

READER'S DIGEST

best

health

MOM'S THE WORD

80+

Genius

GIFT IDEAS

LYME DISEASE

"I WAITED 5 YEARS FOR ANSWERS!"

VITAMINS

3 TO TAKE, 3 TO SKIP

MEGHAN MARKLE
ON WELLNESS, WORK & WHY CANADA SUITS HER

22

FOODS THAT FIGHT CANCER

OUTSMART ALLERGIES

ONCE + FOR ALL

THE AMAZING HEALING POWER

of tea



BRAIN HEALTH

BREAKTHROUGHS

WHAT YOU NEED TO KNOW TO AGE WELL



Salad days are here again *(almost)*

Tired of comfort-food casseroles? Lighten up your menu with these inspiring green ideas from *The UnDiet Cookbook* by Meghan Telpner. Here are a few of our faves.

PERRY THE FLYING AVOCADO SALAD

SERVES 4 (AS A MEAL) TO 6 (AS A SIDE). PREP TIME: 10 MINUTES

The name for this recipe comes from a nickname my dad had for me when I was younger, based on an animated movie about a flying squirrel named Perry. I assume he called me this because I was as remarkable as a flying squirrel, and so is this salad. You want crunchy? We've got crunchy. You want sweet? I'll give you sweet. A little bitter? Coming right up. A little tang? Tang this! Yes, this salad is perfectomundo, as it delivers on a wide variety of tastes and textures. Take that, classic Caesar salad!

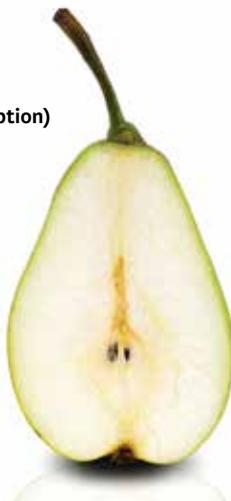
INGREDIENTS

- 8 cups (2 L) baby arugula salad mix
- 1 pear, sliced lengthwise
- 1 avocado, sliced lengthwise
- ½ cup (125 mL) chopped walnuts (omit for nut-free option)
- ½ cup (125 mL) currants
- ¼ thinly sliced red onion

Basic Herb Vinaigrette (recipe below)

METHOD

1. Prepare a large serving platter. Fill the centre with the arugula mix. Line the outside edges of the plate with alternating slices of pear and avocado.
2. Sprinkle walnuts, currants and red onion otop and drizzle with Basic Herb Vinaigrette.



BASIC HERB VINAIGRETTE

MAKES ¾ CUP. PREP TIME: 5 MINUTES

INGREDIENTS

- ½ cup (75 mL) flaxseed, hemp, or olive oil (or mix 'em up!)
- ¼ cup (50 mL) balsamic vinegar
- 1 tbsp (15 mL) fresh lemon juice
- 1 tbsp (15 mL) oregano
- Sea salt and cayenne pepper, to taste

METHOD

1. Combine all the ingredients in a Mason jar and shake, shake, shake.

**PERRY THE
FLYING
AVOCADO
SALAD**

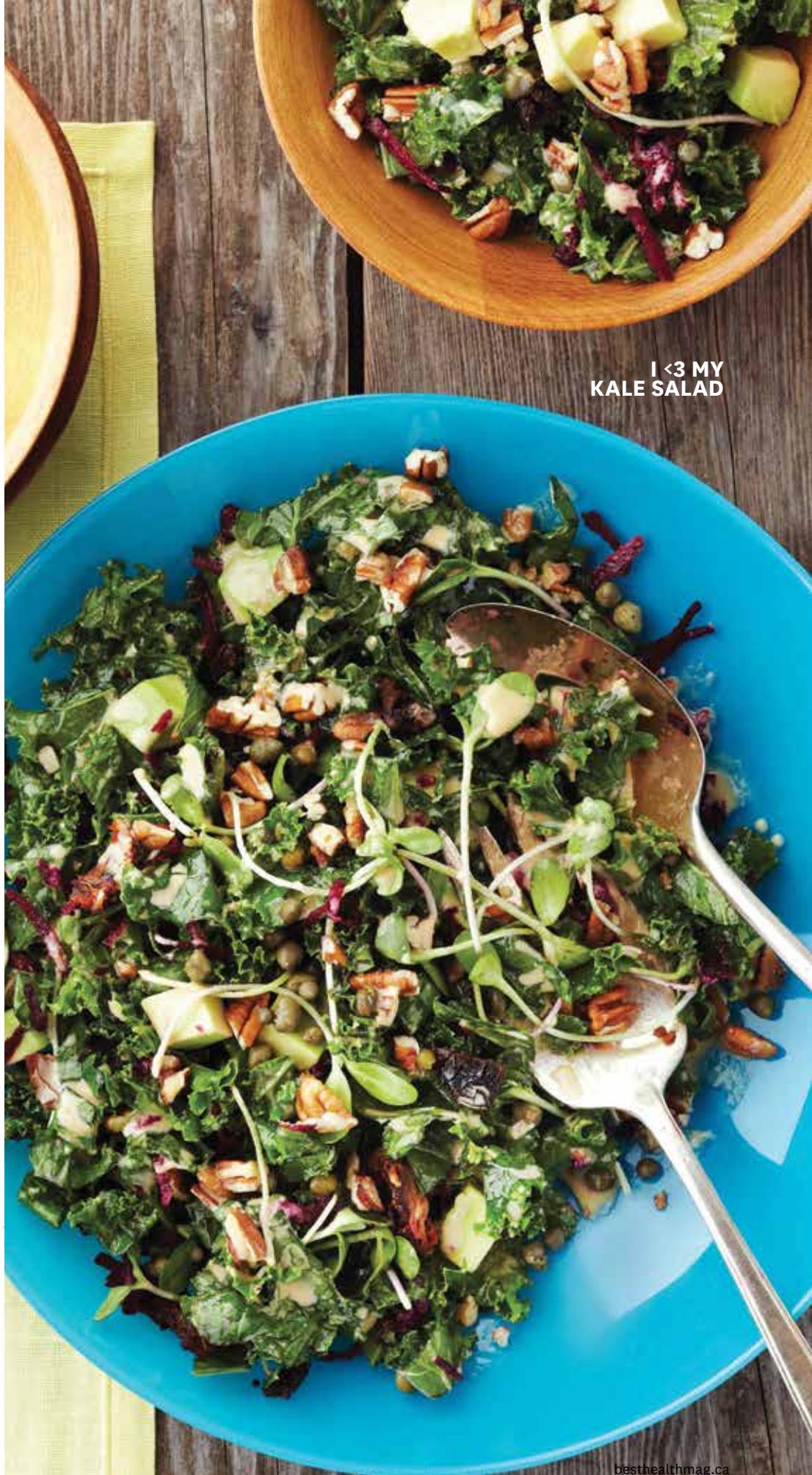


MASSAGE YOUR GREENS

Everyone loves a little rubdown – even your greens! Some of the hardier greens, such as kale, collards and chard, respond well to a little loving. If you're keeping them raw for pestos and salads, the best way to work with them is to drizzle them with olive oil and lemon juice, sprinkle them with salt and massage them for 3 to 5 minutes. This helps break down their cell walls, making them easier to chew and digest. And cut those greens fine – no one likes massive pieces of green leaves in their salad.



I <3 MY
KALE SALAD



I <3 MY KALE SALAD

SERVES 2 (AS A MEAL) TO 6 (AS A SIDE). PREP TIME: 20 MINUTES

And here you are, my token signature kale salad. This one is a winner at every soiree I bring it to. The trick is in the leaf massage (see sidebar).

INGREDIENTS

- 1 head organic kale, de-stemmed (any type will do)
- 2 tbsp (25 mL) lemon juice
- 2 tbsp (25 mL) olive oil
- ¼ tsp (1 mL) sea salt
- ¼ cup (50 mL) sun-dried tomatoes, soaked for 20 minutes if dried
- 1 handful sunflower sprouts
- ½ avocado, cubed
- ½ cup (125 mL) coarsely chopped walnuts (omit for nut-free option)
- 2 tbsp (25 mL) capers

Tahini Dressing (recipe below)

METHOD

1. Slice kale leaves into thin strips; transfer to a large mixing bowl. Drizzle with lemon juice and olive oil and sprinkle on salt. Gently massage kale leaves for 3 to 5 minutes, or until they soften and turn dark green and beautiful; set aside.
2. Coarsely chop sun-dried tomatoes and add to kale mixture. Add sprouts, avocado, walnuts, and capers; toss with Tahini Dressing.

TAHINI DRESSING

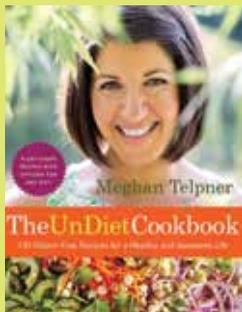
MAKES ¼ CUP. PREP TIME: 5 MINUTES

INGREDIENTS

- 1 clove garlic, minced
- ¼ cup (50 mL) tahini
- ¼ cup (50 mL) flaxseed, hemp or olive oil
- 2 tbsp (25 mL) tamari or coconut aminos for soy-free option
- 2 tbsp (25 mL) fresh lemon juice
- ¼ cup (50 mL) water (or more as needed for desired consistency)

METHOD

1. Place all the ingredients, except water, in your blender; blend until well mixed. Add water, 1 tbsp at a time, until desired consistency. (Keep in mind that it will get a little thicker in the fridge.)



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CAULI CAULI COUSCOUS

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SERVES 6. PREP TIME: 20 MINUTES

INGREDIENTS

- 2 cups (500 mL) cherry tomatoes
- 1 head cauliflower
- 1 bunch cilantro, chopped
- 1 bunch flat-leaf parsley, chopped
- ¼ cup (50 mL) chopped fresh basil (or 2 tbsp/25 mL dried)
- 1 red bell pepper, chopped
- ½ cup (125 mL) chopped organic dried apricots
- ⅓ cup (75 mL) sunflower seeds
- ⅓ cup (75 mL) flaxseed oil
- ¼ cup (50 mL) fresh lemon juice
- Sea salt

METHOD

1. Slice the cherry tomatoes in half and squeeze to de-seed, or use your de-seeding method of choice.
2. Process the cauliflower in your food processor with the S-blade to achieve a couscous-like consistency. (You may need to put this through your food processor in small batches, as you want the cauliflower to be grainy, not mushy. You can also finely chop it by hand if you don't have a food processor.)
3. Place cauliflower in a bowl and add cilantro, parsley, basil, tomatoes, bell pepper, apricots, sunflower seeds, oil and lemon juice. Mix thoroughly.
4. Add sea salt to taste. Stir well and serve at room temperature. *MT*