

# Orange-Walnut Salad

As someone who chooses to eat raw vegan food, I'm an explorer. I scrutinize menus of non-raw restaurants to see what items they have on them that could make an interesting salad. For example, Bonefish Grill's Cobb salad (whose bone structure consists of fresh tomatoes, romaine lettuce, mango slices, avocado, and onion slices) makes a tasty dish by leaving out the chicken, cheese, toasted pine nuts, and dressing and replacing them with sun-dried tomatoes, kalamata olives, and extra virgin olive oil. Similarly, I like perusing cookbooks and food magazines to see how I would adapt their recipes or get inspired to create new ones. So, when publishers send me books that are not strictly in the raw vegan camp, I have fun looking through them anyway.

The author of the best-selling 30-year-old *Moosewood Cookbook* has a new book out called *Mollie Katzen's Recipes: Salads*. Although it's not a raw vegan book, I figured that a book of 50 salads was sure to have some that would fit into a raw vegan's lifestyle with little adapting, and I did find a few, like Fennel with Red Onion and Figs (when fresh figs are available), and Avocado and Ruby Grapefruit Salad with Grapefruit Vinaigrette. I'm featuring one of Mollie's recipes below, with a few slight modifications. The slip-cased spiral-spine cookbook is handsome, with hand-lettered pages and illustrations by Mollie herself. Compact, it has a square cover and easel-based design so home cooks can stand the book up and flip its pages vertically, making it easy to follow recipes while making them.

Although most of the recipes need modifying to be raw vegan, the book has a good heart. Mollie cautions readers to buy only the freshest greens available and to rinse, then dry them thoroughly with a salad spinner; and she says to use only fresh (not dried) garlic, and I can't argue with that!

## Moroccan Orange-Walnut Salad

Serves 4-6

Adapted slightly (see my parentheses) from Mollie Katzen's recipe (It's always best to use organic ingredients.)

6 large oranges

1 tablespoon raw honey (or raw agave)

1/2 teaspoon cinnamon

1 pound mixed salad greens, cleaned, dried and chilled

1/2 small red onion, thinly sliced

10 radishes, thinly sliced  
6 tablespoons extra-virgin (first cold pressed) olive oil (in a dark glass bottle)

(Celtic) salt to taste

Fresh black pepper to taste

1 cup chopped (raw) walnuts

1. Peel and section the oranges, using a sharp paring knife or a serrated knife. To do this, first cut off the polar ends of the peel, and then slice the peel off the sides. With a gentle sawing motion, cut into one side of the membrane and out the other, releasing each orange section into a bowl. Squeeze all excess juice from the remaining membrane into the bowl as well, and pick out the seeds, if necessary. Discard the membrane.

2. Drizzle the honey (or agave) and sprinkle cinnamon onto the orange slices. Stir gently to mix, cover, and set aside until serving time.

3. Shortly before serving, toss the greens in a large bowl with the onion, radishes, and olive oil. Season to taste with salt and freshly ground pepper.

4. To serve, bring the orange sections, the tossed greens, and the walnuts to the table in separate containers. Let each person assemble his or her own salad by piling some greens on a plate, spooning over some oranges-au-jus, and sprinkling a few walnuts on top.

**Local News:** Harvest Cycle is a new service that specializes in delivering fresh organic produce by bicycle from Jessica's Organic Farm Stand to consumers in the surrounding area. Their brochure and website ([www.harvestcycle.com](http://www.harvestcycle.com)) – with adorable drawings of smiling anthropomorphic vegetables – prides the company for being “the most sustainable way to shop in Sarasota.” Their site, updated on Thursday nights, features photos and prices of whichever produce is available each week. Twenty-five percent of the company's delivery proceeds goes to



the Alliance for Responsible Transportation. Harvest Cycle's delivery people plan their routes by using Sarasota's First Bicycle Map and are proud that they create “nearly zero carbon emissions.” Call 941-726-8800.

**Summer Shopping Tips:** Never go food shopping in warm weather without placing a cooler and freezer pack in your car (or on your bike). In fact, it's a good idea to take them with you even when you don't plan on making food stops, because you never know when you might come across a special ingredient, or run into a friend who's made up a batch of raw vegan ice cream and wants to give you some to take home! It's also a good idea to keep your favorite recipes in the car so that when you're shopping you remember which ingredients you will need.

*Judy Pokras is the editor and publisher of [www.rawfoodsnewsmagazine.com](http://www.rawfoodsnewsmagazine.com) and a consultant helping people transition to a healthier way of eating. See her ad on page 85. Send her raw foods news at [vegwriter@aol.com](mailto:vegwriter@aol.com) for possible inclusion in this column.*

