

Assemble a no-cook meal

These quick and simple “1, 2, 3” preparation steps will turn your raw ingredients into a delicious meal. Experiment with your own combination of ingredients listed in the chart opposite.



1. Slice 3 baby zucchini, or the vegetable of your choice, thinly using a vegetable peeler, and add them to a bowl. Season with salt.

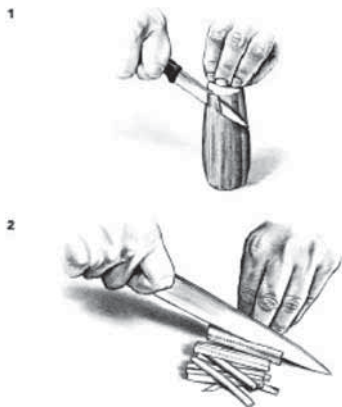


2. Mix together 3 tbsp extra virgin olive oil, 1 tbsp cider vinegar, ½ a red chile, deseeded and finely chopped, and 1 tablespoon freshly chopped mint leaves. Add to the zucchini, and gently toss together using your hands.



3 Serve Season the mixture with salt and freshly ground black pepper, and pile it onto a serving plate. Sprinkle with some shaved Parmesan cheese, and a few torn fresh mint leaves.

MAKING JULIENNE



STEP 1: The easiest way to cut even strips from a vegetable with rounded sides is to square it off first by removing thin slices.

STEP 2: Then it will sit flat so you can first cut it crosswise to the desired length and then stack and slice into strips.

The Raw Facts

Lots of precious nutrients are lost in the cooking process, so eating raw foods such as fruit and vegetables, nuts, seeds, grains, pulses, and dried fruits is extremely nutritious. Raw foods are packed with antioxidants: eating them increases energy levels, helps with digestion, and the high levels of vitamins B, C, and E are beneficial to both skin and hair. A good rule of thumb when preparing a raw dish is to use as many different colored fruits and vegetables as possible, for optimum health benefits.

