



Macrobiotic Cooking With Theresa

Macro Pressed Salad

February 19th, 2009

- 1 Cup **green cabbage** sliced paper thin
 - 1 Cup **collards** or **kale** sliced paper thin
 - 1 **Carrot** sliced paper thin into matchstick design
 - 1 teaspoon **sea salt**
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- Place all veggies and sea salt in a bowl and mix well. Using your hands, rub the vegetables thoroughly with the salt.
 - Transfer the salad to a bowl. Cover the salad with a plate and add a heavy object on top of the plate to press the salad for 2-3 hours.
 - **Short cut:** If you have a pickle press, just put the mixed salad into the press, screw on the lid, and set aside.
 - Squeeze out the liquid that was pressed from the salad. Fluff with a fork and serve.
 - If salad is too salty, simply rinse gently, drain and fluff.

Additional veggies for variety and seasonal availability would include, but not be limited to:

Cucumbers	Diakon/Radish
Green Onions Green Onions	Red Cabbage
Yellow SquashYellow Squash	Red Onion

If it's a vegetable and you like it...try it! Variety is the spice of life! Just be sure to keep the veggies uniformly cut thin.

Toppings to accent the freshly pressed salad:

Dry roasted **pumpkin seeds, sunflower seeds**, or maybe dry roasted **black sesame seeds** for a little drama!

Walnuts, Almonds, etc.

Rinse and drain the seeds or nuts of choice.
Heat a skillet over medium heat and add the seeds or nuts. Keep them moving with a wooden spoon until fragrant...about 2-3 minutes.

