

## Recipe – Raw Almond Mock Tuna Salad

### Ingredients:

- 3 cups raw almonds, soaked for four hours, drained
- 6 carrots, shredded
- 3 red or orange bell peppers, chopped
- 2 scallions, chopped
- 4 stalks celery, chopped
- 1 tsp dill weed
- 2 tsp mixed Italian seasonings
- 2 tsp kelp powder
- salt to taste, if permitted
- fresh lemon wedges or lemon tarragon dressing, below
- one head of romaine, or enough for 2 leaves per serving.

### Directions:

Process the almonds until they are the desired consistency and texture. Add a little water if needed.

Mix the almonds with the next four ingredients in a food processor and pulse until they are chopped but not pulverized.

Combine the dill weed, Italian seasonings, kelp and salt, if you use it. Blend the seasonings into the mock tuna and serve with fresh lemon, or try our herbal dressing.

Serves 6 to 8 as a main dish.

### Dressing:

Blend the following in a food processor

- Leaves from 5 sprigs tarragon,
- Handful chives or parsley
- 2 TBS light vinegar
- 2 cloves garlic
- Juice of one lemon
- 6 TBS olive or walnut oil
- Salt, if permitted

Process the ingredients. The mixture will be thick and creamy. Drizzle in a bit of water while processing to bring it to the consistency you desire.

Serve the salad on leaves of romaine and drizzle with the herbal dressing.