



Dr. Smith's Homemade Salad and Salad Dressing

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“A Salad is not a Salad without at least 10 Raw Vegetables,” Dr. Smith

*The recipes in this document were created by me, Dr. Smith,
and are part of my own personal daily diet for lunch and supper.*



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SALAD RECIPE

First, you need to know that what you see at restaurants are not examples of nutrient-rich, healthy salads. First because most of them serve just iceberg lettuce, rather serve organic vegetables and then they include from only one to maybe four vegetables.

A nutrient-rich healthy salad includes at least 10 of the following organic, raw vegetables. With at least 10 you have a mouth bursting with flavors (Hmmm).

1. Lettuce (Romaine, Butter Leaf, Bibb, Loose-Leaf – any one or more “green” lettuce.
2. Spinach
3. Peppers – red, green and yellow (I use all three)
4. Broccoli
5. Cauliflower
6. Onion (I rotate purple, yellow and white)
7. Zucchini
8. Cabbage
9. Beets (diced) – great for the liver
10. Avocado (at least 2-3 times a week)
11. Leeks
12. Mushrooms (1-2 times a month)
13. Olives (1-2 times a month)
14. Carrots (twice a week)
15. Artichoke (1-2 times a month)
16. Radishes
17. Squash (yellow)
18. Potato (raw, diced)
19. Tomato
20. Turnip
21. Bamboo Shoots
22. Bok Choy
23. Jicama
24. Water Chestnuts
25. Others

The first eight (8) items listed are the items I routinely include in my salad. Items #09 to 24, I choose 2-3 of these each time I go to the grocer and add it to the others, that way I am constantly getting a variety of vegetables and assuring that I am eating all the different types of raw vegetables available.

When I come home from the grocers, I remove about a fourth of each organic vegetable, clean them and put them in a large glass bowl with a lid. The other 3/4th of each vegetable I do not clean until I am ready to use and these are inserted into individual **Gourmet Trends Forever Green Bags**; one type of vegetable or fruit into a single bag. The Green Bags preserve the raw foods and keeps them fresh, even up to 4-6 weeks.



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The 1/4th part of each vegetable in the large bowl is simply for convenience as I pull out the large bowl from the refrigerator twice daily and the vegetables in it are used to dice and cut for my salads for lunch and supper. Thus, I have saved time from having to retrieve each vegetable individually from the green bags, until I need to cut off another 1/4 from each vegetable to replace what I have used from the large bowl.

When you add as many vegetables as I do, you will find that you only need about five pieces or less from each vegetable to make a good size salad.

Green Bags for Food Preservation

Gourmet Trends Forever Green Bags.

Though I respect Debbie Meyers for her Infomercials that promoted the awareness of Green Bags, I do not like her brand as they stick together when wet and they have no shape.

So I use **Gourmet Trends Forever Green Bags**. You can click on the link above that is underlined to go directly to them at Amazon.com. or go to Amazon and type in the name of these bags. You can also go to my website and click on "**Food Preservation Bags**" attached to the **Special Website Links** webpage. Once you open this webpage, click on the link to go directly to the Gourmet Trends Forever Green Bags on Amazon.com.

The color green bags come from Debbie Meyers, but the Gourmet Trends Forever Green Bags are actually more of a gold color.

To use these Green bags, you insert one type of unwashed vegetable or fruit into a single bag. They come in two sizes (large and medium). After using them, you wash them with warm soapy water, turn them upside down, let one side dry, then turn them inside out and let the other side dry and then they are ready to put away for using again.

They cost less than \$1 per bag, i.e., at the time of this writing they were less than \$4.00 for a box of five. Each green bag can last a year or longer. Buy enough so you have one bag for each type of fruit or vegetable you purchase routinely.



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SALAD DRESSING RECIPE

First I went to the grocery store and bought five of the glass bottles for making your own salad dressings. They give these bottles away free with a sample of some commercialized dressing. I throw away the commercialized dressing packages and just use the glass dressing bottles. The glass has the letters O (for oil), V (for Vinegar), and W (for Water) etched into the glass.

I then fill all five of the glass bottles to the W with Reverse Osmosis Purified Water. Then I fill them to the V with Braggs Apple Cider Vinegar, and lastly I use our EFA Blend Liquid Oil and fill to the O.

I do this like an assembly line. It takes about 4 and ½ EFA Blend Liquid Oil bottles to make five salad dressings. I refrigerate any remaining oil left in the fifth bottle and use it to make the first of the next five salad dressings. Making five bottles of Salad dressings gives me enough of salad dressings for about a month.

I then add 1 teaspoon of the following herbs and spices to each bottle, and refrigerate four of them, leaving one on the counter for daily use.

In the past I have made a variety of Salad dressings using from 2 to 10 different herbs and spices. However, over time, I realized that I enjoyed having the medicinal benefits of all these various herbs and spices. So, I have just simplified my life and my tastes by adding one teaspoon of all of the following to each of the five salad dressing bottles:

1. Our Pink Salt
2. Basil
3. Chives
4. Cilantro (detoxifies heavy metal that I may be exposed to throughout the day)
5. Dill
6. Garlic (Dried or fresh squeezed)
7. Ginger
8. Mint
9. Oregano
10. Parsley (excellent for kidneys and bladder)
11. Red Onion
12. Sage
13. Thyme
14. Then I add 1/5th of one capsule from our Premier Turmeric to complete the Matrex.

After closing the cap on each of the five bottles, I shake the ingredients, and leave it on the kitchen counter to allow all the herbs to start blending with each other. As I walk into the kitchen for various



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other reasons, I take a moment to shake the ingredients, repeating this about 3-4 times throughout the day.

Then before I go to bed I put four of the Salad dressings on the Refrigerator Door, bottom shelf, so I can preserve them until needed. Because the oils will become solid in the refrigerator, I take out the next Salad dressing bottle the night before I need to use it.

You will notice that on the EFA Oil Blend bottle, it reads to refrigerate after opening. I have found that our EFA Oil blend is quite stable and, therefore, does not go rancid before I finish using all the dressing in the one glass salad dressing jar I keep on the counter top. However, as mentioned above, I do refrigerate any opened EFA Oil Bottles not used to make my five salad dressings and I refrigerate the other four salad dressings until needed.

SEED AND NUT SPRINKLES

After I have cut, diced, cubed or shredded all the raw vegetables and placed them on the bed of lettuce and spinach leaves, I sprinkle my entire salad with seeds. My favorite is to get a mason jar and fill it one-third each with raw Hemp Seeds, Chia Seeds and Flax Seeds.

Occasionally, I will also chop or ground different raw nuts, like almonds, cashews, brazil, etc. and sprinkle them on my salad as well as sprinkle seeds.

After the seed and nut sprinkles, then I pour my Salad dressing on my finished salad. Yummmmm!



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SPICES AND HERBS

I have posed on our Dietary Education webpages a document titled, **Spices and Herbs**. This document is one from our educational series called, "**Personal Education Program (PEP) – Dietary Principles, Lifestyle and Mind-Body Connection.**" specifically from the Dietary Principles.

This document will provide some helpful tips and educational information on each of the various herbs and spices, so you will know:

1. The healing and health maintenance benefits from each type of herb or spice that you use.
2. Typical uses for each type of herb or spice.
3. This document also includes a variety of herbs and spices, not just those listed above that I routinely include in my salad dressing recipe.
4. In this document I have also provided information on which herbs and spices you can use together to create various flavors.

For example, if you want more of a Mexican Food taste, Italian Chinese, etc., you can combine the various herbs and spices listed per nationality. Then sprinkle or mix the combination in various food dishes (soups, stews, casseroles, steamed or mashed vegetable dishes, on salads, etc.).

You can also take one or more of the Salad Dressing bottles and put just the herbs and spices for the nationality flavor you want.

*Bon Appétit,
Dr. Donna F. Smith*