

## Mimi's Best Quinoa Salad

SEPTEMBER 17, 2013

I know what you're thinking right now. Who is Mimi, and why should I care about her quinoa salad? Here's ...

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## Watercress Beet Salad – To Tide You Over

MAY 13, 2013

I am truly blessed. My daughter gave me a goat for Mother's Day—a hardy goat. No, I won't be featuring ...

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## Roasted Pepper Salad with Organic

### Filet Mignon

APRIL 27, 2013

Where's the beef? There are about 12 times as many vegetable-based Jittery Cook recipes as there are meat-based ones. Even ...

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## Red Salad L'Orignal

APRIL 13, 2013

When you hear "green," you think of leaves, trees, grass and maybe even salad. When you hear "red," you picture ...

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## Crunchy Veggie-Noodle Salad

MARCH 28, 2013

I've thought about living in an RV. It seems like such a good way of wintering wherever your whims take ...

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## Roasted Squash Salad to Ring in the

### New Year

DECEMBER 31, 2012

2012 is cooked, and it tasted bittersweet. At the moment, I'm counting my blessings and hoping for a satisfying 2013. ...

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## [We Wish You a Merry Christmas Quinoa](#)

DECEMBER 23, 2012

Wishing everyone a very happy holiday season. Here is a recipe that will help to fuel you without giving you ...

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## [Diced Vegetable Salad Tribute to Sugar Man](#)

NOVEMBER 23, 2012

Searching for Sugar Man was the opening film at the 2012 Sundance Film Festival. It's an award winning documentary that tells the ...

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## [Quinoa and Beet Salad](#)

NOVEMBER 4, 2012

Innocent mistakes can lead to splendid results. You would think I'd know a common red beet from a golden, or a ...

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## [Marinated Caesar Salad](#)

OCTOBER 26, 2012

Caesar salad is a classic. We know what a fabulous Caesar salad tastes like. We've seen the pro-chef pull up ...

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## [Asian Zucchini Salad](#)

OCTOBER 18, 2012

I thought I was having an epiphany. I was thinking what a great idea it is to write your own ...

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## [Tangy Coleslaw – Party in a Bowl](#)

OCTOBER 12, 2012

Atwater Market holds some great surprises. On a warm summer day there was a steady long, long lineup at Satay Brothers – a ...

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## [Bow-Tie Pasta with Sun-Dried](#)

## [Tomato Dressing](#)

OCTOBER 5, 2012

My extraordinary yoga teachers, Mona Keddy and Barrie Risman, from Shri Yoga, gathered several of us yogis for a ...

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## Lemon Garlic Dressing

SEPTEMBER 14, 2012

Efficient. Spontaneous. Productive. Those are the adjectives that I picked out of a bowl at the back of my Shri Yoga ...

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## Orange Sesame Chopped Salad with Wild Salmon

AUGUST 25, 2012

I had my first internet date. Anne from Cocovie was in town. We met over the internet and scheduled an impromptu ...

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## Bulgur Salad with Parsley Cucumber and Mint

JULY 29, 2012

Potluck entertaining is the best. Bring along this Bulgur Salad from Cooking with Love, sit back and wait for the accolades. This recipe ...

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## Summer Salad – A Tasty Meal

JULY 22, 2012

On a hot day, a light lunch salad, followed by some fruit for dessert, will keep you sharp in the ...

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## Mango Cilantro Red Onion Salad

JUNE 24, 2012

Here's a plan for a great BBQ dinner. Hop on over to the health food store and buy some healthier ...

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## Edamame Arugula Salad

JUNE 20, 2012

Hazy lazy days of summer! We are struggling to stay focused here. The outdoors beckons, and food prep is far ...

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## [White Bean Salad – Simple & Summery](#)

JUNE 13, 2012

My dear friend, fellow blogger and editor Harriet Sugar Miller, tasted this White Bean Salad along with the Purple Cabbage Salad ...

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## [Caramelized Pumpkinseed Pear and Pomegranate – Big Salad](#)

JUNE 12, 2012

Everything in life seems to ebb and flow. It's the life-tide: feel great, feeling blue. Full of energy, totally spent. ...

[Continue reading »](#)

## [Purple Cabbage Salad](#)

JUNE 5, 2012

It's a four letter word, and it isn't dirty. It's "diet". Ok, it's not a real diet. It's more of ...

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## [Kale Salad – Sweet and Tangy](#)

JUNE 4, 2012

We aren't alone in benefiting from massage. Kale transforms from stiff and fibrous to pliable and delicious after several minutes ...

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## [Stuffed Sweet Pepper – Hearty and Healthy!](#)

MAY 29, 2012

Thanks to our very own Dr. Joe Schwarcz, we now know about nutritarians and the Disease Proof blog. Personally, ...

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## [Roasted Grape Butternut Squash Salad – with Pistachio Chèvre](#)

MAY 9, 2012

Since the weather is finally improving and I, like you, need to indulge in some vitamin D and outdoor exercise, ...

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## [Spinach Watermelon Strawberry Salad – So Summery!](#)

APRIL 19, 2012

This sudden spring-summery-hot weather makes me feel like a kid again. I'm longing to play hopscotch, jump rope, whirl a ...

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## [The Right Salmon and Spicy Quinoa Mango Salad](#)

APRIL 12, 2012

Read all about it! Don't miss Susan Schwartz's Montreal Gazette article, "The down and dirty on salmon." Almost everything you need to ...

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## [Arugula Radicchio Goat Cheese and Pear Salad](#)

APRIL 9, 2012

Have you ever stolen public property? My dad always told me that even if it's just a paper clip, if ...

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## [Garlic Ginger Cilantro Dressing – Scrumptious Salad](#)

MARCH 26, 2012

When is the last time that something good happened to you totally out of the blue? Serendipity. I found this dressing ...

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## [Jicama Cabbage Carrot Coleslaw with Anise Dressing](#)

MARCH 14, 2012

After 85 upbeat Jittery Cook posts, it's time for a wee bit of sobriety. Having a platform for self-expression just ...

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## [Portobello Mushroom Burgers with Chipotle Mayonnaise – Heavenly!](#)

MARCH 12, 2012

Today's recipe is courtesy of a wonderful chef, Barbara Eiswerth, who makes yoga retreats at El Encanto a culinary delight ...

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## [Red Curry Beef with Coconut and Lime Quinoa Salad](#)

MARCH 7, 2012

I used to think that having a career, a family and a wonderful network of friends was pretty much it. ...

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## [Coleslaw with Character – For the Discerning Palate](#)

FEBRUARY 29, 2012

Did you hear about the small farming town with just 70 homes, Sodeto, in Spain, celebrating their collective lottery win? ...

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## [Super Tasty Lentil Salad – Spread the Word!](#)

FEBRUARY 22, 2012

You don't see Jittery Cook entering a contest for poutine or 7-layer chocolate cake, but it would be great to win the Lentil ...

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## [Waldorf Chicken Salad on Cumin Cilantro Quinoa – Not Your Grandma's](#)

FEBRUARY 8, 2012

You are witnessing a transformation. Don't worry, I'll always keep the jittery moniker, but I'm starting to feel like a ...

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## Broccoli, Sweet Onion and Pecan Salad – Tossed with Orecchiette and Feta

FEBRUARY 6, 2012

This recipe is too good. I can't remember the last time I ate about half a broccoli in one sitting. ...

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## Oriental Salad – Topped with Grilled Chicken

JANUARY 30, 2012

Way back in high school, my good friend, Jeannie Elias, had a huge influence on my life. Jeannie was on fire. ...

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## Beet Salad and The Garden of Eden

JANUARY 21, 2012

Today I ate fresh green coconut, courtesy of Sherrie. Sherrie is a spritely Hawaiian woman who strikes me as a ...

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## Sesame Ginger Chicken – Faux Fried

JANUARY 18, 2012

Eating mango with your meal is like sneaking in an early dessert. Sweet, tangy, tropical, brilliantly colourful, perfumed and tantalizing. ...

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## Seafood Salad Tapas – Extraordinarily Good!

JANUARY 9, 2012

Spain is breathtaking. The beauty of the landscape, the architecture, the sense of history combine with the current passions for ...

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## Spiced Cherry Tomato Salad – Cooking With Love!

JANUARY 7, 2012

I remember Expo 67 as a turning point. International cuisine entered the Montreal mainstream with a bang. Quiche Lorraine, Indian ...

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## Tasty Grouper served on Spinach

### Orange Salad

DECEMBER 29, 2011

I've been offered a suggestion as a New Year's resolution; to try doing just one thing at a time. That ...

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## Fattoush Chicken Salad – Fresh and Fabulous

DECEMBER 20, 2011

Fattoush Chicken Salad is just one more recipe that could promote peace in the Middle East. Larry David may be ...

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## Hawaiian Chicken Salad

DECEMBER 10, 2011

Dreaming of the Big Island, Hawaii, where everything feels great, looks great, tastes great. A vacation destination that screams out ...

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## Artichoke and Celeriac – Beautiful Tasting

NOVEMBER 26, 2011

If you haven't yet cooked and savoured whole artichokes, then you really, really, really should give it a try. So ...

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## Microgreens and Shrimp? Salmon?

### Sardines? – You decide!

NOVEMBER 18, 2011

I was perusing the fresh fish at CSL Shopping Center, asking the friendly fishmonger what I should purchase to lay ...

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## Eggplant, Red Pepper and Chili – Middle Eastern Mezze Appetizer

NOVEMBER 8, 2011

If you like your cookbooks filled with wonderful recipes and a healthy dose of interesting and entertaining history and if ...

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## Asian Salmon Salad with Pea Shoots, Pomegranate and Avocado

NOVEMBER 6, 2011

Asian Salmon Salad with Pea Shoots, Pomegranate and Avocado I am new to pea shoots, or they are new to ...

[\*Continue reading »\*](#)