

Recipe:

- 1** To cook the quinoa, bring 1 cup water to a boil in a small saucepan. Rinse and drain quinoa then add it to boiling water. Reduce heat to a low simmer, cover, and cook for 12-15 minutes, until water is absorbed. Transfer quinoa to a bowl to cool.
- 2** Meanwhile, place pecans in a small skillet over medium-low heat to toast. Cook until fragrant, stirring often. Watch pecans carefully to prevent burning.
- 3** While the quinoa and pecans cool, make the dressing. Whisk together all dressing ingredients.
- 4** To assemble the salad, place the spinach in a large bowl. Add the cooled quinoa, apple slices, cranberries, and toasted pecans. Crumble goat cheese on top. Toss with dressing and serve.

Ingredients:

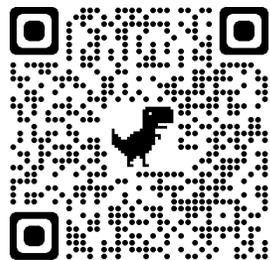
For the salad:

<i>½ cup uncooked quinoa</i>	<i>½ cup raw pecans</i>
<i>Fresh baby spinach</i>	<i>Apple (thinly sliced)</i>
<i>Dried cranberries</i>	<i>Goat cheese</i>

For the dressing:

<i>Lemon juice</i>	<i>Extra virgin olive oil</i>
<i>Honey</i>	<i>Dijon mustard</i>
<i>Kosher salt</i>	<i>Black pepper</i>

Prep Time: 15 Minutes
Cook Time: 15 Minutes
Total Time: 30 Minutes
Servings: 4



SPINACH, QUINOA, AND APPLE SALAD



Nutritional Information:

Calories: **475kcal** | Carbohydrates: **46g** | Protein: **11g** | Fat: **30g** | Saturated Fat: **7g** | Cholesterol: **13mg** | Sodium: **309mg** | Potassium: **486mg** | Fiber: **6g** | Sugar: **25g** | Vitamin A: **4537IU** | Vitamin C: **21mg** | Calcium: **106mg** | Iron: **3mg**

Recipe:

- 1** Heat oil in a large pan over medium heat. Add onions and sauté until softened. Add the garlic. Sauté for one minute more.
- 2** Add collards, lemon juice, salt, and pepper. Cook for about four minutes.
- 3** Add tomatoes and beans. Cook, while stirring occasionally, until collards are lightly wilted or until beans and tomatoes are heated through. The end of cooking time will vary depending on how soft you want the collards. Cooking longer will make them tougher.
- 4** Serve with a squeeze of lemon.

Ingredients:

Collard greens

1 tbsp olive oil (or ¼ cup water or veggie broth)

1 can diced tomatoes (with juice drained)

2-3 tbsp lemon juice

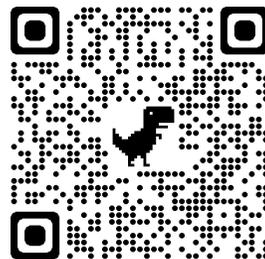
Red pepper flakes

1 can beans (chickpeas preferably), drained, rinsed

Diced onion (green or white)

2 cloves garlic, minced

Salt and pepper



Prep Time: 10 Minutes

Cook Time: 15 Minutes

Total Time: 25 Minutes

Servings: 2-3

VEGAN COLLARD GREENS



Nutritional Information:

Calories: **64kcal** | Carbohydrates: **9g** | Protein: **2g** | Fat: **3g** | Saturated Fat: **0.4g** | Cholesterol: **0mg** | Sodium: **875mg** | Potassium: **204mg** | Fiber: **4g** | Sugar: **1g** | Vitamin A: **110%** | Vitamin C: **50%** | Calcium: **12%** | Iron: **4%**

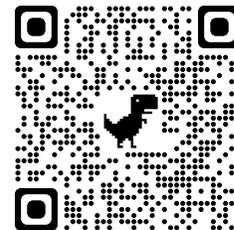
Recipe:

- 1** Heat a large pan on medium heat. Add the bacon, sauté until crispy. Use a slotted spoon to remove the bacon the put it on a paper towel or small bowl.
- 2** Add the diced onion and red bell pepper to the pan. Sauté for one minute to soften.
- 3** Add the diced sweet potato and spices to the pan. Cook the sweet potato for 10-12 minutes, stirring often. Place a lid on the pan for the last 5 minutes to soften the sweet potato until tender.
- 4** Add the bacon back into the pan along with the kale and stir for an additional 1-2 minutes or until the kale is wilted.
- 5** Use a spatula to create 4 holes in the hash. Crack an egg into each hole and cook until the eggs are done to your liking. You can add a lid to the pan to cook the eggs faster.
- 6** Remove the breakfast hash from the heat. Season with salt and pepper and top with sliced green onion. Serve immediately.

Prep Time: 15 Minutes
Cook Time: 20 Minutes
Total Time: 15 Minutes
Servings: 4

Ingredients:

<i>Sweet potato</i>	<i>Onion, diced</i>
<i>Green onion, sliced</i>	<i>Bacon slices, cut thick</i>
<i>Kale leaves, roughly chopped</i>	<i>¼ tsp cumin</i>
<i>¼ tsp garlic powder</i>	<i>¼ tsp paprika</i>
<i>Salt and pepper</i>	<i>4 eggs</i>
<i>Red bell pepper</i>	



SWEET POTATO BREAKFAST HASH



Nutritional Information:

Calories: **222kcal** | Carbohydrates: **15g** | Protein: **11g** | Fat: **13g** | Saturated Fat: **4g** | Cholesterol: **178mg** | Sodium: **242mg** | Potassium: **481mg** | Fiber: **2g** | Sugar: **4g** | Vitamin A: **921IU** | Vitamin C: **82mg** | Calcium: **91mg** | Iron: **2mg**

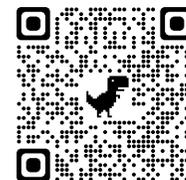
Recipe:

- 1** Preheat oven to 400°F. Trim any beet greens (set aside), leaving half an inch of stem on top. Do not remove the root. Scrub gently to clean, without piercing or removing the skin.
- 2** Place beets in a small pan or ovenproof skillet. Fill with cold water until beets are half-submerged. Add two tablespoons of extra virgin olive oil, season with salt and pepper. Cover dish with foil and secure the edges.
- 3** Bake for 45 minutes-1 hour. Carefully fold back the foil (be careful of steam) and check doneness by piercing the center of the beets with a knife—if it meets no resistance, the beets are finished. If the knife meets resistance, allow the beets to continue cooking for another 10-15 minutes.
- 4** Meanwhile, trim both ends of the oranges. Remove the orange peel and all the white pith. Carefully segment the orange by slicing between the membrane and the fruit. Set the orange segments aside. Squeeze out orange juice from the orange core.
- 5** Quarter beets. Toss them in a bowl with the olive oil, sherry vinegar, and orange juice.
- 6** Add beets, avocado slices, dressing and season with salt and pepper. Top with orange segments, hazelnuts, and a small handful of micro greens. Lightly drizzle olive oil. Serve immediately.

Ingredients:

<i>7-8 small beets</i>	<i>2 oranges (+ orange juice)</i>
<i>¼ cup extra virgin olive oil</i>	<i>1 tbsp + 1 tsp sherry vinegar</i>
<i>3 tbsp hazelnuts</i>	<i>1 avocado</i>
<i>Salt and pepper</i>	<i>Microgreens (optional)</i>

Prep Time:	10 Minutes
Cook Time:	50 Minutes
Total Time:	1 Hour
Servings:	4



ROASTED BEET, ORANGE, AND AVOCADO SALAD



Nutritional Information:

Calories: **455kcal** | Carbohydrates: **35g** | Protein: **7g** | Fat: **35g** | Saturated Fat: **5g** | Sodium: **311mg** | Fiber: **11g** | Sugar: **20g**

Recipe:

- 1** Mince the peaches, tomatoes, red onions, jalapeños, and cilantro. Then squeeze a lime.
- 2** Combine all ingredients in a large bowl. Serve with chips, tacos, chicken, pork, or fish.

Ingredients:

Peaches, diced

*Roma tomato,
diced*

Red onion, diced

*Jalapeño,
minced*

Cilantro, minced

Lime juice

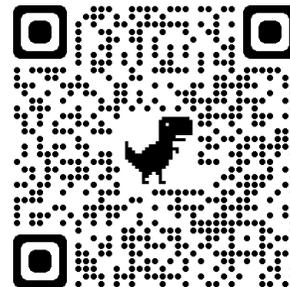
Salt & pepper

Prep Time: 15 Minutes

Cook Time: 0 Minutes

Total Time: 15 Minutes

Servings: 6



FRESH PEACH SALSA



Nutritional Information:

Calories: **36kcal** | Carbohydrates: **9g** | Protein: **1g** |
Fat: **1g** | Sodium: **1mg** | Potassium: **183mg** | Fiber:
1g | Sugar: **7g** | Vitamin A: **366IU** | Vitamin C: **9mg** |
Calcium: **7mg** | Iron: **1mg**

Recipe:

- 1** Place all ingredients in a blender.
- 2** Blend until smooth, adding more milk if needed to reach desired consistency.
- 3** Serve immediately.

Ingredients:

Banana

Greek yogurt

Milk

Vanilla extract

Ice

Oatmeal

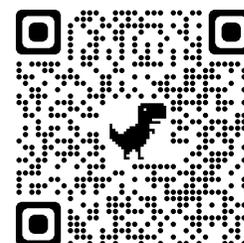
Honey (if desired)

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Total Time: 5 Minutes

Servings: 1-3



BANANA SMOOTHIE



Nutritional Information:

Calories: **203kcal** | Carbohydrates: **39g** | Protein: **9g** | Fat: **3g** | Saturated Fat: **1g** | Cholesterol: **9mg** | Sodium: **46mg** | Potassium: **688mg** | Fiber: **4g** | Sugar: **23g** | Vitamin A: **195IU** | Vitamin C: **13mg** | Calcium: **124mg** | Iron: **1mg**