



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare*

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## Red & Green Salad

- 1 Large package of organic mixed greens, including baby red veined Swiss chard leaves
- 1 bunch of fresh organic arugula, washed and chopped
- ¼ head of organic endive, washed and chopped
- 3 to 4 leaves of organic Lacinato kale, washed and chopped
- 3 medium to large organic red beets, (preferably with greens to wash and chop)
- 3 stems of fresh organic celery, washed and chopped
- ¼ Organic (if available) jicama peeled and diced
- 1/2 cup pitted black olives, sliced and drained
- 2 cups fresh organic green beans, washed, trimmed, and steamed before draining
- 2 cups fresh Rishi mushrooms, sautéed and cooled before adding to salad
- 2 cups fresh sprouted mung beans, rinsed and drained. Reserve for garnish
- 1 (or even 2) eight-ounce packages of organic blackberries, rinsed and drained. Reserve for garnish.
- ½ Cup organic shelled pine nuts. Reserve for garnish

1. Before preparing salad wash and chop Rishi mushrooms. Gently towel dry them and then sauté in butter, macadamia oil, or olive oil. Turn off heat and reserve drained mushrooms for adding to salad after they cool.
2. Trim and then steam three medium sized beets to the point of tenderness and allow them to drain and cool before cutting into small pieces. Reserve the beet tops (if present) and wash and chop separately.
3. In a separate pot steam the washed, trimmed, and chopped green beans until tender. Then drain and cool them before adding to the salad. Allow 45 to 60 minutes for this step. Beans are done when tender to the fork.
4. Assemble all the greens including mixed greens, arugula, beet tops, endive, kale, and thoroughly rinse, drain, chop, and mix in a large serving bowl. Thoroughly mix in jicama, pitted olives, cooked and cooled green beans, and cooked and cooled chopped beets. Then stir in sautéed and drained Rishi mushrooms.
5. Your beautiful red and green holiday salad is now ready for garnishing with the mung beans, pine nuts and blackberries. This will serve a large family group, or it will last when refrigerated over 3 to 4 days. Only add salad dressing to plated portions. Bon appétit.