

# The Bistro

## Recipes

### ***Fresh Dinosaur Kale Chips***

- Wash the kale leaves in plenty of running water, drain, then pat dry.
- Cut out the stem that runs down the middle of the kale leaf, while leaving each side of the leaf a single piece.
- On both sides of the leaves, brush lightly, or spray with olive oil or a nonstick cooking spray, then sprinkle with sea salt or garlic salt, if desired. (Kale has plenty of flavor of its own without added salt or seasoning)
- Spread on a sheet pan, single layer, and bake in a hot oven 375°F. for a few minutes until crispy, being careful not to burn, or the kale will be bitter. Let cool, then store in a plastic bag in the refrigerator. Leaves will be really crispy and brittle.

### ***Purslane and Tomato Salad (makes about 8 large servings)***

- 1 quart purslane leaves, washed in plenty of water and drained well
- 1 cup diced cucumbers
- 1 cup diced tomatoes
- 1 fresh jalapeno pepper minced
- Juice of 1 lemon
- Salt and pepper to taste.

#### ***Home made Balsamic Dijon Salad Dressing***

- 1 cup balsamic vinegar
- 2 Tablespoons dijon mustard
- 2 Tablespoons minced fresh garlic
- 1 cup extra virgin olive oil
- Salt and pepper to taste.

In a blender, blend the vinegar, mustard, and garlic, then slowly, while blender is running (through the small opening at the top of your blender), add the olive oil until the dressing is emulsified. Add salt and pepper to taste.

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## **Tofu Walnut Bars**

*Note: Fresh fruit is usually the best dessert for your health!  
The Bistro's tofu walnut bars are not recommended for individuals  
who should avoid sugar in their diets or  
who are restricting their calories to lose weight.*

Our tofu walnut bars have a generous amount of walnuts, which provide omega-3 fatty acids. The tofu provides protein and isoflavones.

- 20 oz. firm tofu, drained and mashed thoroughly
- 2 quarts brown sugar
- 1 Tablespoon baking soda
- 1 teaspoon salt
- 5 cups flour
- 2 quarts chopped walnuts
- 4 Tablespoons vanilla extract.

Mix all ingredients well, adding walnuts last.

Pour into a sheet pan (approximately 12 inches by 17 inches) that has been sprayed with non-stick cooking spray or oiled and floured. Bake at 350° for 45 minutes or until cooked throughout.