



# Summer Salads Collection

DANA BOSSELMANN



# Charred Corn & Tomato Salad

4 SERVINGS 15 MINUTES



## INGREDIENTS

3 ears Corn on the Cob (husk removed)  
Sea Salt & Black Pepper (to taste)  
3 tbsps Extra Virgin Olive Oil  
1 1/2 tbsps Red Wine Vinegar  
3 cups Cherry Tomatoes (halved)  
1/4 cup Red Onion (thinly sliced)  
1/4 cup Parmigiano Reggiano (shaved)  
1/3 cup Basil Leaves (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	211	Calcium	95mg
Fat	13g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polysat...	1g	Vitamin K	30µg
Monouns...	7g	Thiamine	0mg
Carbs	20g	Riboflavin	0mg
Fiber	2g	Niacin	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	6g	Folate	21µg
Cholesterol	6mg	Vitamin B12	0µg
Sodium	52mg	Phosphoro...	32mg
Potassium	292mg	Magnesium	16mg
Vitamin A	1167IU	Zinc	0mg
Vitamin C	19mg	Selenium	0µg

## DIRECTIONS

- 01 Heat a cast-iron skillet over medium heat. Cook the corn over medium-high heat for about one to two minutes per side until lightly charred on all sides. Once it is cooked, remove and let it cool before slicing the kernels off the cob. Season with salt and pepper and transfer to a large bowl.
- 02 In a small jar, combine the oil, vinegar, salt, and pepper and shake to combine.
- 03 Add the tomatoes and red onion to the bowl with the corn. Add the dressing and toss to combine. Top with parmesan cheese and basil. Season if needed and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about 1 1/2 cups.

### MAKE IT VEGAN

Omit the parmesan or use a plant-based version.

# Grilled Cherry Salad with Goat Cheese & Balsamic Vinaigrette

4 SERVINGS 30 MINUTES



## INGREDIENTS

2 tbsps Balsamic Vinegar  
1/3 cup Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
1/4 tsp Black Pepper  
2 cups Cherries (pitted and halved)  
4 cups Baby Spinach  
1 cup Blueberries  
1/3 cup Goat Cheese (crumbled)  
1 cup Green Lentils (cooked, drained and rinsed)  
1/2 cup Pecans (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	399	Calcium	70mg
Fat	28g	Iron	3mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	5g	Vitamin K	165µg
Monouns...	17g	Thiamine	0.2mg
Carbs	32g	Riboflavin	0.2mg
Fiber	8g	Niacin	1mg
Sugar	17g	Vitamin B6	0.2mg
Protein	9g	Folate	156µg

## DIRECTIONS

- 01 Create your balsamic vinaigrette by combining balsamic vinegar, olive oil, sea salt and black pepper in a jar. Shake well and set aside.
- 02 Preheat grill with medium heat. Place your pitted and halved cherries in a bowl and add 2 tablespoons of the balsamic vinaigrette and toss well. Transfer cherries to a grill pan and grill until slightly charred (about 5 minutes).
- 03 Place baby spinach in a large salad bowl. Top with grilled cherries, blueberries, goat cheese, lentils and toasted pecans. Drizzle with desired amount of balsamic dressing and serve. Enjoy!

## NOTES

### MEAT LOVER

Grill up some chicken breast or grass-fed steak with your cherries to serve alongside the salad.

### SHORT ON TIME

Add the cherries to the salad raw and skip step 2.

### VEGAN

Skip the goat cheese.

Cholesterol	3mg	Vitamin B12	0µg
Sodium	218mg	Phosphoro...	160mg
Potassium	612mg	Magnesium	68mg
Vitamin A	2894IU	Zinc	1mg
Vitamin C	18mg	Selenium	2µg



# Zucchini & Tuna Pasta Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Macaroni (dry)  
1 Zucchini (small, diced)  
2 stalks Green Onion (chopped)  
1/4 cup Black Olives (pitted, chopped)  
1/2 tsp Oregano (dried)  
1 can Tuna (drained, crumbled)  
2 tbsps Balsamic Vinaigrette

## NUTRITION

### AMOUNT PER SERVING

Calories	254	Calcium	60mg
Fat	9g	Iron	4mg
Saturated	1g	Vitamin D	39IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	25µg
Monouns...	1g	Thiamine	0.3mg
Carbs	24g	Riboflavin	0.3mg
Fiber	2g	Niacin	11mg
Sugar	5g	Vitamin B6	0.5mg
Protein	21g	Folate	87µg
Cholesterol	30mg	Vitamin B12	2.1µg
Sodium	408mg	Phosphoro...	201mg
Potassium	480mg	Magnesium	52mg
Vitamin A	783IU	Zinc	1mg
Vitamin C	19mg	Selenium	74µg

## DIRECTIONS

- 01 Cook the pasta according to the package directions. Drain, rinse well, and set aside to cool.
- 02 Combine all of the ingredients including the cooked and cooled pasta in a serving bowl and mix to coat.
- 03 Divide evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for four days.

### SERVING SIZE

One serving is about 1 1/2 cups of pasta salad.

### MORE FLAVOR

Add crumbled feta, goat cheese, nuts, sun dried tomatoes, and/or fresh herbs like chives, basil, and parsley.

# Grilled Watermelon & Honeydew Salad

4 SERVINGS 15 MINUTES



## INGREDIENTS

- 1/2 Honeydew Melon (medium, peeled, seeds removed, cut into wedges)
- 1/4 Seedless Watermelon (medium, cut into wedges)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1 1/2 tsps Balsamic Vinegar
- 1/3 cup Mint Leaves (torn)
- 1/3 cup Basil Leaves (torn)
- 1/3 cup Pumpkin Seeds (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	239	Calcium	44mg
Fat	11g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	22µg
Monouns...	6g	Thiamine	0.2mg
Carbs	35g	Riboflavin	0.1mg
Fiber	3g	Niacin	2mg
Sugar	28g	Vitamin B6	0.3mg
Protein	6g	Folate	43µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	175mg	Phosphoro...	181mg
Potassium	713mg	Magnesium	109mg

## DIRECTIONS

- 01 Place the honeydew and watermelon in a large baking dish or on a baking sheet. Drizzle the oil on all sides and sprinkle with salt.
- 02 Heat the grill to medium-high heat. Place the honeydew and watermelon directly on the grill and char for three minutes per side, until charred. Remove and place back on the tray or baking dish. Let cool.
- 03 Once cooled, chop the melon wedges into chunks and place in a large salad bowl. Drizzle with balsamic vinegar and top with mint, basil, and pumpkin seeds. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is about 1 1/2 cups salad.

### ADDITIONAL TOPPINGS

Top with feta cheese.

Vitamin A	1948IU	Zinc	1mg
Vitamin C	47mg	Selenium	3µg



# Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

4 SERVINGS 15 MINUTES



## INGREDIENTS

6 cups Asparagus (trimmed and sliced in half lengthwise)  
3 tbsps Balsamic Vinegar  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Dijon Mustard  
1 tbsp Maple Syrup  
1 Garlic (clove, minced)  
Sea Salt & Black Pepper (to taste)  
1 Cucumber (large, diced)  
2 cups Lentils (cooked, drained and rinsed)  
1/2 cup Slivered Almonds (toasted)  
1/2 cup Feta Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	409	Calcium	226mg
Fat	20g	Iron	9mg
Saturated	5g	Vitamin D	3IU
Trans	0g	Vitamin E	3mg
Polyunsat...	1g	Vitamin K	102µg
Monouns...	6g	Thiamine	0.5mg
Carbs	40g	Riboflavin	0.6mg
Fiber	14g	Niacin	3mg

## DIRECTIONS

- 01 Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
- 02 Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
- 03 In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

## NOTES

### DAIRY-FREE

Skip the feta.

### NUT-FREE

Use sunflower seeds instead of slivered almonds.

### NO LENTILS

Use chickpeas or beans instead.

### STORAGE

Stores well in the fridge up to 3 days.

Sugar	13g	Vitamin B6	0.5mg
Protein	21g	Folate	295µg
Cholesterol	17mg	Vitamin B12	0.3µg
Sodium	266mg	Phosphoro...	367mg
Potassium	921mg	Magnesium	80mg
Vitamin A	1686IU	Zinc	3mg
Vitamin C	15mg	Selenium	11µg

# Peach Mint Caprese Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Balsamic Vinegar  
2 tbsps Maple Syrup  
2 cups Baby Spinach  
1/4 cup Mint Leaves  
2 Peach (sliced)  
2 1/8 ozs Mozzarella Ball (sliced)  
1/4 cup Almonds (crushed)

## NUTRITION

### AMOUNT PER SERVING

Calories	369	Calcium	284mg
Fat	16g	Iron	3mg
Saturated	5g	Vitamin D	5IU
Trans	0g	Vitamin E	6mg
Polyunsat...	3g	Vitamin K	149µg
Monouns...	8g	Thiamine	0.1mg
Carbs	45g	Riboflavin	0.7mg
Fiber	5g	Niacin	2mg
Sugar	35g	Vitamin B6	0.1mg
Protein	13g	Folate	78µg
Cholesterol	24mg	Vitamin B12	0.7µg
Sodium	188mg	Phosphoro...	252mg
Potassium	739mg	Magnesium	106mg
Vitamin A	3641IU	Zinc	2mg
Vitamin C	19mg	Selenium	6µg

## DIRECTIONS

- 01 In a small saucepan over high heat, stir balsamic vinegar and maple syrup and bring to a boil. Reduce heat and simmer until mixture is thick, about 15 minutes.
- 02 Meanwhile, divide spinach onto plates and arrange alternate slices of peach and mozzarella. Drizzle balsamic vinegar reduction otop and sprinkle with crushed almonds and mint. Enjoy immediately.

## NOTES

### SLICING MOZZARELLA

Use a serrated knife or pull dental floss tight along the cheese.

### NUT-FREE

Use hemp seeds instead of almonds.

### NO MAPLE SYRUP

Use honey instead.

### NO PEACHES

Use tomato, zucchini, nectarine or plums instead.

# Strawberry Asparagus Salad with Tahini Dressing

4 SERVINGS 20 MINUTES



## INGREDIENTS

- 2 cups Asparagus
- 4 cups Arugula
- 1 cup Radishes (thinly sliced)
- 1 cup Strawberries (thinly sliced)
- 1 cup Frozen Peas (thawed)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1 Lemon (juiced)
- 2 tbsps Water (warm)

## NUTRITION

### AMOUNT PER SERVING

Calories	171	Calcium	141mg
Fat	9g	Iron	4mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	60µg
Monouns...	3g	Thiamine	0.4mg
Carbs	20g	Riboflavin	0.3mg
Fiber	6g	Niacin	2mg
Sugar	9g	Vitamin B6	0.2mg
Protein	7g	Folate	111µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	65mg	Phosphoro...	201mg
Potassium	461mg	Magnesium	51mg
Vitamin A	1838IU	Zinc	2mg

## DIRECTIONS

- 01 Trim the woody ends from the asparagus and cut the spears in half.
- 02 Fill a steamer pot with water and bring to a boil. Place asparagus in the steaming basket and steam for about 5 to 7 minutes, or until tender. (Note: The thicker the spears, the longer they will need to steam.) Remove the steamer from stovetop and run the asparagus under cold water until completely cool.
- 03 Fill the bottom of a salad bowl with arugula. Top with sliced radishes, strawberries thawed green peas and asparagus.
- 04 In a small jar, combine the tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin if necessary.
- 05 Drizzle desired amount of dressing over top of the salad and serve.

## NOTES

### CHEESE LOVER

Add crumbled plant-based feta cheese.

### NO ASPARAGUS

Use green beans instead.

### LEFTOVERS

Store in the fridge up to 2 days with the dressing on the side.

Vitamin C 41mg Selenium 8µg



# Watermelon Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 tbsp Maple Syrup
- 1/4 Lime (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/4 Seedless Watermelon (diced into cubes)
- 1/2 Cucumber (diced)
- 1/2 cup Mint Leaves
- 1/2 cup Feta Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	372	Calcium	263mg
Fat	16g	Iron	2mg
Saturated	6g	Vitamin D	6IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	18µg
Monouns...	7g	Thiamine	0.3mg
Carbs	55g	Riboflavin	0.6mg
Fiber	3g	Niacin	2mg
Sugar	42g	Vitamin B6	0.4mg
Protein	10g	Folate	42µg
Cholesterol	33mg	Vitamin B12	0.6µg
Sodium	585mg	Phosphoro...	212mg
Potassium	831mg	Magnesium	81mg
Vitamin A	3725IU	Zinc	2mg

## DIRECTIONS

- 01 In a small mason jar, combine maple syrup, lime juice, olive oil and salt. Cover with lid, shake to combine and set aside.
- 02 In a serving bowl, combine chopped watermelon, cucumber, mint and feta.
- 03 Divide into bowls and drizzle with desired amount of dressing. Enjoy!

## NOTES

### MAKE IT GREEK

Add thinly sliced red onion and black olives.

### MORE PROTEIN

Add edamame, ground flax, hemp hearts or serve with a grilled chicken breast.

### MORE GREENS

Add more fresh herbs, arugula or chopped basil.

### WATERMELON SIZE

This recipe was developed and tested using a 5 lb. watermelon.

Vitamin C 52mg Selenium 8µg



# Potato & Egg Salad

4 SERVINGS 25 MINUTES



## INGREDIENTS

3 cups Mini Potatoes (chopped)  
2 Egg  
1/4 cup Extra Virgin Olive Oil  
1 1/2 tbsps Apple Cider Vinegar  
1 1/2 tsps Dijon Mustard  
1/2 tsp Sea Salt  
1/2 cup Parsley (finely chopped)  
2 stalks Green Onion (green part only, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	249	Calcium	42mg
Fat	16g	Iron	2mg
Saturated	3g	Vitamin D	21IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	144µg
Monouns...	11g	Thiamine	0.1mg
Carbs	21g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	1g	Vitamin B6	0.4mg
Protein	6g	Folate	42µg
Cholesterol	93mg	Vitamin B12	0.2µg
Sodium	364mg	Phosphoro...	120mg
Potassium	568mg	Magnesium	34mg
Vitamin A	1017IU	Zinc	1mg

## DIRECTIONS

- 01 Bring a pot of salted water to a boil. Add the potatoes and cook for about 8 minutes until tender. Drain and let them cool slightly.
- 02 Meanwhile, bring a second pot of water to a boil. Hard boil the eggs. Cool, peel and separate the yolks from the egg whites. Finely chop the cooked egg whites.
- 03 In a large mixing bowl whisk together olive oil, vinegar, dijon mustard, salt, and cooked egg yolk. Fold in parsley, cooked potatoes, chopped egg whites, and green onion. Season with additional salt if needed. Serve chilled and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to 3 days.

### MORE FLAVOR

Add garlic, lemon juice, freshly ground black pepper, mint, basil or cilantro.

### ADDITIONAL TOPPINGS

Top the salad with arugula, diced avocado, sunflower seeds or hemp seeds.

### MAKE IT VEGAN

Omit the egg.

Vitamin C 33mg Selenium 8µg



# Grilled Corn, Nectarine & Quinoa Salad

4 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Quinoa (uncooked)  
1 cup Water  
2 ears Corn on the Cob (grilled or steamed and kernels removed)  
2 Nectarine (pitted and cubed)  
1/2 cup Red Onion (finely sliced)  
1/2 Cucumber (diced)  
1/2 cup Cilantro (chopped)  
1/2 cup Mint Leaves (chopped)  
1/2 Lemon (juiced)  
2 Garlic (cloves, minced)  
2 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	234	Calcium	43mg
Fat	9g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	18µg
Monouns...	5g	Thiamine	0.1mg
Carbs	35g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	10g	Vitamin B6	0.2mg
Protein	6g	Folate	55µg

## DIRECTIONS

- 01 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
- 02 Combine grilled corn, nectarine, red onion, cucumber, cilantro and mint in a large bowl. Add quinoa once cooled.
- 03 Prepare dressing by combining lemon juice, garlic, olive oil, sea salt and pepper.
- 04 Drizzle salad with desired amount of dressing and serve. Enjoy!

## NOTES

### NO NECTARINES

Used sliced peaches or plums instead.

### SHORT ON TIME

Replace one ear of corn with about one cup of frozen or canned corn.

Cholesterol	0mg	Vitamin B12	0µg
Sodium	6mg	Phosphoro...	136mg
Potassium	388mg	Magnesium	60mg
Vitamin A	550IU	Zinc	1mg
Vitamin C	13mg	Selenium	2µg

# Peach & Lentil Freekeh Salad

4 SERVINGS 25 MINUTES



## INGREDIENTS

1 cup Freekeh (uncooked)  
2 1/2 cups Water  
1 Peach (pit removed, chopped)  
1 cup Lentils (cooked)  
1/2 cup Parsley (finely chopped)  
2 tbsps Apple Cider Vinegar  
1 tsp Cinnamon  
1/2 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	228	Calcium	64mg
Fat	1g	Iron	3mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polysat...	0g	Vitamin K	127µg
Monouns...	0g	Thiamine	0.1mg
Carbs	49g	Riboflavin	0mg
Fiber	11g	Niacin	1mg
Sugar	4g	Vitamin B6	0.1mg
Protein	11g	Folate	103µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	314mg	Phosphoro...	102mg
Potassium	304mg	Magnesium	29mg
Vitamin A	768IU	Zinc	1mg
Vitamin C	13mg	Selenium	1µg

## DIRECTIONS

- 01 Combine freekeh and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 20 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 02 In a large mixing bowl, combine the freekeh with the remaining ingredients. Adjust any seasonings as needed. Divide into bowls or containers if on-the-go. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to approximately 1 1/4 cup of salad.

### GLUTEN-FREE

Use quinoa instead of freekeh.

### MORE FLAVOR

Cook with broth instead of water.

# Watermelon & Cucumber Quinoa Salad

4 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Quinoa  
1/8 Seedless Watermelon (cut into small cubes)  
1/2 Cucumber (peeled, diced)  
2 tbsps Red Onion (finely chopped)  
2 tbsps Lime Juice  
1 1/2 tbsps Mint Leaves  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	131	Calcium	30mg
Fat	2g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	6µg
Monouns...	0g	Thiamine	0.1mg
Carbs	27g	Riboflavin	0.1mg
Fiber	2g	Niacin	1mg
Sugar	10g	Vitamin B6	0.2mg
Protein	4g	Folate	48µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	78mg	Phosphoro...	125mg
Potassium	353mg	Magnesium	62mg
Vitamin A	875IU	Zinc	1mg
Vitamin C	15mg	Selenium	3µg

## DIRECTIONS

- 01 Cook the quinoa according to the package directions. When the quinoa is cooked, let cool.
- 02 In a large mixing bowl combine the watermelon, cucumber, red onion, lime juice, mint and salt. Stir in the cooked quinoa and season with additional salt or lime juice if necessary. Chill before serving.
- 03 Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is approximately 1 cup.

### MORE FAT

Add a drizzle of extra virgin olive oil or top the salad with hemp seeds.

### NO MINT

Use basil or parsley instead.

### QUINOA

Cook the quinoa ahead of time and refrigerate in an airtight container for up to five days. 1/2 cup uncooked quinoa yields approximately 2 cups of cooked quinoa.

# Strawberry Balsamic Salad with Maple Walnuts

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Walnuts  
1 tbsp Maple Syrup  
4 cups Baby Spinach  
1 cup Strawberries (sliced)  
1/4 cup Goat Cheese (crumbled)  
1 1/2 tps Balsamic Vinegar  
1 1/2 tbsps Extra Virgin Olive Oil  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	387	Calcium	122mg
Fat	33g	Iron	3mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	15g	Vitamin K	298µg
Monouns...	10g	Thiamine	0.2mg
Carbs	20g	Riboflavin	0.3mg
Fiber	5g	Niacin	1mg
Sugar	12g	Vitamin B6	0.3mg
Protein	9g	Folate	163µg
Cholesterol	5mg	Vitamin B12	0µg
Sodium	264mg	Phosphoro...	151mg
Potassium	603mg	Magnesium	107mg
Vitamin A	5635IU	Zinc	1mg
Vitamin C	60mg	Selenium	2µg

## DIRECTIONS

- 01 Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
- 02 Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
- 03 Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

## NOTES

### MORE PROTEIN

Add quinoa, edamame, chickpeas or strips of chicken breast.

### SAVE TIME

Leave the walnuts raw and add maple syrup to the dressing.

### NO GOAT CHEESE

Use feta or cashew cheese instead.

### STORAGE

Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.

# Caprese Mason Jar Salad

4 SERVINGS 25 MINUTES



## INGREDIENTS

1 cup Quinoa (uncooked)  
1 tbsp Extra Virgin Olive Oil  
3 tbsps Balsamic Vinegar  
2 cups Cherry Tomatoes (halved)  
1/2 cup Red Onion (small, diced)  
2 cups Basil Leaves (packed, chopped)  
6 ozs Small Bocconcini (halved)  
4 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	352	Calcium	254mg
Fat	15g	Iron	4mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	241µg
Monouns...	3g	Thiamine	0.2mg
Carbs	36g	Riboflavin	0.2mg
Fiber	5g	Niacin	2mg
Sugar	5g	Vitamin B6	0.4mg
Protein	16g	Folate	166µg
Cholesterol	30mg	Vitamin B12	0µg
Sodium	117mg	Phosphoro...	247mg
Potassium	688mg	Magnesium	133mg
Vitamin A	4862IU	Zinc	2mg
Vitamin C	24mg	Selenium	4µg

## DIRECTIONS

- 01 Cook the quinoa according to the directions on the package, and set aside to cool.
- 02 Meanwhile, combine the oil and balsamic vinegar and divide evenly between the bottoms of the jars.
- 03 Add equal amounts of cherry tomatoes, red onion, basil, quinoa, bocconcini, and spinach to the jars. When ready to eat, shake well and dump into a bowl. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

26 fl oz (768 mL) mason jars were used for this recipe. One serving is one mason jar.

### MAKE IT VEGAN

Use avocado instead of bocconcini or omit completely.

### MORE FLAVOR

Season with salt, pepper, or your choice of herbs and spices.

### ADDITIONAL TOPPINGS

Hemp seeds, black beans, edamame, chickpeas, tofu, chicken breast, or turkey breast.

### NO BALSAMIC VINEGAR

Use red wine vinegar or your favorite dressing instead, adjusting or omitting the oil accordingly.

# Peach & Sweet Potato Salad

3 SERVINGS 15 MINUTES



## INGREDIENTS

- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 Sweet Potato (medium, sliced into small cubes)
- 1 Peach (sliced)
- 1/4 tsp Sea Salt
- 1 tbsp Balsamic Vinegar
- 1 1/2 tps Maple Syrup
- 4 cups Baby Spinach
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Pistachios (shelled and chopped)
- 1/4 cup Goat Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	324	Calcium	81mg
Fat	25g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	3g	Vitamin K	208µg
Monouns...	16g	Thiamine	0.2mg
Carbs	22g	Riboflavin	0.2mg
Fiber	4g	Niacin	1mg
Sugar	11g	Vitamin B6	0.4mg
Protein	6g	Folate	93µg
Cholesterol	3mg	Vitamin B12	0µg
Sodium	299mg	Phosphoro...	107mg

## DIRECTIONS

- 01 Heat 1/4 of the olive oil in a skillet over medium heat. Cook sweet potato for about 7 minutes, stirring occasionally. Add the peach slices. Cook until slightly browned and the sweet potatoes are tender, adding more oil if necessary.
- 02 In a bowl or mason jar, whisk together the remaining oil, salt, balsamic vinegar and maple syrup.
- 03 Divide spinach, sweet potato, peaches, tomatoes, pistachios and cheese into bowls. Drizzle with your desired amount of dressing. Enjoy!

## NOTES

### STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

### NO PEACH

Use nectarines, plums, pear or gala apples instead.

### NO GOAT CHEESE

Use feta or cashew cheese instead.

Potassium	641mg	Magnesium	63mg
Vitamin A	10321IU	Zinc	1mg
Vitamin C	20mg	Selenium	1µg



# Cucumber & Cantaloupe Salad

4 SERVINGS 10 MINUTES



## INGREDIENTS

1/3 Cantaloupe (medium, peeled, deseeded and chopped)  
1 Cucumber (medium, diced)  
1/2 cup Feta Cheese (crumbled)  
1/4 cup Mint Leaves (chopped)  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Maple Syrup  
1 tbsp Lemon Juice

## NUTRITION

### AMOUNT PER SERVING

Calories	151	Calcium	118mg
Fat	11g	Iron	1mg
Saturated	3g	Vitamin D	3IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	18µg
Monouns...	6g	Thiamine	0.1mg
Carbs	11g	Riboflavin	0.3mg
Fiber	1g	Niacin	1mg
Sugar	8g	Vitamin B6	0.1mg
Protein	4g	Folate	24µg
Cholesterol	17mg	Vitamin B12	0.3µg
Sodium	224mg	Phosphoro...	90mg
Potassium	269mg	Magnesium	21mg
Vitamin A	1782IU	Zinc	1mg
Vitamin C	21mg	Selenium	3µg

## DIRECTIONS

01 Mix all the ingredients together in a large bowl. Divide evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately one cup.

### DAIRY-FREE

Omit feta cheese or use plant-based feta cheese instead.

### ADDITIONAL TOPPINGS

Top with pumpkin seeds and/or sunflower seeds.

# Strawberry, Spinach & Farro Salad

4 SERVINGS 40 MINUTES



## INGREDIENTS

1 cup Farro (rinsed)  
1 cup Strawberries (divided)  
1 1/2 tbsps Balsamic Vinegar  
3 tbsps Water  
1 1/2 tsps Maple Syrup  
Sea Salt & Black Pepper (to taste)  
8 cups Baby Spinach  
1/4 cup Red Onion (thinly sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	211	Calcium	93mg
Fat	1g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	291µg
Monouns...	0g	Thiamine	0mg
Carbs	41g	Riboflavin	0.2mg
Fiber	5g	Niacin	1mg
Sugar	6g	Vitamin B6	0.1mg
Protein	9g	Folate	127µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	60mg	Phosphoro...	42mg
Potassium	417mg	Magnesium	55mg
Vitamin A	5631IU	Zinc	0mg
Vitamin C	39mg	Selenium	1µg

## DIRECTIONS

- 01 Cook the farro according to package directions and set aside to let cool slightly.
- 02 In a blender or food processor, add half the strawberries, balsamic vinegar, water, maple syrup, salt, and pepper and blend until smooth.
- 03 Slice the remaining strawberries.
- 04 Add the spinach, onion, and sliced strawberries to a large salad bowl. Add the cooked farro to the salad bowl. Drizzle the dressing on top and toss to combine. Serve and enjoy!

## NOTES

### LEFTOVERS

This is best stored with the dressing separate from the salad. Refrigerate both in an airtight container for up to three days.

### GLUTEN-FREE

Use quinoa instead of farro.

# Corn & Quinoa Salad with Steak

3 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry, rinsed)  
1 ear Corn on the Cob  
10 ozs Ribeye Steak, Boneless (room temperature)  
Sea Salt & Black Pepper (to taste)  
3 cups Baby Spinach  
1/3 cup Red Onion (thinly sliced)  
1/4 cup Cilantro Lime Dressing

## NUTRITION

### AMOUNT PER SERVING

Calories	444	Calcium	53mg
Fat	26g	Iron	5mg
Saturated	6g	Vitamin D	4IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	146µg
Monouns...	5g	Thiamine	0.2mg
Carbs	29g	Riboflavin	0.4mg
Fiber	3g	Niacin	4mg
Sugar	3g	Vitamin B6	0.6mg
Protein	24g	Folate	117µg
Cholesterol	60mg	Vitamin B12	3.0µg
Sodium	302mg	Phosphoro...	347mg
Potassium	689mg	Magnesium	104mg
Vitamin A	2824IU	Zinc	8mg
Vitamin C	11mg	Selenium	27µg

## DIRECTIONS

- 01 Cook the quinoa according to package directions. Set aside to cool.
- 02 Using a cast-iron pan or grill, remove the husk from the corn. Cook the corn over medium-high heat for about one to two minutes per side until lightly charred on all sides. Once it is cooked, remove it and let it cool before slicing the kernels off the cob.
- 03 Pat the steak very dry with paper towel. Season with salt and pepper.
- 04 Use the same skillet and cook the steak for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
- 05 Divide the quinoa, corn, spinach, and red onion evenly between plates. Top with the steak and cilantro lime dressing. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days. Warm up the steak before serving.

### SERVING SIZE

One serving is equal to approximately two cups.

### MORE FLAVOR

Add cherry tomatoes.

### NO CORN ON THE COB

Use canned corn instead.

# Grilled Chicken & Peach Salad

2 SERVINGS 25 MINUTES



## INGREDIENTS

10 ozs Chicken Breast (boneless, skinless)  
2 tbsps Extra Virgin Olive Oil (divided)  
1/4 cup Lime Juice (divided)  
1/2 tsp Garlic Powder  
1/2 tsp Sea Salt (divided)  
2 cups Baby Spinach  
2 cups Arugula  
1 Peach (pitted, sliced)  
1/4 cup Red Onion (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	348	Calcium	83mg
Fat	18g	Iron	2mg
Saturated	3g	Vitamin D	1IU
Trans	0g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	177µg
Monouns...	11g	Thiamine	0.2mg
Carbs	14g	Riboflavin	0.4mg
Fiber	3g	Niacin	15mg
Sugar	8g	Vitamin B6	1.3mg
Protein	34g	Folate	101µg
Cholesterol	103mg	Vitamin B12	0.3µg
Sodium	685mg	Phosphoro...	354mg
Potassium	929mg	Magnesium	84mg

## DIRECTIONS

- 01 Preheat the grill over medium heat.
- 02 Add the chicken to a bowl along with half of the oil, half of the lime juice, garlic powder, and half of the salt. Mix to combine.
- 03 Place the chicken on the grill and cook for about five to six minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before slicing.
- 04 To assemble, divide the spinach, arugula, peaches, onion, and sliced chicken into bowls and top with the remaining oil, lime juice, and salt. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately 2 1/2 cups of salad.

### ADDITIONAL TOPPINGS

Fresh herbs like parsley, basil, and cilantro. Top with your favorite dressing instead of the oil and citrus mixture.

Vitamin A 3590IU Zinc 1mg  
Vitamin C 27mg Selenium 33µg



# Quinoa & Roasted Chickpea Rainbow Salad

6 SERVINGS 30 MINUTES



## INGREDIENTS

2 cups Chickpeas (cooked)  
1 1/2 tsps Coconut Oil (melted)  
1/2 tsp Sea Salt  
1 cup Quinoa (dry)  
1 3/4 cups Water  
2 tbsps Extra Virgin Olive Oil  
1/4 cup Balsamic Vinegar  
Sea Salt & Black Pepper (to taste)  
6 cups Mixed Greens  
1 Cucumber (diced)  
1 Nectarine (pitted and thinly sliced)  
1 cup Raspberries  
1/4 cup Pumpkin Seeds  
1/4 cup Basil Leaves (finely sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	319	Calcium	90mg
Fat	12g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	23µg
Monouns...	5g	Thiamine	0.2mg
Carbs	43g	Riboflavin	0.2mg
Fiber	9g	Niacin	1mg
Sugar	8g	Vitamin B6	0.3mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Pat the chickpeas dry and toss them with the melted coconut oil and sea salt. Spread them across the baking sheet and roast for 25 minutes, or until golden brown. Stir at the halfway mark.
- 03 While the chickpeas roast, cook the quinoa by combining the quinoa and water in a pot. Bring to a boil over high heat, then reduce to a simmer and cover. Simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork, and set aside.
- 04 Prepare the dressing by combining the olive oil and balsamic vinegar in a jar. Add a pinch of sea salt and black pepper to taste, and mix well.
- 05 Add the mixed greens to a large bowl. Top with quinoa, roasted chickpeas, cucumber, nectarine, raspberries, pumpkin seeds and basil. Drizzle with dressing and toss well. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### NO NECTARINE

Use sliced pear, plum, apple or peach instead.

Protein	12g	Folate	159µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	224mg	Phosphoro...	315mg
Potassium	623mg	Magnesium	131mg
Vitamin A	251IU	Zinc	2mg
Vitamin C	13mg	Selenium	5µg



# Cucumber, Dill & Feta Salad

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
2 tsps White Wine Vinegar  
1/2 tsp Oregano (dried)  
Sea Salt & Black Pepper (to taste)  
1 head Iceberg Lettuce (small, chopped)  
1/2 Cucumber (medium, sliced)  
2 tbsps Fresh Dill (finely chopped)  
1/2 cup Feta Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	270	Calcium	251mg
Fat	22g	Iron	2mg
Saturated	7g	Vitamin D	6IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	88µg
Monouns...	12g	Thiamine	0.2mg
Carbs	12g	Riboflavin	0.4mg
Fiber	4g	Niacin	1mg
Sugar	7g	Vitamin B6	0.3mg
Protein	8g	Folate	97µg
Cholesterol	33mg	Vitamin B12	0.6µg
Sodium	456mg	Phosphoro...	199mg
Potassium	521mg	Magnesium	37mg
Vitamin A	1637IU	Zinc	2mg
Vitamin C	10mg	Selenium	6µg

## DIRECTIONS

- 01 In a small bowl, whisk together the oil, vinegar, oregano, salt, and pepper.
- 02 Add the lettuce, cucumber, dill, and feta to a bowl. Pour the dressing all over and toss.
- 03 Divide into bowls or onto plates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Add the dressing and feta cheese when ready to eat.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### MAKE IT VEGAN

Use dairy-free cheese or omit entirely.

### NO WHITE WINE VINEGAR

Use white vinegar or lemon juice.

### NO ICEBERG LETTUCE

Use romaine lettuce or mixed greens.

# Chickpea Salad with Creamy Sumac Dressing

3 SERVINGS 15 MINUTES



## INGREDIENTS

2 tbsps Tahini  
1 Lemon (small, juiced)  
2 tbsps Extra Virgin Olive Oil  
2 tbsps Water  
1/4 tsp Garlic Powder  
1/2 tsp Ground Sumac  
Sea Salt & Black Pepper (to taste)  
1 1/2 cups Chickpeas (cooked, rinsed)  
1/2 Cucumber (medium, chopped)  
1/2 cup Parsley (roughly chopped)  
1/4 cup Pomegranate Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	300	Calcium	110mg
Fat	17g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	183µg
Monouns...	9g	Thiamine	0.2mg
Carbs	31g	Riboflavin	0.1mg
Fiber	9g	Niacin	1mg
Sugar	7g	Vitamin B6	0.2mg
Protein	10g	Folate	173µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	25mg	Phosphoro...	232mg

## DIRECTIONS

- 01 In a large bowl, whisk together the tahini, lemon juice, oil, water, garlic powder, sumac, salt, and pepper. Add water one tablespoon at a time to make it thinner as needed. Set aside.
- 02 In the same bowl, combine the chickpeas, cucumber, parsley, and pomegranate seeds. Toss with the dressing and season with salt and pepper. Divide evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately one cup.

### ADDITIONAL TOPPINGS

Feta cheese and/or extra herbs.

Potassium	461mg	Magnesium	63mg
Vitamin A	936IU	Zinc	2mg
Vitamin C	23mg	Selenium	7µg



# Radicchio & Arugula Salad with Raspberry Dressing

4 SERVINGS 10 MINUTES



## INGREDIENTS

3/4 cup Raspberries  
1/4 cup Extra Virgin Olive Oil  
1 1/4 tbsps Red Wine Vinegar  
1/2 tsp Maple Syrup  
1/4 tsp Dijon Mustard  
1/8 tsp Sea Salt  
2 cups Radicchio (thinly chopped)  
2 cups Arugula  
1 cup Radishes (thinly sliced)  
3/4 cup Walnuts (roughly chopped)  
2/3 cup Feta Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	360	Calcium	179mg
Fat	34g	Iron	1mg
Saturated	7g	Vitamin D	4IU
Trans	0g	Vitamin E	3mg
Polyunsat...	12g	Vitamin K	73µg
Monouns...	13g	Thiamine	0.1mg
Carbs	10g	Riboflavin	0.3mg
Fiber	4g	Niacin	1mg
Sugar	3g	Vitamin B6	0.3mg
Protein	8g	Folate	64µg
Cholesterol	22mg	Vitamin B12	0.4µg
Sodium	382mg	Phosphoro...	188mg

## DIRECTIONS

- 01 Add raspberries, olive oil, vinegar, maple syrup, dijon mustard and salt to a blender and blend until smooth. Set aside.
- 02 In a salad bowl, combine the radicchio, arugula, radishes and walnuts. Drizzle with the dressing and top with feta cheese.
- 03 Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Leftover dressing can be refrigerated in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately 1 1/2 cups of salad.

### MAKE IT VEGAN

Use vegan cheese, or omit.

Potassium	318mg	Magnesium	56mg
Vitamin A	358IU	Zinc	2mg
Vitamin C	14mg	Selenium	5µg



# Green Bean & Feta Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 cup Green Beans (stems removed, chopped)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Cherry Tomatoes (cut in half)  
1/4 cup Red Onion (sliced)  
1/4 cup Feta Cheese (crumbled)  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
2 tbsps Fresh Dill (chopped)  
1/2 tsp Oregano

## NUTRITION

### AMOUNT PER SERVING

Calories	203	Calcium	125mg
Fat	18g	Iron	1mg
Saturated	4g	Vitamin D	3IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	35µg
Monouns...	11g	Thiamine	0.1mg
Carbs	9g	Riboflavin	0.2mg
Fiber	2g	Niacin	1mg
Sugar	4g	Vitamin B6	0.2mg
Protein	4g	Folate	36µg
Cholesterol	17mg	Vitamin B12	0.3µg
Sodium	220mg	Phosphoro...	99mg
Potassium	254mg	Magnesium	24mg

## DIRECTIONS

- 01 In a large pan, bring one inch of lightly salted water to a boil. Add the beans and cover and cook for about three to four minutes or until tender-crisp. Transfer the beans to a bowl of iced water for two to three minutes.
- 02 Drain the beans and add them to a large bowl along with the salt, pepper, tomatoes, onion, feta, oil, lemon juice, dill, and oregano. Toss to combine.
- 03 Divide evenly between plates or into bowls and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. To meal prep, leave the feta cheese separate and then add it when ready to eat.

### SERVING SIZE

One serving is approximately one cup.

### MAKE IT VEGAN

Use a plant-based cheese alternative.

Vitamin A 783IU Zinc 1mg  
Vitamin C 18mg Selenium 3µg



# Strawberry Kiwi Salad

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 1/2 tbsps Apple Cider Vinegar  
1 1/2 tbsps Extra Virgin Olive Oil  
1 1/2 tpsps Maple Syrup  
Sea Salt & Black Pepper (to taste)  
4 cups Mixed Greens  
1 cup Strawberries (chopped)  
2 Kiwi (peeled and chopped)  
2 tbsps Sunflower Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	230	Calcium	87mg
Fat	15g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsat...	4g	Vitamin K	36µg
Monouns...	8g	Thiamine	0mg
Carbs	23g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	13g	Vitamin B6	0.1mg
Protein	4g	Folate	53µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	38mg	Phosphoro...	134mg
Potassium	595mg	Magnesium	33mg
Vitamin A	69IU	Zinc	1mg
Vitamin C	114mg	Selenium	7µg

## DIRECTIONS

- 01 In a small bowl combine the apple cider vinegar, olive oil, and maple syrup. Season with salt and pepper. Stir well.
- 02 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and dress just before serving.

### ADDITIONAL TOPPINGS

Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

### NO SUNFLOWER SEEDS

Use pumpkin seeds, hemp seeds, or chopped nuts instead.

# Snap Pea & Radish Arugula Salad

2 SERVINGS 10 MINUTES



## INGREDIENTS

4 cups Arugula  
1/2 cup Snap Peas (chopped)  
1/2 cup Radishes (thinly sliced)  
2 stalks Green Onion (chopped)  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
1/2 tsp Sea Salt  
1/4 tsp Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	149	Calcium	89mg
Fat	14g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	82µg
Monouns...	10g	Thiamine	0mg
Carbs	6g	Riboflavin	0.1mg
Fiber	2g	Niacin	0mg
Sugar	3g	Vitamin B6	0.1mg
Protein	2g	Folate	60µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	616mg	Phosphoro...	41mg
Potassium	304mg	Magnesium	31mg
Vitamin A	1606IU	Zinc	0mg
Vitamin C	20mg	Selenium	1µg

## DIRECTIONS

01 Add all of the ingredients to a bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. When ready to eat, add the olive oil and lemon juice.

### SERVING SIZE

One serving is approximately two cups.

### MORE FLAVOR

Add feta or parmesan cheese.

### SERVE IT WITH

Cooked protein of choice.

# Strawberry, Tomato & Mozzarella Salad

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 Tomato (large, sliced)
- 1 1/3 cups Strawberries (chopped)
- 2 1/16 ozs Mozzarella Ball (torn into pieces)
- 1/4 cup Basil Leaves
- 1/4 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tbsps Balsamic Vinegar

## NUTRITION

### AMOUNT PER SERVING

Calories	198	Calcium	178mg
Fat	14g	Iron	1mg
Saturated	5g	Vitamin D	5IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	29µg
Monouns...	7g	Thiamine	0.1mg
Carbs	12g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	8g	Folate	45µg
Cholesterol	23mg	Vitamin B12	0.7µg
Sodium	464mg	Phosphoro...	148mg
Potassium	316mg	Magnesium	28mg
Vitamin A	1319IU	Zinc	1mg
Vitamin C	66mg	Selenium	6µg

## DIRECTIONS

- 01 Arrange the tomato slices, strawberries, mozzarella cheese, and basil leaves onto a serving plate.
- 02 Season with salt. Drizzle with oil and balsamic vinegar. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is equal to approximately 1 1/3 cups.

### MORE FLAVOR

Add toasted bread and/or prosciutto.

# Fennel, Quinoa & Toasted Chickpea Salad

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry)  
2 tbsps Extra Virgin Olive Oil  
1/4 cup Almonds (coarsely chopped)  
1 cup Chickpeas (cooked)  
1/4 tsp Smoked Paprika  
Sea Salt & Black Pepper (to taste)  
1/2 bulb Fennel (medium, thinly sliced)  
2 cups Mixed Greens  
3 tbsps Green Goddess Salad Dressing

## NUTRITION

### AMOUNT PER SERVING

Calories	636	Calcium	165mg
Fat	37g	Iron	6mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	9mg
Polyunsat...	11g	Vitamin K	70µg
Monouns...	19g	Thiamine	0.3mg
Carbs	61g	Riboflavin	0.4mg
Fiber	14g	Niacin	2mg
Sugar	9g	Vitamin B6	0.4mg
Protein	19g	Folate	244µg
Cholesterol	9mg	Vitamin B12	0.1µg
Sodium	251mg	Phosphoro...	455mg
Potassium	962mg	Magnesium	183mg
Vitamin A	743IU	Zinc	3mg

## DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Meanwhile, add the oil to a large non-stick skillet over medium-high heat. Once warm, add the almonds and lightly toast them, about one minute.
- 03 Add the chickpeas and cook until golden and crispy, about three to five minutes, stirring occasionally. Add the smoked paprika. Season with salt and pepper and cook for one more minute while stirring. Remove from the heat.
- 04 In a large bowl, combine the quinoa, fennel, and mixed greens.
- 05 Divide the salad evenly between plates. Top with the chickpea mixture, dressing, and almonds. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately two cups.

### MORE FLAVOR

Add additional vegetables such as cucumbers and grated carrots.

### ADDITIONAL TOPPINGS

Shallots, parsley, basil, mint, other chopped nuts, and/or seeds.

Vitamin C 12mg Selenium 8µg



# Grilled Tofu, Tomato & Zucchini Pasta Salad

3 SERVINGS 30 MINUTES



## INGREDIENTS

4 1/2 ozs Chickpea Pasta (dry)  
11 ozs Tofu (extra-firm, drained, pressed and cubed)  
1 Zucchini (cubed)  
1 cup Cherry Tomatoes  
2 tbsps Extra Virgin Olive Oil  
1 tsp Herbes de Provence  
1 1/2 tbsps Lemon Juice  
1 Garlic (clove, minced)  
1/4 tsp Sea Salt  
2 tbsps Parmigiano Reggiano (shaved)

## NUTRITION

### AMOUNT PER SERVING

Calories	349	Calcium	391mg
Fat	19g	Iron	7mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	15µg
Monouns...	8g	Thiamine	0.1mg
Carbs	30g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	8g	Vitamin B6	0.2mg
Protein	24g	Folate	34µg
Cholesterol	4mg	Vitamin B12	0µg
Sodium	284mg	Phosphoro...	154mg

## DIRECTIONS

- 01 Cook the chickpea pasta according to package directions. Drain and set aside.
- 02 Preheat the grill to medium-high heat.
- 03 Add the tofu, zucchini, and tomatoes to a grill basket or foil packet. Mix the oil, Herbes de Provence, lemon juice, garlic, and salt together. Brush the marinade onto the tofu mixture. Reserve the leftover marinade.
- 04 Grill for five to seven minutes, tossing gently, or until you see grill marks and the tomatoes and zucchini have softened.
- 05 Add the veggies to a bowl with the pasta. Add the reserved marinade and toss well to combine. Top with parmesan cheese. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the leftovers in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately two cups.

### MAKE IT VEGAN

Omit the cheese.

### MORE FLAVOR

Add red chilli flakes and/or thinly sliced red onion.

### ADDITIONAL TOPPINGS

Pine nuts, chopped walnuts, and/or fresh parsley.

### DAIRY-FREE

Use plant-based cheese.

Potassium	435mg	Magnesium	54mg
Vitamin A	578IU	Zinc	1mg
Vitamin C	22mg	Selenium	14µg



# Grilled Zucchini & Chickpea Pasta Salad

2 SERVINGS 25 MINUTES



## INGREDIENTS

4 ozs Chickpea Pasta (dry)  
1/3 cup Frozen Peas  
1 Zucchini (chopped)  
1/4 cup Red Onion (sliced)  
2 tsps Extra Virgin Olive Oil (divided)  
1/2 Lemon (juiced)  
1 Garlic (clove, minced)  
Sea Salt & Black Pepper (to taste)  
2 tbsps Fresh Dill (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	279	Calcium	71mg
Fat	8g	Iron	6mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	13µg
Monouns...	3g	Thiamine	0.1mg
Carbs	42g	Riboflavin	0.1mg
Fiber	11g	Niacin	1mg
Sugar	10g	Vitamin B6	0.2mg
Protein	17g	Folate	46µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	88mg	Phosphoro...	67mg
Potassium	337mg	Magnesium	27mg
Vitamin A	800IU	Zinc	1mg

## DIRECTIONS

- 01 Cook the chickpea pasta according to the package directions. In the final five minutes of cooking, add the frozen peas to the pot to cook. Drain everything and set aside.
- 02 Meanwhile, preheat the grill to medium heat. Toss the zucchini and onion with half of the oil. Add to a grill basket and grill until the veggies are slightly charred, about five to seven minutes.
- 03 Mix the lemon juice, garlic, sea salt, pepper, and remaining oil. Toss this mixture together with the pasta, peas, and veggies, and garnish with the dill. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### MORE FLAVOR

Add goat cheese.

### ADDITIONAL TOPPINGS

Slivered almonds, walnuts, and/or lemon zest.

Vitamin C 27mg Selenium 1µg



# Arugula, Peach & Feta Salad

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)  
3 cups Arugula  
2 Peach (medium, pit removed and sliced)  
2 ozs Prosciutto (thinly sliced)  
1/4 cup Feta Cheese (crumbled)  
2 tbsps Pine Nuts

## NUTRITION

### AMOUNT PER SERVING

Calories	355	Calcium	152mg
Fat	27g	Iron	2mg
Saturated	6g	Vitamin D	3IU
Trans	0g	Vitamin E	4mg
Polyunsat...	5g	Vitamin K	49µg
Monouns...	12g	Thiamine	0.1mg
Carbs	18g	Riboflavin	0.3mg
Fiber	3g	Niacin	2mg
Sugar	14g	Vitamin B6	0.2mg
Protein	13g	Folate	46µg
Cholesterol	37mg	Vitamin B12	0.3µg
Sodium	749mg	Phosphoro...	158mg
Potassium	470mg	Magnesium	53mg
Vitamin A	1283IU	Zinc	1mg

## DIRECTIONS

- 01 In a small bowl, mix together the oil, lemon juice, salt, and pepper.
- 02 In a serving bowl, add the arugula. Arrange the peach slices and prosciutto on top. Top with feta cheese and pine nuts. Drizzle with the lemon dressing and enjoy!

## NOTES

### LEFTOVERS

Refrigerate the salad and the dressing in separate containers for up to three days.

### SERVING SIZE

One serving is equal to approximately 2 1/3 cups.

### MAKE IT VEGAN

Omit the prosciutto and use a plant-based cheese instead.

### MORE FLAVOR

Add croutons and cucumber.

### DAIRY-FREE

Use a plant-based cheese instead of feta.

### NO PINE NUTS

Use walnut or pecans instead.

Vitamin C 19mg Selenium 3µg



# Chickpea & Spinach Salad with Strawberry Rhubarb Dressing

3 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Strawberries (sliced, divided)  
1 cup Rhubarb (finely chopped, divided)  
2 tbsps Balsamic Vinegar  
2 tbsps Extra Virgin Olive Oil  
2 tbsps Raw Honey  
1/2 tsp Sea Salt  
4 cups Baby Spinach  
2 cups Chickpeas (cooked)  
1/2 cup Red Onion (thinly sliced)  
1/2 cup Pecans

## NUTRITION

### AMOUNT PER SERVING

Calories	466	Calcium	156mg
Fat	24g	Iron	5mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	6g	Vitamin K	217µg
Monouns...	14g	Thiamine	0.3mg
Carbs	55g	Riboflavin	0.2mg
Fiber	13g	Niacin	1mg
Sugar	22g	Vitamin B6	0.3mg
Protein	13g	Folate	289µg
Cholesterol	0mg	Vitamin B12	0µg

## DIRECTIONS

- 01 Add half of the strawberries, half of the rhubarb, balsamic vinegar, oil, honey, and salt to a small blender and blend until smooth.
- 02 Divide the spinach, remaining strawberries, remaining rhubarb, chickpeas, red onion, and pecans evenly between bowls. Add the dressing on top and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Dressing can be refrigerated in an airtight container for up to five days. Store the salad contents separately for up to three days.

### SERVING SIZE

One serving is equal to approximately two cups of salad and two tablespoons of dressing.

### ADDITIONAL TOPPINGS

Goat cheese, slivered almonds, pumpkin seeds, and/or fresh parmesan.

Sodium	438mg	Phosphoro...	276mg
Potassium	851mg	Magnesium	119mg
Vitamin A	3837IU	Zinc	3mg
Vitamin C	46mg	Selenium	6µg



# Grilled Halloumi & Watermelon Salad

3 SERVINGS 20 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil (plus more for greasing grill)

8 3/4 ozs Halloumi (sliced)

1/4 Seedless Watermelon (medium, chopped)

1 cup Cherry Tomatoes (halved)

1/4 cup Mint Leaves

1 tsp Raw Honey

1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	497	Calcium	779mg
Fat	32g	Iron	1mg
Saturated	19g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	7µg
Monouns...	3g	Thiamine	0.1mg
Carbs	33g	Riboflavin	0.1mg
Fiber	2g	Niacin	1mg
Sugar	26g	Vitamin B6	0.2mg
Protein	24g	Folate	21µg
Cholesterol	74mg	Vitamin B12	0µg
Sodium	1243mg	Phosphoro...	55mg
Potassium	552mg	Magnesium	45mg
Vitamin A	2647IU	Zinc	0mg

## DIRECTIONS

- 01 Preheat the grill to medium heat and grease it with oil. Place the halloumi on the grill and cook for two to three minutes per side or until browned.
- 02 Cut the halloumi into smaller pieces (approximately two inches/five cm). Add the halloumi pieces, watermelon, tomatoes, mint, honey, oil, and salt to a large bowl. Mix to combine. Divide evenly between plates or into bowls and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately but can be refrigerated in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately one cup.

### MORE FLAVOR

Add more fresh herbs like parsley and cilantro.

Vitamin C 38mg Selenium 2µg



# Summer Salad with Grapefruit Vinaigrette

4 SERVINGS 20 MINUTES



## INGREDIENTS

4 cups Arugula  
1/2 cup Strawberries (sliced)  
1/2 cup Raspberries  
1/2 cup Blueberries  
1/2 cup Pecans (toasted)  
1 Avocado (peeled and diced)  
1/4 cup Basil Leaves (chopped)  
1/2 Grapefruit (juiced)  
2 tbsps Extra Virgin Olive Oil  
2 tbsps Apple Cider Vinegar

## DIRECTIONS

- 01 Fill each individual salad bowl with a large handful of arugula. Evenly set the pecans, avocado, strawberries, blueberries and raspberries across all bowls. Sprinkle each bowl with a bit of your chopped basil.
- 02 Create your dressing by combining your grapefruit juice, olive oil and apple cider vinegar in a bowl and stir. Spoon the dressing evenly over each bowl. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	267	Calcium	64mg
Fat	23g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	53µg
Monouns...	15g	Thiamine	0.1mg
Carbs	15g	Riboflavin	0.1mg
Fiber	7g	Niacin	1mg
Sugar	7g	Vitamin B6	0.2mg
Protein	3g	Folate	76µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	10mg	Phosphoro...	86mg
Potassium	491mg	Magnesium	50mg

Vitamin A 1009IU Zinc 1mg  
Vitamin C 36mg Selenium 1µg



# Mexican Street Corn Salad

2 SERVINGS 25 MINUTES



## INGREDIENTS

2 ears Corn on the Cob (husk removed)  
1 Lime (juiced and zested)  
1 tbsp Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
3 tbsps Cilantro (chopped)  
1/2 Jalapeno Pepper (seeds removed, finely diced)  
1/4 cup Cotija Cheese

## NUTRITION

### AMOUNT PER SERVING

Calories	212	Calcium	125mg
Fat	12g	Iron	0mg
Saturated	4g	Vitamin D	3IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	10µg
Monouns...	6g	Thiamine	0mg
Carbs	22g	Riboflavin	0.1mg
Fiber	1g	Niacin	0mg
Sugar	6g	Vitamin B6	0mg
Protein	6g	Folate	6µg
Cholesterol	15mg	Vitamin B12	0.3µg
Sodium	506mg	Phosphoro...	114mg
Potassium	61mg	Magnesium	8mg
Vitamin A	280IU	Zinc	1mg
Vitamin C	15mg	Selenium	3µg

## DIRECTIONS

- 01 Heat a cast-iron pan or grill over medium-high heat. Cook the corn for one to two minutes per side until lightly charred on all sides. Once it is cooked, remove it and let it cool for about 10 minutes.
- 02 Meanwhile, in a bowl, mix together the lime juice, lime zest, oil, salt, cilantro, jalapeño, and cotija cheese.
- 03 Slice the kernels off the cob and transfer them into the bowl. Mix everything together until combined and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately one cup.

### MAKE IT VEGAN

Omit the cheese or use a plant-based cheese instead.

### MORE FLAVOR

Add avocado and mayonnaise.

### NO COTIJA CHEESE

Use feta cheese instead.

# Cold Orzo, Zucchini & Corn Salad

4 SERVINGS 25 MINUTES



## INGREDIENTS

- 1 cup Orzo (dry)
- 2 ears Corn on the Cob (husk removed)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Extra Virgin Olive Oil (plus extra for cooking)
- 2 Zucchini (sliced)
- 2 tbsps White Wine Vinegar
- 3/4 cup Goat Cheese (crumbled)
- 1/2 cup Basil Leaves (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	341	Calcium	40mg
Fat	19g	Iron	2mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	34µg
Monouns...	10g	Thiamine	0.3mg
Carbs	34g	Riboflavin	0.2mg
Fiber	3g	Niacin	2mg
Sugar	7g	Vitamin B6	0.2mg
Protein	9g	Folate	77µg
Cholesterol	8mg	Vitamin B12	0µg
Sodium	106mg	Phosphoro...	40mg
Potassium	272mg	Magnesium	21mg
Vitamin A	476IU	Zinc	0mg

## DIRECTIONS

- 01 Cook the orzo according to the package directions. Drain and add to a large bowl.
- 02 Meanwhile, using a cast-iron pan or grill, cook the corn over medium-high heat for about one to two minutes per side or until lightly charred on all sides. Once it is cooked, remove and let it cool before slicing the kernels off the cob. Season with salt and pepper and transfer to the bowl with the orzo.
- 03 In the same skillet over medium heat, add a small drizzle of oil. Once hot, add the zucchini and cook for about two to three minutes per side, until browned and just cooked through. Remove and season with salt and pepper. Transfer to the bowl with the orzo.
- 04 In a small jar, combine the oil with the vinegar and season with salt and pepper. Shake to combine.
- 05 Pour the dressing over the orzo salad and top with goat cheese and basil. Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about 1 1/2 cups.

### MAKE IT VEGAN

Use dairy-free cheese or omit.

### NO GOAT CHEESE

Use feta cheese.

### GLUTEN-FREE

Use gluten-free pasta or quinoa instead.

Vitamin C 20mg Selenium 0µg



# Strawberry Quinoa Arugula Salad

4 SERVINGS 40 MINUTES



## INGREDIENTS

1/2 cup Quinoa (uncooked)  
2 tbsps Tahini  
1 tbsp Maple Syrup  
1 1/2 tsps Lemon Juice  
1 tbsp Water (warm)  
1/8 tsp Sea Salt  
6 cups Arugula  
1/4 cup Sunflower Seeds  
1 cup Strawberries (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	202	Calcium	107mg
Fat	10g	Iron	3mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	34µg
Monouns...	3g	Thiamine	0.2mg
Carbs	25g	Riboflavin	0.2mg
Fiber	4g	Niacin	2mg
Sugar	6g	Vitamin B6	0.2mg
Protein	7g	Folate	104µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	93mg	Phosphoro...	269mg
Potassium	397mg	Magnesium	79mg
Vitamin A	725IU	Zinc	2mg

## DIRECTIONS

- 01 Cook the quinoa according to package directions. Let cool.
- 02 In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
- 03 Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

## NOTES

### MEAL PREP

For best results, store all items separately in the fridge and assemble the salad just before serving.

### NO ARUGULA

Use baby spinach instead.

### NO SUNFLOWER SEEDS

Use pumpkin seeds, hemp seeds or chopped walnuts instead.

Vitamin C 27mg Selenium 11µg



# Cabbage & Green Bean Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 cups Green Beans (stems removed)  
2 tbsps Extra Virgin Olive Oil  
1 Lemon (juiced)  
2 cups Purple Cabbage (shredded)  
1/4 cup Feta Cheese (crumbled)  
Sea Salt & Black Pepper (to taste)  
1 tbsp Slivered Almonds

## NUTRITION

### AMOUNT PER SERVING

Calories	259	Calcium	182mg
Fat	20g	Iron	2mg
Saturated	5g	Vitamin D	3IU
Trans	0g	Vitamin E	3mg
Polysat...	2g	Vitamin K	85µg
Monouns...	11g	Thiamine	0.2mg
Carbs	17g	Riboflavin	0.3mg
Fiber	5g	Niacin	1mg
Sugar	8g	Vitamin B6	0.4mg
Protein	7g	Folate	60µg
Cholesterol	17mg	Vitamin B12	0.3µg
Sodium	244mg	Phosphoro...	130mg
Potassium	464mg	Magnesium	44mg
Vitamin A	1764IU	Zinc	1mg
Vitamin C	72mg	Selenium	4µg

## DIRECTIONS

- 01 Bring salted water to boil in a large pan. Add green beans, cover, and cook for five to seven minutes or until tender-crisp. Drain and transfer the green beans to an ice bath.
- 02 In a large bowl, whisk together the oil and lemon juice. Add the green beans, cabbage, and feta cheese. Toss to combine and season with salt and pepper.
- 03 Transfer the salad to a serving plate and top with slivered almonds. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is equal to approximately two cups.

### MAKE IT VEGAN

Omit the feta cheese or use plant-based cheese instead.

### NO SLICED ALMONDS

Omit or use hazelnut or pecans instead.

### ADDITIONAL TOPPINGS

Add croutons and a protein of your choice.

# Green Goddess Mason Jar Salad

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/4 cup Brown Basmati Rice (dry, rinsed)  
2 tbsps Green Goddess Salad Dressing  
1 cup Frozen Edamame (thawed)  
1/4 cup Broccoli (cut into florets)  
1/4 Cucumber (medium, diced)  
2 cups Mixed Greens  
2 tbsps Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	310	Calcium	92mg
Fat	16g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	9g	Vitamin K	53µg
Monouns...	3g	Thiamine	0.3mg
Carbs	29g	Riboflavin	0.2mg
Fiber	6g	Niacin	2mg
Sugar	4g	Vitamin B6	0.2mg
Protein	15g	Folate	262µg
Cholesterol	6mg	Vitamin B12	0µg
Sodium	156mg	Phosphoro...	317mg
Potassium	649mg	Magnesium	128mg
Vitamin A	349IU	Zinc	2mg
Vitamin C	20mg	Selenium	1µg

## DIRECTIONS

- 01 Cook the rice according to the package directions. Let it cool to room temperature.
- 02 Layer the ingredients in a mason jar in the following order: Green Goddess dressing, edamame, broccoli, rice, cucumber, mixed greens, and hemp seeds
- 03 Seal the jar and refrigerate until ready to serve.
- 04 When ready to eat, shake well and dump into a bowl. Enjoy!

## NOTES

### LEFTOVERS

Store in the fridge for up to three days.

### SERVING SIZE

16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

### MORE FLAVOR

Season with salt, pepper, or your choice of herbs and spices.

# Watermelon & Strawberry Salad

4 SERVINGS 10 MINUTES



## INGREDIENTS

- 1/2 Seedless Watermelon (small, cut into cubes)
- 1 1/2 cups Strawberries (chopped)
- 1/3 Cucumber (medium, sliced in half moons)
- 3 tbsps Mint Leaves (chopped, divided)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Raw Honey
- 1/4 tsp Sea Salt
- 3/4 cup Feta Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	301	Calcium	194mg
Fat	10g	Iron	2mg
Saturated	4g	Vitamin D	5IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	8µg
Monouns...	4g	Thiamine	0.2mg
Carbs	50g	Riboflavin	0.4mg
Fiber	4g	Niacin	2mg
Sugar	39g	Vitamin B6	0.4mg
Protein	8g	Folate	42µg
Cholesterol	25mg	Vitamin B12	0.5µg
Sodium	475mg	Phosphoro...	177mg
Potassium	776mg	Magnesium	73mg

## DIRECTIONS

- 01 In a large bowl combine the watermelon, strawberries, cucumber, and half of the mint.
- 02 In a small bowl or jar, combine the oil, honey, salt, and remaining mint.
- 03 Pour the dressing over the salad and toss gently to combine. Top with feta. Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### MORE FLAVOR

Add chopped jalapeño pepper.

### DAIRY-FREE

Omit the feta cheese.

Vitamin A	3416IU	Zinc	2mg
Vitamin C	79mg	Selenium	7µg

