

FOR THE LOVE OF SALAD

SERVINGS: 4 | **SERVING SIZE:** 2 CUPS | **TIME:** 15 MIN | **DIFFICULTY:** EASY

Celebrate **Wear Red Day** with us by eating salad that promotes heart health using red ingredients. Red quinoa provides heart healthy fiber, pomegranate seeds serve up antioxidants, and shelled edamame provides healthy fats and plant-based protein.

SALAD INGREDIENTS

4 Cup Shredded Radicchio Lettuce

1 Cup Shredded Red Cabbage

1 Cup Mixed Grated Carrots

1 Cup Shelled Edamame

1 Cup Cooked Red Quinoa

Optional Add-ins: Sliced Mango and/or Pink Pineapple

Optional Toppings: Sunflower Seeds, Pomegranate Seeds

SALAD DIRECTIONS

1. In a large bowl, mix the radicchio lettuce, red cabbage, edamame, carrots, and quinoa.
2. Decorate with optional ingredients, such as sunflower seeds, pomegranate seeds, etc.

DRESSING INGREDIENTS

2 Tbsp Sesame Oil

$\frac{3}{4}$ Cup Canola Oil or other neutral-tasting oil

2 Tbsp Rice Vinegar

2 Tbsp Soy Sauce

2 Tbsp Orange Juice

2 Tbsp lime Juice

DRESSING DIRECTIONS

1. Whisk together the rice vinegar, soy sauce, orange juice, and lime juice.
2. Whisk in the sesame oil and canola oil (or other neutral-tasting oil) slowly to make an emulsion.

ELEVATE YOUR SALAD

Use this guide to build a salad that is delicious and nutritious. (And will actually fill you up.)

GREENS

Choose tender lettuce leaves (spinach, spring mix, arugula) for more delicate salads or crunchy greens (chopped romaine) for bulkier salads. Choose 1 or mix-and-match.

VEGGIES

Add vegetables for additional texture and flavor. For fresh and light, add one or two “crunchy” items, and a spicy or juicy item of your choosing. For a hearty salad, pile on the roasted veggies. Choose as many as you like.

GRAINS

A quick way to bulk up a salad is to add complex carbs for chewy nuttiness and to boost fiber content. Choose 1.

PROTEIN

Adding a protein source is essential for lasting fullness because protein helps us feel fuller for longer. This can keep us from snacking later in the day due to residual hunger. Choose 1 or mix-and-match.

TOPPINGS

A small amount goes a long way with toppings: whether they are crunchy, salty, oily, sour, creamy, or sweet. The key to toppings is to have fun with them and to pick complimentary flavors. Choose 1-3.

DRESSINGS

Choose your dressing based on the flavor profile of your salad. Be conscientious about how much dressing you use so as to not overpower the other flavors – use just enough so you get a little in each bite.

ELEVATE YOUR SALAD

Use our guide to build a nutritious, filling salad. Recipes below for inspiration. (Ingredients on the salad bar!)

SPINACH CRAN-FETA SALAD

spinach or spring mix
cucumber
quinoa
roasted chicken or garbanzo beans (or both!)
feta cheese
dried cranberries
sunflower seeds
healthier dressing: olive oil + balsamic vinegar (make your own)
indulgent dressing: balsamic vinaigrette

SPICY CHICKEN AND GREENS SALAD

chopped romaine
shredded carrots
cucumber
red onion
farro
spicy breaded chicken
shredded cheddar
healthier dressing: olive oil + red wine vinegar (make your own)
indulgent dressing: ranch

VEGETARIAN EDAMAME SALAD

spring mix
shredded carrots
raw broccoli
edamame
sunflower seeds
mandarin oranges
healthier dressing: olive oil + red wine vinegar (make your own)
indulgent dressing: French



ELEVATE YOUR SALAD

GREENS

romaine
spinach
spring mix
arugula

GRAINS

quinoa
farro
corn

PROTEIN

roasted chicken
spicy breaded chicken
salmon
shrimp
tofu
grilled beef
edamame
garbanzo beans
eggs

VEGGIES

crunchy:
snap peas
cucumbers
bell peppers
shredded carrot
broccoli
cauliflower

spicy:
radishes
raw onion

roasted:
grilled asparagus
roasted mushrooms
roasted cauliflower

juicy:
grape tomatoes
artichokes
beets

TOPPINGS

crunchy:
croutons
French onions
sunflower seeds
pumpkin seeds
almonds

salty and sour:
tear drop peppers
peppadew peppers
dry cured olives
bleu cheese olives
marinated feta

sweet:
dried cranberries
mandarin oranges

cheeses:
feta
bleu cheese
shredded cheddar

DRESSINGS

make-your-own:
olive oil + red wine vinegar
OR
olive oil + balsamic vinegar

house-made:
balsamic
white balsamic
italian
french
buttermilk ranch
caesar

WHAT'S
ON
YOUR
SALAD
BAR?

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DATE COCOA TRUFFLES

SERVINGS: 16 | **SERVING SIZE:** 1 TRUFFLE | **TIME:** 15 MIN | **DIFFICULTY:** EASY

Finally, a fudgy, delicious truffle that's good for you (*but we promise it doesn't taste like it!*). Sweet, nutrient-dense Medjool dates are used as a natural sweetener, while dark cocoa is rich in health-promoting antioxidant compounds that help ward off inflammation.

INGREDIENTS

1 C pitted Medjool dates, preferably soft and moist (try soaking in boiling water), firmly packed (about 9 dates)

½ C unsweetened cocoa powder, plus an additional ¼ cup cocoa powder for rolling

1 ½ tsp vanilla extract

¼ tsp fine sea salt

½ tsp cinnamon

Optional: for Mexican Truffles, add 1/8 tsp cayenne pepper

DIRECTIONS

1. Place dates in a food processor fitted with a metal blade. Pulse dates several times to make a paste. Add cocoa powder, 2 tablespoons warm water, vanilla, and salt. To make Mexican Truffles, add cinnamon and cayenne. Pulse until mixture is smooth and forms a ball. (If the mixture needs a little more moisture to come together, add 1-2 more teaspoons of water).
2. Remove the chocolate mixture from the processor and transfer to a bowl.
3. Put 1/4 cup cocoa powder in a shallow bowl. Using 1 tablespoon of truffle mixture for each ball, shape balls between the palms of your hands. Place truffles on a plate. (If the mixture seems sticky, refrigerate until well chilled before rolling.) Roll each ball in cocoa powder after shaping and return to the plate. Cover and refrigerate until serving.

MEDITERRANEAN BOWL

SERVINGS: 2 | TIME: 35 MIN | DIFFICULTY: MEDIUM

This colorful Mediterranean Bowl is packed with nutrition to optimize your health and carry you through your day. Meals with protein, fiber and healthy fats keep you fuller for longer, and this bowl is brimming with all three, featuring:

- **3 healthy protein sources:** quinoa, edamame, salmon
- **3 healthy fats:** plain Greek yogurt, pepitas, edamame
- **9 grams of fiber:** raspberries, pepitas, edamame, beets, quinoa.

BOWL INGREDIENTS

- 1 C cooked quinoa
- Two 6 oz fresh salmon filets
- 4 beets, red or golden
- ½ C shelled edamame, frozen (look for a brand that has no added ingredients)
- ¼ C pomegranate seeds
- ¼ C pepitas
- 2 T extra virgin olive oil or avocado oil, divided

BOWL INGREDIENT DIRECTIONS

1. Preheat the oven to 400 F and line 2 sheet pans with parchment paper.
2. Wash beets under cold water and pat dry with kitchen towel. Cut off the top and bottom stems. Using a vegetable peeler, peel the beets.
3. Drizzle with olive oil and a little salt, wrap with aluminum foil. Pop in the oven and set a timer for 45 minutes.
4. On your second sheet pan lined with parchment paper, drizzle a small amount of olive oil.
5. Place salmon onto the lined sheet pan, skin side down. Rub filets with 1 tablespoon olive oil and a pinch of salt.
6. Bake salmon for 12-15 minutes, or until cooked through.
7. Remove beets from the oven after 45 minutes, or until fork tender. Let cool and dice into bite-sized pieces.

GREEK YOGURT DRESSING

SERVINGS: 2 | TIME: 10 MIN | DIFFICULTY: EASY

The beautiful colors in this dish that represent Breast Cancer Awareness Month (hello pink dressing!) reflect a high amount of phytochemicals. These are the hundreds of health promoting compounds found in fruits, veggies, legumes and whole grains.

DRESSING INGREDIENTS

- ½ C plain Greek yogurt (full fat, 5% fat, or 2% fat all work great)
- ¼ C fresh raspberries
- 1½ tsp chopped fresh mint
- 1 T skim milk

GREEK YOGURT DRESSING DIRECTIONS

1. While the beets are roasting, blend the raspberries with 1 teaspoon of water to make a puree.
2. In a small mixing bowl, mix the Greek yogurt, chopped fresh mint, skim milk, and raspberry puree. Use a silicon spatula if you have one.
3. Cover and place in the refrigerator to cool for at least 10 minutes.

ASSEMBLE THE BOWL

1. Defrost the edamame according to package directions.
2. Divide quinoa evenly into two bowls. Top each bowl with 6 oz salmon, 1/4 cup warm shelled edamame, 1/4 cup roasted beets, 1/8 cup pomegranate seeds and 1/8 cup pepitas.
3. Grab the dressing out of the refrigerator. Top each bowl with up to 1/2 cup of dressing.
4. Have one bowl for lunch and save the other for later. Enjoy!