

Mediterranean Farro Salad

DIRECTIONS

1. Cook farro in vegetable stock according to package. Cool.
2. Toss in the remaining salad ingredients.
3. Make the dressing and toss into salad.



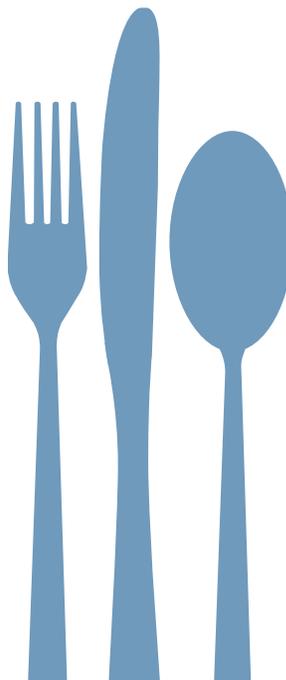
INGREDIENTS

Salad:

- 2 cups vegetable stock
- 1 cup uncooked farro
- 1 large cucumber, diced
- 2/3 cup roasted red peppers, diced
- 1/2 cup sun-dried tomatoes, diced
- Small red onion, diced
- 1/4 cup parsley, chopped
- 1/2 cup feta cheese

Dressing:

3 Tbsp. olive oil, 1 Tbsp. lemon juice, 1 Tbsp. red wine vinegar, 1/4 tsp. oregano, 1/2 tsp. garlic



Roasted Turmeric Cauliflower Bowls

DIRECTIONS

1. Preheat oven to 350 degrees. In a bowl, combine cauliflower ingredients and toss then lay evenly on pan.
2. On another baking sheet, chop or dice vegetables of choice (1 zucchini, 2 carrots, 1/2 onion, 1 cup cherry tomatoes) and drizzle with olive oil. Roast both for 20 minutes total.
3. Make the dressing.
4. Begin to assemble 2 bowls by layering 1/2 cup cooked brown rice on the bottom, 1 cup spinach, 1/2 cup edamame beans (defrosted if frozen), and half of the roasted vegetables in each when finished cooking.
5. Drizzle the dressing over the bowls.



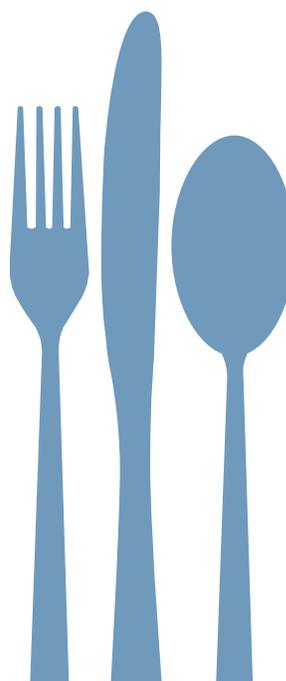
INGREDIENTS

Roasted Cauliflower

2 cups chopped cauliflower,
1 tsp. turmeric, 1/2 tsp
cumin, 2 tsp. sesame seeds,
olive oil and black pepper

Dressing

3 Tbsp. tahini, 1 tbsp.
sesame oil, 1 Tbsp. maple
syrup or honey, 2 tsp. apple
cider vinegar or lemon,
water to desired thinness



Carrot Strawberry Orange Smoothie

INGREDIENTS

DIRECTIONS

Blend!

Serves 4.

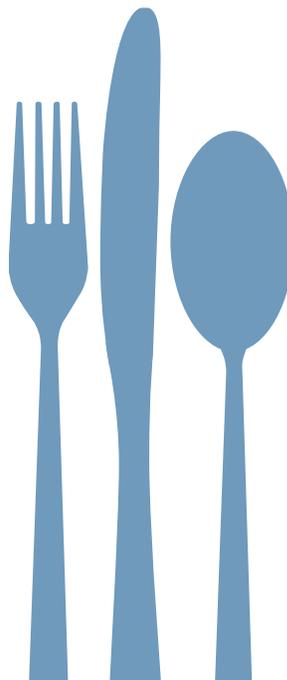


4 medium carrots,
peeled

1 cup frozen
strawberries

2 oranges

Water (if
necessary)



Tropical Quinoa Fruit Salad

INGREDIENTS

DIRECTIONS

1. Cook quinoa according to package, let cool.
2. Prepare the fruit and the dressing.
3. Combine!

Salad:

- 1 cup uncooked tri-color quinoa
- 1 large mango, diced
- 1 container raspberries
- 2 kiwis, diced
- 1 mandarin orange, peeled
- 1 cup blueberries

Dressing:

- 1 orange juiced + zested
- 1 lemon juiced + zested
- 1 Tbsp. honey
- 1 tsp. Dijon mustard
- 1/4 cup olive oil

