Mental Health Monday



BeWell Week 2022



Mental Health Monday

Ingradiants

Turmeric Blueberry Quinoa Salad

Serving size: ¹/₂ cup spinach and 1 cup guinoa | Servings: 4

In	gredients
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Red quinoa, dry	2/3 cup
Salted cashews	¼ cup
Water	1 1/3 cup
Balsamic salad dressing	1/3 cup
Dijon mustard	2 tsp
Turmeric	½ tsp
Black pepper	1/8 tsp
Baby spinach	2 cups
Fresh blueberries	1 cup
English cucumbers, sliced	1 cup



Steps

Preheat oven to 400°F. Add water and guinoa to a saucepan and bring to a boil. Cover and simmer for about 10 minutes. Then let cool.

While the quinoa is cooking, prepare the dressing. In a small bowl add Balsamic dressing, Dijon mustard, turmeric, and black pepper. Whisk until combined then set aside.

Turmeric Blueberry Quinoa Salad

Serving size: ¹/₂ cup spinach and 1 cup quinoa | Servings: 4

Spread cashews on a sheet pan and cook in oven for 6-8 minutes until toasted. Let cool then chop. In a bowl, combine guinoa, cucumbers, blueberries, and cashews. Mix until combined.

Plate 1/2cup spinach, then 1 cup of guinoa. Add 2 Tbsp of dressing.

Nutrition per serving:

calories	fat	protein	carbs	fiber
280 kcal	13 g	7 g	35 g	5 g

	Tugrearence	
- E - E	Red quinoa, dry	2/3 cup
1 1 1	Salted cashews	¼ cup
- 1	Water	1 1/3 cup
	Balsamic salad dressing	1/3 cup
- 1	Dijon mustard	2 tsp
- È	Turmeric	½ tsp
- 1 - 1	Black pepper	1/8 tsp
1 E	Baby spinach	2 cups
- 1 - 1	Fresh blueberries	1 cup
	English cucumbers, sliced	1 cup

Steps

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Plate 1/2cup spinach, then 1 cup of guinoa. Add 2 Tbsp of dressing.

Nutrition per serving:

calories	fat	protein	carbs	fiber	
280 kcal	13 g	7 g	35 g	5 g	



Cooking Equipment

Measuring Spoons

Measuring Cup

Saucepan

Whisk

Sheet Pan

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Mixing Bowls

Ē

Cutting Board & Knives

Get Together Tuesday



BeWell Week 2022 Get Together Tuesday



Minted Lentil Salad with Feta

Serving size: ¹/₂ cup | Servings: 6

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Ingredients

		1 - C
Yellow lentils, dry	¾ cup	
Water	2 cups	
Extra virgin olive oil	1 Tbsp	
Red wine vinegar	1 Tbsp, 1 tsp	
Fresh mint, chopped	¼ cup	V
Garlic cloves, minced	1 large clove	
Red bell peppers, diced	½ cup	
Green onions, chopped	1⁄4 cup	
Feta, crumbled	1/3 cup	1
Kosher salt	¼ tsp	
Black pepper	1/8 tsp	



Add lentils and water to a saucepan and bring to a boil Let simmer until lentils are tender, about 15 minutes. Drain and cool slightly.

While lentils are simmering, combine olive oil, red wine vinegar, mint, and garlic. Once lentils are cool, drizzle mix over the lentils. Toss well to combine. Add diced peppers, green onions, and feta cheese. Toss well and season with salt and pepper.

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Minted Lentil Salad with Feta

Serving size: ¹/₂ cup | Servings: 6

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Ingredients		Cooking Equipment
Yellow lentils, dry	¾ cup	
Water	2 cups	Cutting Board & Knives
Extra virgin olive oil	1 Tbsp	Measuring Spoons
Red wine vinegar	1 Tbsp, 1 tsp	€ Measuring Cup
Fresh mint, chopped	1⁄4 cup	Saucepan
Garlic cloves, minced	1 large clove	
Red bell peppers, diced	½ cup	Mixing Bowls
Green onions, chopped	¼ cup	Spoon
Feta, crumbled	1/3 cup	Scan Here to Watch the Recipe
Kosher salt	¼ tsp	
Black pepper	1/8 tsp	

Steps

Add lentils and water to a saucepan and bring to a boil Let simmer until lentils are tender, about 15 minutes. Drain and cool slightly.

While lentils are simmering, combine olive oil, red wine vinegar, mint, and garlic. Once lentils are cool, drizzle mix over the lentils. Toss well to combine. Add diced peppers, green onions, and feta cheese. Toss well and season with salt and pepper.

Nutrition per serving:					
calories	fat	protein	carbs	fiber	
130 kcal	4 g	8 g	16 g	6 g	

BeWell Week 2022 Workout Wednesday



BeWell Week 2022 Workout Wednesday



Quinoa and Black Bean Salad

Serving size: ¹/₂ cup | Servings: 4

Ingredients

Dry quinoa	2 Tbsp	
Water	1/3 cup	
Olive oil	2 Tbsp	(
Fresh lime juice	1 Tbsp	
Ground cumin	¼ tsp	Ø
Cilantro, chopped	1 Tbsp	
Cayenne pepper	1/8 tsp	
Green onions, minced	1 Tbsp	
Green bell peppers, chopped	¼ cup	
Red bell peppers, chopped	¼ cup	S
Black pepper	1/8 tsp	
Tomatoes, chopped	½ cup	
Black beans, drained and rinsed	½ cup	

Steps

Rinse guinoa with cold water. In a pot, bring water to a boil then add quinoa. Simmer until cooked, about 10 minutes, then remove from heat and let cool.

In a bowl, mix oil, lime juice, cumin, cayenne, cilantro, and scallions. Set aside.

In a larger bowl, mix chopped vegetables with drained black beans. Add all ingredients and mix well.

Nutrition per serving:

					••
calories	fat	protein	carbs	fiber	÷
70 kcal	2 g	3 g	11 g	3 g	

000	king Equipment
	Cutting Board & Knives
B	Measuring Spoons
	Measuring Cup
\bigcirc	Saucepan
Θ	Mixing Bowls
ρ	Spoon
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Quinoa and Black Bean Salad

Serving size: ¹/₂ cup | Servings: 4

- 1			
- L L	Ingredients		Cooking Equipment
E E	Dry quinoa	2 Tbsp	
E E	Water	1/3 cup	Cutting Board & Knives
I I	Olive oil	2 Tbsp	Measuring Spoons
1	Fresh lime juice	1 Tbsp	∫≣ D Measuring Cup
- 1 1	Ground cumin	¼ tsp	
	Cilantro, chopped	1 Tbsp	Saucepan Saucepan
	Cayenne pepper	1/8 tsp	Mixing Bowls
i.	Green onions, minced	1 Tbsp	
- E E	Green bell peppers, chopped	¼ cup	Spoon
I I	Red bell peppers, chopped	¼ cup	Scan Here to Watch the Recipe
E E	Black pepper	1/8 tsp	
i t	Tomatoes, chopped	½ cup	
l t	Black beans, drained and rinsed	½ cup	
1			107 TUX 40:

Steps

Rinse guinoa with cold water. In a pot, bring water to a boil then add guinoa. Simmer until cooked, about 10 minutes, then remove from heat and let cool.

In a bowl, mix oil, lime juice, cumin, cayenne, cilantro, and scallions. Set aside.

In a larger bowl, mix chopped vegetables with drained black beans. Add all ingredients and mix well.

Nutrition por conving

calories	fat	protein	carbs	fiber		
70 kcal	2 g	3 g	11 g	3 g		

Self-Care Thursday



BeWell Week 2022 **Self-Care Thursday**



Citrus Almond Rice Salad

Serving size: ¹/₂ cup | Servings: 6

Ingredients

Water	1 1/3 cups
White or brown rice	¾ cup, 1 Tbsp
Cilantro, chopped	1 Tbsp
Fresh lime juice	2 tsp
Garlic, minced	1 clove
Kosher salt	1/8 tsp
Black pepper	¼ tsp
Granulated sugar	1/8 tsp
Olive oil	2 Tbsp
Apple cider vinegar	2 tsp
Golden raisins	¼ cup
Kosher salt	1/8 tsp
Canned mandarin sections	¼ cup
Slivered almonds	1 Tbsp
Green onions, diced	¼ cup

Steps

In a saucepan, bring water to a boil. Stir in rice, reduce heat, cover, and simmer for 15 minutes. Remove from heat and let stand for 5 minutes or until water is absorbed.

In a blender or food processor, combine garlic, sugar, lime juice, and cilantro. Add the vinegar and slowly drizzle in the oil while blending.

Sca

Place finished rice in a bowl. Add the remaining ingredients and the dressing and mix.

Nutrition per serving:

calories	fat	protein	carbs	fiber
170 kcal	6 g	3 g	27 g	1 g

	Cutting Board & Knives
B	Measuring Spoons
Ð	Measuring Cup
\supset	Saucepan
9	Mixing Bowls
D	Spoon
0	Blender or Food Processor
n He	ere to Watch the Recipe

Cooking Equipment



Citrus Almond Rice Salad

Serving size: ¹/₂ cup | Servings: 6

Ingradiants		
Ingredients Water	1 1/3 cups	Cooking Equipment
White or brown rice	¾ cup, 1 Tbsp	Cutting Board & Knives
Cilantro, chopped	1 Tbsp	
Fresh lime juice	2 tsp	Measuring Spoons
Garlic, minced	1 clove	E Measuring Cup
Kosher salt	1/8 tsp	
Black pepper	¼ tsp	Saucepan
Granulated sugar	1/8 tsp	Mixing Bowls
Olive oil	2 Tbsp	
Apple cider vinegar	2 tsp	Spoon
Golden raisins	¼ cup	Blender or Food Processor
Kosher salt	1/8 tsp	
Canned mandarin sections	¼ cup	Scan Here to Watch the Recip
Slivered almonds	1 Tbsp	1015/202100
Green onions, diced	¼ cup	

Steps

In a saucepan, bring water to a boil. Stir in rice, reduce heat, cover, and simmer for 15 minutes. Remove from heat and let stand for 5 minutes or until water is absorbed.

In a blender or food processor, combine garlic, sugar, lime juice, and cilantro. Add the vinegar and slowly drizzle in the oil while blending.

Place finished rice in a bowl. Add the remaining ingredients and the dressing and mix.

Nutrition nor conving

Nutrition per serving:						
calories	fat	protein	carbs	fiber		
170 kcal	6 g	3 g	27 g	1 g		

Friday for Fun



BeWell Week 2022 **Friday for Fun**



Apple Farro Salad

Serving size: ¹/₂ cup | Servings: 6

Ingredients

Steps

and cool.

Farro, dry	2/3 cup
Water	1 cup
Seedless cucumbers	½ cup
Granny smith apples, diced	½ cup
Gala apples, diced	½ cup
Parsley, chopped	1¼ cup
Basil, chopped	1⁄4 tsp
Kosher salt	1/8 tsp
Black pepper	1/8 tsp
Extra virgin olive oil	1 Tbsp
Balsamic vinegar	1 Tbsp

In a saucepan, bring water to a boil. Stir in farro

and cook for about 20 minutes until soft. Drain



Scan Here to Watch the Recipe



Dice unpeeled cucumbers and apples. Put farro in a large bowl then add all ingredients and combine.

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calories	fat	protein	carbs	fiber
90 kcal	2 a	3 a	16 a	2 a

Ingredients

Farro, dry	2/3 cup
Water	1 cup
Seedless cucumbers	½ cup
Granny smith apples, diced	½ cup
Gala apples, diced	½ cup
Parsley, chopped	¼ cup
Basil, chopped	¼ tsp
Kosher salt	1/8 tsp
Black pepper	1/8 tsp
Extra virgin olive oil	1 Tbsp
Balsamic vinegar	1 Tbsp

Steps

In a saucepan, bring water to a boil. Stir in farro and cook for about 20 minutes until soft. Drain and cool.

Dice unpeeled cucumbers and apples. Put farro in a large bowl then add all ingredients and combine.

Apple Farro Salad

Serving size: ¹/₂ cup | Servings: 6

Nutrition por conving:

calories	fat	protein	carbs	fiber		
90 kcal	2 g	3 g	16 g	2 g		

Cooking Equipment Cutting Board & Knives **Measuring Spoons** Ξ Measuring Cup Saucepan **Mixing Bowls** Spoon





