

Ishbel WELL



Arugula Salad w/ Red Onion Vinaigrette

Yields: 4 servings | **Prep Time:** 5 minutes |
Marinate Time: 60 minutes

Ingredients

1/4 cup balsamic vinegar
1/4 cup apple cider vinegar
1T honey / monk fruit
3/4 cup olive oil
1 red onion chopped into small pieces
1 pinch sea salt
7 cups firmly packed arugula
Optional: 1 1/2 cups Manchego cheese

Instructions

- 1) In a large bowl, combine vinegars, honey/monk fruit, olive oil and red onion. Let it sit for 1 hour and then strain out the onions.
- 2) Add arugula to the dressing and mix well.
- 3) Option: Add 1/4 cup of the red onion.
- 4) Option: Add Manchego

Notes

This salad is an easy option for batch-cooking. Remember that buying salad pre-washed and pre-packaged from the grocery store saves time. This dressing is fabulous for all salads!

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Cabbage & Kale Salad w/ Miso Vinaigrette

Yields: 4 servings | **Prep Time:** 10 minutes

Ingredients

- 2 cups shredded red cabbage
- 2 cups shredded green cabbage
- 2 cups shredded lacinato kale
- 3 T miso
- 1/4 cup apple cider vinegar
- 1/2 cup olive oil
- 1T black pepper
- Option: 2 minced garlic cloves

Instructions

- 1) Combine cabbage and kale in a bowl.
- 2) Massage salad with 1/4 cup olive oil.
- 3) In a separate bowl, create salad dressing by combining miso, apple cider vinegar, olive oil, black pepper and garlic.
- 4) Mix salad with salad dressing.

Notes

A time-saving hack for shredding the cabbage is to run the cabbage through a food processor with the slicing attachment.

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Kale, Bacon, Caramelized Onions, Tomatoes w/ Ranch Dressing

Yields: 6 servings | **Prep Time:** 10 minutes |
Cook Time: 60 minutes

Ingredients

- 3 heads grilled romaine
- 1 T ghee
- 1 thinly sliced onion
- 4 strips cooked bacon
- 1/4 cup halved cherry tomatoes
- 1 cup paleo mayo
- 1 14oz can coconut cream
- 1 t garlic powder
- 1 t onion powder
- 2 T dried parsley
- 1/2 t sea salt
- 1/4 t black pepper

Instructions

- 1) Slice head of romaine in half lengthwise.
- 2) Heat ghee in frying pan on medium heat. Add onion to pan. Let cook for 30-60 minutes stirring frequently until golden brown and caramelized.
- 3) Heat BBQ. Once hot, place romaine on the grill and grill until lightly browned and slightly crispy.
- 4) Heat frying pan on medium heat. Add bacon to pan and let crisp.
- 5) In a separate bowl, create salad dressing by combining mayo, coconut cream, garlic powder, onion powder, dried parsley, sea salt and black pepper.
- 6) In a separate bowl, combine romaine, onion, bacon and tomatoes in a bowl. Top with salad dressing to your taste.

Notes: Paleo mayo is made with avocado oil versus vegetable oil.