

Grilled Chicken with Blueberry Basil Salsa

4 servings

Ingredients:

1 each	fresh jalapeno pepper
½ a bunch	fresh green onions
1- ½ cup	fresh blueberries
¼ cup	fresh cilantro, chopped
¼ tsp.	kosher salt
2 tbsp	lime juice
4 each	chicken breast (4 oz.)
¾ tsp.	olive oil
¼ each	fresh red onion, finely chopped
¼ cup	fresh basil, chopped
½ cup	fresh blueberries
<1/8 tsp.	cayenne pepper



Preparation:

1. Preheat grill to medium-high flame. Grill jalapeno pepper until slightly charred, turning frequently. When done, pull off stem and remove skin from pepper. Roughly chop the pepper and set aside.
2. Grill whole green onion for about 4 minutes, turning frequently. Remove from grill, let cool and chop into small pieces.
3. Place 1 cup of the blueberries in a food processor. Pulse until coarsely chopped, then transfer to a medium bowl.
4. Add jalapeno, pinch of salt, lime juice, red onion, ½ cup reserved blueberries, cilantro, basil and oil. Toss to combine.
5. Sprinkle chicken breast with pinch of salt and cayenne pepper. Grill chicken for 4 minutes on each side until 165F.

Serve 1 chicken breast with ½ cup salsa, garnish with grilled green onion.

CAL	FAT (g)	CARBS (g)	FIBER (g)	PROTEIN (g)	SODIUM (mg)
220	5	11	2	33	200

FOOD *with*
PURPOSE

Rainbow Acai Smoothie Bowl

2 servings

Ingredients:

1 each	banana, frozen
3 each	strawberries, frozen
4 fl oz	apple juice
7 fl oz	acai berry concentrate, frozen*
3 TBSP	mango, diced
3 TBSP	blueberries
3 tsp	sliced almonds
½ each	kiwi, sliced/peeled
2 tsp	honey
½ each	banana, fresh, sliced
2 each	strawberries, sliced



Preparation:

1. Combine frozen banana, apple juice, frozen strawberries and acai berry concentrate in blender and puree until smooth.
2. Prepare mango, kiwi, and sliced banana toppings.
3. Divide acai base between bowls and top each bowl with ¼ banana sliced, 1 strawberry, ¼ kiwi, 1.5 TBSP blueberries, 1.5 TBSP mango, 1.5 tsp almonds and 1 tsp honey.
4. Serve and consume immediately.

*If you do not have acai puree, you can use 1 cup ice and 2 TBSP acai powder.

CAL	FAT (g)	CARBS (g)	FIBER (g)	PROTEIN (g)	SODIUM (mg)
300	8	59	9	5	15

FOOD *with*
PURPOSE

Fish Tacos with Tomato, Lime & Cilantro on Corn Tortillas

Servings: 8 Tacos

Ingredients:

½ each	red bell pepper, fresh
1-1/8 cup	diced tomatoes, freshly chopped
1/3 cup	green onion, freshly sliced
3 tbsp	lime juice, fresh
¼ tsp	lime zest, freshly grated
3 tbsp	cilantro, freshly chopped
1 tsp	chili powder
1 tsp	cumin
16 oz	tilapia filets
<1/8 tsp.	kosher salt
<1/8 tsp.	black pepper
2 tbsp	canola oil
8 ea	6" corn tortillas
1 cup	romaine lettuce, freshly chopped



Preparation:

1. Preheat oven to 350F. Place peppers in roasting pan and roast in oven until skin is bubbly. Remove from oven, place in a bowl and cover with plastic wrap for 10 minutes. Peel, remove seeds and chop the red peppers.
2. In another bowl, combine chopped tomatoes, cilantro (with stems, green onion, lemon zest and lime juice. with tomato mixture and diced peppers.. Season with salt and pepper.
3. On a parchment linked baking tray, toss fish with chili powder, cumin, canola oil, salt and pepper. Place fish in a single layer on tray and bake for 5-8 minutes.
4. Warm tortillas.
5. To assemble each taco place in one tortilla 3 tbsp salsa, 2 oz. fish and 1 tbsp of lettuce.

Per Two Tacos:

CAL	FAT (g)	CARBS (g)	FIBER (g)	PROTEIN (g)	SODIUM (mg)
320	11	31	5	28	178

Cauliflower Mac and Cheese

Servings: 4 Cups

Ingredients:

2 qt	boiling water
6 oz	barilla plus elbow macaroni pasta
½ cup	cauliflower, freshly chopped (with stem)
1 ½ tsp	2% milk
¼ tsp.	mustard powder
<1/8 tsp	black pepper
2 T	unsalted butter
1-1/3 cup	2% milk
11 ½ oz.	shredded cheddar cheese



Preparation:

1. Heat water to a boil. Slowly add pasta, stir constantly until water boils again. Cook for 8 minutes; stir occasionally and drain.
2. In a separate pot of boiling water, add cauliflower and cook until tender. Remove from water and mash.
3. In a sauce pot, heat milk and butter to a simmer, add the cheese (a small amount at a time) and stir constantly until melted thoroughly. Seasons with pepper and mustard.
4. Fold cauliflower into mixture, stir well. Add pasta. Combine well.
5. Bake in a 350 F oven for 10 minutes.

Per 1 Cup:

CAL	FAT (g)	CARBS (g)	FIBER (g)	PROTEIN (g)	SODIUM (mg)
585	36	35	3	29	600