

**LOVE STARTS IN THE KITCHEN! (OR SHOULD I SAY THE GARDEN?!)
THE BEST DOCTOR IS THE COOK!™
IT'S GOT EVERYTHING PICNIC SALAD
Rita Nader Heikenfeld, CCP, CMH
Macy's Culinary Professional**

I found the original recipe in a magazine and it was just a cole slaw, and you know how I am, by the time I got the salad on the table, I put so many extras in it that I renamed it. I had mesclun greens from the garden and tiny baby carrots, along with broccoli sprouts from the rows that needed thinning, so I threw those in. I made this during a demonstration at Macy's and everyone loved it. Now if you don't have roasted red pepper strips, that's OK – just use a red bell pepper instead of the green or yellow. To keep it real healthy, use turkey bacon. If you're not watching that area, go ahead and use regular bacon. Or leave it out altogether!

Salad:

- 1 pound bacon, cut into small pieces, fried and drained
- 1 pound cole slaw mix (use about 3/4 of the bag or more)
- Couple cups or so of fresh or frozen, thawed corn, or 1 can Mexi-corn, drained
- Several roasted red pepper strips, chopped (I used jarred)
- Broccoli florets – a good 2 cups
- Shredded carrots – a good 2 cups
- 1 medium red onion, diced, or more to taste
- 1 bell pepper, diced, green or yellow
- 1 can chick peas, drained
- Garnish: Dry roasted peanuts, honey or regular, chopped coarsely or left whole or sunflower seeds

Dressing:

- 1/2 cup cider vinegar
- 1/2 cup Canola oil
- 1/4 cup sugar or Splenda, or more to taste
- 1 generous teaspoon garlic salt
- 1/2 teaspoon celery salt or more to taste or use Lovage, a celery substitute herb (use about 1/4 cup and mince it real fine)
- Pepper to taste

Mix salad ingredients together. Meanwhile, bring dressing ingredients just to a simmer until sugar dissolves. Let cool a bit and pour over salad. Mix well. Let cool before eating. Serves 12-15.

Why this recipe is good for you:

- Cooking by color means using a rainbow of colors in your food. The brighter the color, the better the food is for you.
- Cabbage and broccoli, members of the cruciferous vegetable family, have wonderful anti-oxidant qualities and can help prevent cancer. Healing power of these veggies includes lowering the risk of cataracts, preventing heart disease and birth defects.
- Cider vinegar helps lower cholesterol
- Nuts are a good kind of fat, full of fiber and protein
- Onions are gentle healers, good for the heart
- Chick peas are full of calcium, and beans help lower cholesterol, stabilize blood sugar and are chock full of protein and fiber, so they are great for the digestive system

See Rita at Macy's on June 24 (Kenwood) and June 25 (Florence) cooking up my favorite Channel 9 and Jungle Jims recipes!

RITA'S HERB OF THE WEEK: SAVORY!

Savory is known as the "bean" herb in Germany and there's a good reason for this. Savory helps dispel some of the flatulence associated with beans and also helps you digest them. There are two kinds of savory: winter and summer. Winter savory is a perennial; summer is an annual. Both have a peppery taste similar to thyme but winter savory gets woody as it gets older, while summer savory's stems continue to stay tender. Use savory in fresh or dry bean dishes. And you know what? It's a great salt substitute. Look on the jar of any commercial salt substitute and most likely it will contain savory. Savory likes good drainage and is a wonderful sun-loving herb. It also dries well.