

STRAWBERRY SALAD WITH SPINACH

LOW-CALORIE AND RICH IN ANTIOXIDANTS AND FIBER

NUTRITIONAL INFORMATION: Serving size: 1 cup; Calories 150; Fat 10g; Sat Fat: 0.5g; Sodium 240mg; Protein 1g; Carbohydrate 16g; Fiber 3g; Iron 6%

CHICKPEA VEGETABLE QUINOA BOWL WITH CITRUS HERB DRESSING

HIGH IN FIBER, PROTEIN, IRON, AND FOLATE

NUTRITIONAL INFORMATION: Serving size: 1¼ cup; Calories 461; Fat 13g; Saturated Fat 2g; Protein 19g; Sodium 563mg, Sugars 11g; Carbohydrates 69g; Fiber 17g, Vitamin A 22%, Vitamin C 28%, Iron 50%, Folate 72%

MIXED BERRIES & YOGURT FROZEN TREAT

A GOOD SOURCE OF FIBER AND CALCIUM

NUTRITIONAL INFORMATION: Serving size: 1 each; Calories 122; Fat 0g; Protein 7g; Cholesterol 2mg; Sodium 95mg; Fiber 2g; Carbohydrate 23g; Iron 6%



QUICK, EASY, FRESH RECIPES: MEALS IN MINUTES

STRAWBERRY SALAD WITH SPINACH AND BALSAMIC DRESSING – SERVES 6

INGREDIENTS:

2 cups fresh strawberries, rinsed and sliced
6 cups fresh baby spinach leaves
Optional additional toppings: pepita seeds or slivered almonds; goat or feta cheese

FOR THE DRESSING:

(makes approx. ½ cup – serving size 2 tablespoons)
¼ cup canola oil
¼ cup Aged Balsamic Vinegar
2 tablespoons honey
1 shallot, minced
1 clove garlic, minced
1 teaspoon chives, chopped (optional)
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper

PREPARATION:

Rinse berries, remove leaves, and slice. To prepare dressing, combine vinegar and honey in a small bowl; stir with a whisk. Gradually add canola oil, stirring with a whisk until blended. Add shallots, garlic, herbs, salt, and freshly ground black pepper; set aside. Combine spinach and berries in a large bowl; toss well. Pour vinaigrette over salad; toss gently to coat. Serve immediately.

CHICKPEA VEGETABLE QUINOA BOWL WITH CITRUS HERB DRESSING – SERVES 4

INGREDIENTS:

1 cup uncooked quinoa
1 ½ cups low-sodium vegetable broth
1 English (seedless) cucumber, diced
1 cup grape tomatoes, halved
1 15-ounce can chickpeas, rinsed and drained
1 15-ounce can artichoke hearts, drained and quartered
½ cup pitted kalamata olives
¼ cup chopped fresh parsley

FOR THE DRESSING:

¼ cup plain hummus
1 tablespoon lemon juice
1 tablespoon extra-virgin olive oil
¼ teaspoon minced garlic
1 tablespoon finely chopped parsley
Water

PREPARATION:

1. Cook the quinoa according to package directions, using broth instead of water to cook the quinoa (amount of broth used may vary based on package directions). Allow to cool once cooked.
2. In a small bowl, make the dressing by combining the hummus, lemon juice, olive oil, garlic, and parsley. Whisk to combine. If the dressing is too thick, add water 1 teaspoon at a time, thinning to desired consistency. Set aside until ready to use.
3. In a large bowl, combine the cucumber, tomatoes, chickpeas, artichoke hearts, and olives. Toss and set aside.
4. When the quinoa is ready, add to the bowl with the vegetables and top with the fresh parsley. Toss to combine with the vegetables.
5. Divide the quinoa and vegetable mixture among 4 bowls. Drizzle the citrus herb dressing on top and enjoy.

NOTE: This is an easy make-ahead meal to prep for lunch. Divide quinoa and vegetable mixture into airtight containers and keep the dressing separate until ready to eat.



QUICK, EASY, FRESH RECIPES: MEALS IN MINUTES

MIXED BERRIES AND GREEK YOGURT FROZEN TREAT – SERVES 1

INGREDIENTS:

- ½ cup frozen mixed berries (do not thaw)
- ½ cup low-fat or fat free plain Greek Yogurt
- Honey, to taste

PREPARATION:

Place frozen berries (can use any frozen berries) in a food processor and process well; add yogurt and blend until smooth. Add honey if needed for additional sweetness. This works well with frozen fruit of any kind. (try mango!)

EQUIPMENT NEEDED

- 2 large mixing bowls
- 2 small mixing bowls
- Whisk
- Food processor (or blender)

INGREDIENTS

Produce

- 2 cups fresh strawberries
- 6 cups fresh baby spinach
- 1 English (seedless) cucumber
- 1 cup grape tomatoes
- 1 lemon (or 1 TB lemon juice)
- 1 shallot
- 2 garlic cloves
- 1 bunch fresh parsley
- Fresh chives (optional)

Dairy/Eggs

- ½ cup low-fat or nonfat plain Greek yogurt

Freezer

- ½ cup frozen mixed berries

Baking, Canned, and Non-perishables

- ¼ cup canola oil
- ¼ cup balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons honey
- 1 cup quinoa (dry)
- 1 ½ cups low-sodium vegetable broth
- 1 15-ounce can chickpeas
- 1 15-ounce can artichoke hearts (look for quartered)
- ½ cup pitted kalamata olives
- ¼ cup plain hummus
- Salt
- Pepper
- Water

MISE EN PLACE

Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy. PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe.

STRAWBERRY SALAD WITH SPINACH AND BALSAMIC DRESSING:

- Wash the spinach and strawberries. Slice the strawberries.
- Mince the shallot and garlic. Chop the chives if using.

CHICKPEA VEGETABLE QUINOA BOWL WITH CITRUS HERB DRESSING:

- Cook the quinoa.
- Chop the cucumber and parsley.
- Slice the tomatoes in half.
- Mince the garlic.
- Drain and rinse the chickpeas.
- Drain and quarter the artichoke hearts.

MIXED BERRIES AND GREEK YOGURT FROZEN TREAT:

- N/A

