

Teriyaki steak over Asian mixed greens

Here's a light meal for a hot day.

Place your favourite vegetables in a salad bowl:

Choose a selection of your favourite greens: spinach, leaf lettuce, bok choy, beet tops, red Swedish chard. Use a variety of colours to maximize the salad's presentation.

Chopped green onions or red onions cut into strips.

Mushrooms minus the stems.

Lightly toast sunflower seeds and almonds in a saute pan with a little brown sugar and butter. Allow to cool.

Then add this delicious dressing to the veggies:

125 ml (1/2 cup) soya sauce

125 ml (1/2 cup) white or rice vinegar

60 ml (1/4 cup) vegetable oil, preferably peanut or canola

30 ml (2 tbsp) white sugar

20 ml (4 tsp) sesame oil

30 ml (2 tbsp) ginger, fresh and finely diced

10 ml (2 tsp) or more garlic, minced or pressed