



## Welcome to Shop with the Chef Series 2008!

*Featuring Chef Patti Searle of Thrivin' Edibles*

**C**hef Patti Searle is a recent graduate of the Living Light Culinary Arts Institute in Fort Bragg, CA, a premier raw organic vegan chef school. Patti fell in love with raw/live food while on a retreat in San Diego over two years ago, and having experienced the many benefits of eating raw cuisine, turned her love for making food for people into a catering business in early 2007. Patti delivers healthy lunches and dinners for busy people all over the South SF Bay area each week and caters events for both corporations and individuals.

A newly discovered talent is food design. Patti's live flaxseed chip designs can be found in several places around the Bay Area, including Santa Cruz (at Café La Vie) and Monterey (Whole Foods Markets), as well as San Jose, San Mateo, Palo Alto, Cupertino, Los Gatos, Campbell, Burlingame and San Francisco.

Patti also offers private consultations about how to organize your raw kitchen, food prep classes (for one or more), menu planning, and grocery shopping. For more information, contact Patti at [chefpatti@thrivinedibles.com](mailto:chefpatti@thrivinedibles.com) or see her website [www.thrivinedibles.com](http://www.thrivinedibles.com).

### RAW RAINBOW SALAD

*1/2 cup red cabbage*  
*1/2 cup green cabbage*  
*1/2 cup kale*  
*1/4 cup red pepper*  
*1/4 cup carrots*  
*4 cherry tomatoes*  
*1/4 avocado*  
*1/2 teaspoon salt (preferably Himalayan or Celtic)*

### Dressing

*2 tablespoons olive oil*  
*2 tablespoons lemon juice*  
*Ground black pepper to taste*

Shred the greens into a fine ribbons and toss together with salt, and massage. This makes these cruciferous veggies easier to digest.

Thin slice the red pepper and carrot and add to the cabbages. Add olive oil, lemon juice, and black pepper and toss. Place on a plate.

Cut the tomatoes into quarters and arrange on top.

Peel and thin slice the avocado and arrange in a pinwheel on top of the salad.

Sit down and ENJOY this beautiful and healthy salad.

*Nutritional Values: 120 calories, 1 gr. protein, 7 gr. carbohydrates, 10 gr. fat (and they're good, whole fat that your body loves!)*

### NOTES: