

## Turmeric Blueberry Quinoa Salad

Serving size: ½ cup spinach and 1 cup quinoa | Servings: 4








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### Ingredients

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

### Cooking Equipment

-  Cutting Board & Knives
-  Measuring Spoons
-  Measuring Cup
-  Saucepan
-  Mixing Bowls
-  Whisk
-  Sheet Pan

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### Steps

Preheat oven to 400°F. Add water and quinoa 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.

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

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







Nutrition per serving:

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

### Ingredients

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

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## Minted Lentil Salad with Feta

Serving size: ½ cup | Servings: 6

## Minted Lentil Salad with Feta

Serving size: ½ cup | Servings: 6

### Ingredients

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
Garlic cloves, minced	1 large clove
Red bell peppers, diced	½ cup
Green onions, chopped	¼ cup
Feta, crumbled	1/3 cup
Kosher salt	¼ tsp
Black pepper	1/8 tsp

### Cooking Equipment

-  Cutting Board & Knives
-  Measuring Spoons
-  Measuring Cup
-  Saucepan
-  Mixing Bowls
-  Spoon

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### 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

### Ingredients

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
Garlic cloves, minced	1 large clove
Red bell peppers, diced	½ cup
Green onions, chopped	¼ cup
Feta, crumbled	1/3 cup
Kosher salt	¼ tsp
Black pepper	1/8 tsp

### Cooking Equipment

-  Cutting Board & Knives
-  Measuring Spoons
-  Measuring Cup
-  Saucepan
-  Mixing Bowls
-  Spoon

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### Steps

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Nutrition per serving:

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130 kcal	4 g	8 g	16 g	6 g

## Quinoa and Black Bean Salad

Serving size: ½ cup | Servings: 4







## Quinoa and Black Bean Salad

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### Ingredients

Dry quinoa	2 Tbsp
Water	1/3 cup
Olive oil	2 Tbsp
Fresh lime juice	1 Tbsp
Ground cumin	¼ tsp
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
Black pepper	1/8 tsp
Tomatoes, chopped	½ cup
Black beans, drained and rinsed	½ cup

### Cooking Equipment

-  Cutting Board & Knives
-  Measuring Spoons
-  Measuring Cup
-  Saucepan
-  Mixing Bowls
-  Spoon

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### Steps

Rinse quinoa 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

### Ingredients

Dry quinoa	2 Tbsp
Water	1/3 cup
Olive oil	2 Tbsp
Fresh lime juice	1 Tbsp
Ground cumin	¼ tsp
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
Black pepper	1/8 tsp
Tomatoes, chopped	½ cup
Black beans, drained and rinsed	½ cup

### Cooking Equipment

-  Cutting Board & Knives
-  Measuring Spoons
-  Measuring Cup
-  Saucepan
-  Mixing Bowls
-  Spoon

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### Steps

Rinse quinoa 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.

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calories	fat	protein	carbs	fiber
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Self-Care Thursday

Self-Care Thursday

Citrus Almond Rice Salad

Serving size: 1/2 cup | Servings: 6

Citrus Almond Rice Salad

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Ingredients

Water	1 1/3 cups
White or brown rice	3/4 cup, 1 Tbsp
Cilantro, chopped	1 Tbsp
Fresh lime juice	2 tsp
Garlic, minced	1 clove
Kosher salt	1/8 tsp
Black pepper	1/4 tsp
Granulated sugar	1/8 tsp
Olive oil	2 Tbsp
Apple cider vinegar	2 tsp
Golden raisins	1/4 cup
Kosher salt	1/8 tsp
Canned mandarin sections	1/4 cup
Slivered almonds	1 Tbsp
Green onions, diced	1/4 cup

Cooking Equipment

-  Cutting Board & Knives
-  Measuring Spoons
-  Measuring Cup
-  Saucepan
-  Mixing Bowls
-  Spoon
-  Blender or Food Processor

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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 per serving:

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

Ingredients

Water	1 1/3 cups
White or brown rice	3/4 cup, 1 Tbsp
Cilantro, chopped	1 Tbsp
Fresh lime juice	2 tsp
Garlic, minced	1 clove
Kosher salt	1/8 tsp
Black pepper	1/4 tsp
Granulated sugar	1/8 tsp
Olive oil	2 Tbsp
Apple cider vinegar	2 tsp
Golden raisins	1/4 cup
Kosher salt	1/8 tsp
Canned mandarin sections	1/4 cup
Slivered almonds	1 Tbsp
Green onions, diced	1/4 cup

Cooking Equipment

-  Cutting Board & Knives
-  Measuring Spoons
-  Measuring Cup
-  Saucepan
-  Mixing Bowls
-  Spoon
-  Blender or Food Processor

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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 per serving:

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







**Apple Farro Salad**  
Serving size: ½ cup | Servings: 6

**Apple Farro Salad**  
Serving size: ½ cup | Servings: 6

**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

**Cooking Equipment**

-  Cutting Board & Knives
-  Measuring Spoons
-  Measuring Cup
-  Saucepan
-  Mixing Bowls
-  Spoon

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**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.

Nutrition per serving:

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

**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

**Cooking Equipment**

-  Cutting Board & Knives
-  Measuring Spoons
-  Measuring Cup
-  Saucepan
-  Mixing Bowls
-  Spoon

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**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.

Nutrition per serving:

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