 pound asparagus, cut into 1 inch pieces (cut off ends)
- 4 large eggs, lightly beaten
- ½ cup shredded Gruyere or Swiss cheese (optional)

Preheat broiler. Pour olive oil into a 10-inch ovenproof frying pan over medium high heat. Add onion and salt and stir until onion is softened but not browned, about 3 minutes. Add asparagus; reduce heat to medium-low, and cook, covered, until asparagus is barely tender, 6-8 minutes. Pour in eggs and cook until almost set but still runny on top, about 2 minutes. Sprinkle cheese over eggs and broil until cheese is melted and browned, 3-4 minutes. If not using cheese, cook for the same amount of time and wait until eggs are slightly browned on top and no longer runny. Slice into wedges and enjoy!