

## Organic Basmati Brown Rice with Curry and Edamame

- 2 cups washed Basmati Rice
- 3 cloves garlic, dried
- 1 small onion, diced
- 1 tbsp curry powder (a blend of Indian spices: turmeric, cumin,
- 1tbsp olive oil                    coriander, cardamom, etc.)

In a stainless steel saucepan, lightly saute onions,  
garlic, curry and olive oil.

Stir in rice while warming on low heat, then stir in water, cover  
and cook on low for 25 to 30 minutes. Do not stir rice while  
cooking.

Remove from heat and let stand 5 minutes, then fluff with a fork.

Steam one package of shelled edamame until tender.

Combine rice and edamame with some parsley. Add a blend of  
chicken broth (or un-chicken broth) and olive oil to taste.

## Spring Herb and Spinach Salad with Cherries and Walnuts

Seek the freshest organic Spring mix :

organic baby lettuces (red and green romaine, red and green oak  
leaf, loola rosa tango), organic baby spinach, organic red and  
green chard, organic mizuna, organic arugala, organic frisee,  
organic radichio, etc.

Wash, remove stems and dry. Add sliced cucumbers, chopped  
celery, parsley, sliced carrots, cherries, raw or toasted walnuts,  
1tsp herbs-de-provence, some thyme, rosemary, basil, marjoram,  
sage, fennel & lavender.

Toss with olive oil dressing.

*Enjoy,*

*Susan*