

Your CE Recipe Guide

100 energizing salad recipes
chock-full of health-boosting
nutrients, juicy flavor and all
their mouthwatering fixings.



On our Clean Green Salads 2016 cover we feature Baked Goat Cheese Salad with Caramelized Onions, Strawberries & Pecans, p. 47. Photography by Ronald Tsang, Food & Prop styling by Terry Schacht



LEGEND | ● Quick (under 45 minutes) | ● Vegetarian (may contain eggs and dairy) | ● Gluten-Free

◆ **Make it gluten-free** Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari.
All of these ingredients are available in gluten-free and regular varieties.

STARTERS & SIDES



● ●
Chicken Sausage
& New Potato Salad
P. 16



● ●
ZLT (Zucchini,
Lettuce & Tomato)
Salad with Ranch
Dressing
P. 16



● ●
Golden Beet
& Green Bean Salad
P. 17



● ● ●
Stuffed Portobello
Mushroom Salad
P. 17



●
Crab Napoleon
Salad with Tomato Seed
Vinaigrette
P. 18



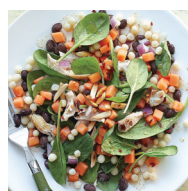
● ●
Roasted Vegetable &
Arugula Salad with
Chipotle Vinaigrette
P. 18



● ● ●
Golden Beet
& Quinoa Salad
with Baked Goat Cheese
P. 21



● ●
Spicy Cayenne-
Dusted Scallops
with Orange
Fennel Salad
P. 21



●
Cuban Papaya Salad
P. 22



● ● ●
Mexican Chayote
Salad
P. 22



● ●
Turkey Bacon
& Bok Choy Salad
with Shaved Parmesan
P. 24



● ● ●
Roasted Butternut
Squash & Lemony
Lentil Salad
P. 24

STARTERS & SIDES



Spaghetti Squash
& Radicchio Salad
P. 25



Baby Beet Salad
P. 25



Bitter Greens Salad
with Egg
P. 26



Orange, Beet
& Lentil Salad
with Pistachio-Crusted
Goat Cheese
P. 26



Summer Ribbon
Salad
P. 28



Warm Salt-Baked
Beet Salad with
Popped Rice & Candied
Grapefruit Zest
P. 28

SLAWS & SALSAS



Purple Potato Egg
Salad
P. 29



Chipotle Slaw
with Grilled Lobster Tails
P. 32



Ko Samui Chicken
Slaw with Spicy Lime
Vinaigrette
P. 32



Fresh Coconut
Jicama Slaw
with Lemongrass
Dressing
P. 33



Warm Sweet & Sour
Cabbage Slaw
P. 33



Shredded Papaya
Salad
P. 35



Grilled Corn
& Peach Salsa
P. 35



Asian-Style Savoy
& Carrot Slaw
P. 35



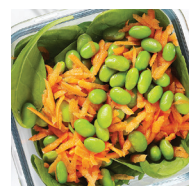
Sweet Maine Lobster,
Mango & Jicama
Salad with Cucumber
Vinaigrette
P. 36



Salt & Pepper Shrimp
over Jalapeño Slaw
with Coconut Lime
Vinaigrette
P. 36



Raw Butternut
Squash & Cranberry
Salad
P. 37



Sweet & Sour
Edamame Salad
with Spinach
P. 37

GRAIN & PASTA SALADS



Spicy Jicama Slaw
P. 37



Cucumber & Kimchi
Noodle Salad
with Shrimp
P. 78



Sushi-Style Black
Rice Salad
with Wasabi Vinaigrette
P. 78



Quinoa & Veggie
Chop Salad
P. 79



Kamut Salad
with Roasted Grapes,
Butternut Squash &
Brussels Sprouts
P. 79



Mason Jar Harvest
Squash & Quinoa
Salad
P. 81



Make & Take Thai Rice Salad with Peanut Ginger Dressing
P. 81



Asian Soba Salad with Sesame Lime Steak
P. 82



Mason Jar Tri-Color Pasta Salad with Tuna
P. 82



Mango Black Rice Salad with Wild Salmon
P. 83



Spring Romaine Boats with Chicken & Quinoa
P. 84



Green Goddess Pasta Salad with Chicken
P. 84



Soba Noodle Salad with Julienned Vegetables & Fried Egg
P. 85



Pistachio Pesto & Spiralized Zucchini Noodle Salad
P. 85



Thai Rice Noodle Salad with Coconut Lime Dressing
P. 86



Portable Moroccan Chicken & Carrot Salad with Couscous & Harissa Dressing
P. 86



Curry Carrot Salad with Sorghum
P. 87



Maple Balsamic Quinoa Salad
P. 87

VEGETARIAN



Arame Avocado Salad
P. 87



Mixed Vegetable Farro Salad with Chile Mint Vinaigrette
P. 88



Take-To-Go Asian Stir-Fry Noodle Salad
P. 88



Cucumber Kale Wraps with Zesty Peanut Sauce
P. 46



Kale Salad with Blueberry Ginger Dressing
P. 46



Grilled Corn & Black Bean Salad with Queso Fresco
P. 47



Baked Goat Cheese Salad with Caramelized Onions, Strawberries & Pecans
P. 47



White Bean & Eggplant Salad
P. 48



Mega Glow Grain Salad with Orange Balsamic Vinaigrette
P. 48



Drunken Island Toss with Curried Pineapple Vinaigrette
P. 50



Beet, Orange & Burrata Salad with Herb Toasts
P. 50



Blue Cheese Apple Slaw with Tangy Garlic Dressing
P. 51

recipe index

VEGETARIAN



Grilled Watermelon Skewers with Feta & White Bean Salad
P. 51



Mid East Cobb Salad with Roasted Chickpeas & Creamy Tahini Dressing
P. 53



The Laguna Green with Asparagus, Strawberries & Orange Tarragon Vinaigrette
P. 53



Grilled Asparagus Salad with Feta Hazelnut Crumble
P. 54



Butter Leaf Salad with Grapefruit, Avocado & Buttermilk Yogurt Dressing
P. 54



Black Bean Patty Salad
P. 55

SEAFOOD



Rainbow Salad with Beets, Kale & Avocado Dressing
P. 55



Seared Scallops & Fennel Salad with Pink Grapefruit
P. 70



Sushi Salad
P. 70



Shredded Beet Salad with Broiled Figs & Scallops
P. 71



Baby Spinach & Tomato Salad with Grilled Prawns
P. 71



Shrimp, Mango & Black Bean Salad with Orange Vinaigrette
P. 73

POULTRY



Grilled Calamari Salad with Red Chile Vinaigrette
P. 73



Salmon & Blood Orange Salad with Greens
P. 74



Roasted Cauliflower & Tuna Salad with Smoked Paprika Vinaigrette
P. 74



Roasted Salmon & Summer Vegetable Farro Salad
P. 75



Harvest Chicken Salad with Pomegranate Seeds & Feta
P. 58



Thai Mango Zucchini Noodle Salad
P. 58



Vietnamese Chicken Lettuce Wraps
P. 59



Chinese Chicken Salad with Brussels Sprouts
P. 59



Tangy Potato Salad with Parmesan Chicken
P. 61



Hearty Chicken Salad with Pomegranate & Creamy Lemon Dressing
P. 61



Chicken BLT (Bean, Lettuce & Tomato) with Smoky Tomato Dressing
P. 62



Power-Spiced Chicken in Collard Green Wraps with Jicama Slaw
P. 62



NUTRITIONAL VALUES

The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.



●
Barley Salad
with Chicken, Beets
& Goat Cheese
P. 63



● ●
Portable Southwest
Salad with Whipped
Avocado Dressing
P. 63



● ●
Cherry Balsamic
Chicken Salad
with Quinoa
P. 64



● ●
Tropical Mango
Chicken Salad
with Grilled Pineapple
& Shredded Coconut
P. 64



●
Grilled Lemon
Fennel Chicken
Salad
P. 65



● ●
Maple Sausage
Potato Salad
with Apples & Sage
P. 65



● ●
Buffalo Chicken
Salad
P. 66



● ● ◆
Chicken & Edamame
Stir-Fry Slaw with
Sriracha Peanut
Vinaigrette
P. 66

BEEF & PORK



● ●
Hail Kale Chicken
Caesar with Creamy
Chive Dressing
P. 67



● ● ◆
Asian Beef & Mango
Salad with Cashews
P. 40



● ●
Mason Jar Ham,
Cheese & Sweet
Pepper Salad
P. 40



● ●
Steak & Mixed
Greens with Black
Peppercorn Dressing
P. 41



●
Charred Lettuce
& Grilled Flank Steak
Salad with Orange
Shallot Vinaigrette
P. 41



● ●
Sweet Pepper Sirloin
Salad with Fresh
Horseradish Vinaigrette
& Blue Cheese
P. 42



●
Rainbow Slaw with
Grilled Herbed Steak
P. 43



● ●
Steak Salad
with Medjool Dates
P. 43

what's inside

6 EDITOR'S LETTER

10 TOOLS Prep your greens to perfection with *CE*'s top-rated salad spinners.

12 FOODIE FAVES Amp up nutrition and flavor with these scrumptious salad toppers.

14 SHOWSTOPPING STARTERS & SIDES
Get the party started with these standout appetizers and side dishes.

30 EASY, BREEZY SLAWS & SALSAS Simply stunning and utterly delicious slaws and salsas.

38 PROTEIN-PACKED BEEF & PORK Bold and hearty main-course dishes that deliver all the meaty goods.

44 PLANT-POWERED PLATES
Spectacular vegetarian plates that showcase the best of summer produce.

56 EVERYONE'S FAVORITES: CHICKEN & TURKEY
Crowd-pleasing, poultry-packed salads the whole family will enjoy.

68 SALADS FROM UNDER THE SEA Delectable seafood-laced dishes that add a punch of omega-3s.

76 ENERGIZING GRAIN & PASTA SALADS
Stay fueled all day long with these whole-grain bowls and patio-perfect pastas.

Follow us on:



Eat More VEGGIES!

If there's one dish that signifies the epitome of health, it would be a plate piled high with glorious, nutrient-dense greens.

Whether it's your mission to increase nutrient intake, thwart disease, boost energy, clean up your eating habits or shed a few stubborn pounds, everyone knows the best way to do it – and fast – is to make more of your meals salads. And what better time to do it when farm stands and grocery stores are teeming with the most varied and gorgeous selection of produce you'll see all year. It's such a sweet time of year when you can eat a salad every day of the week and never repeat an ingredient; the options are endless. Which brings me to this issue: As a *Clean Eating* reader, you have an insatiable appetite for wholesome, meal-worthy salads, so we've compiled 100 of our top-rated salad recipes to date so you have them all in one

easy-to-find place as you ramp up your health like never before.

Inside this stunning salads issue, you'll find truly unique salsas and slaws that you can pair with just about anything, pasta and potato salads you'll be asked to make for every backyard party you attend this summer, grain bowls to keep you powering through busy days, spiralized veggie platters, starters and sides that are sure to overshadow any main, and mega meal salads with your pick of seafood, poultry, beef or pork, plus an extensive array of meatless masterpieces as well. As always, we've peppered our signature nutritional bonuses throughout the issue for a hit of helpful knowledge. It's refreshing to know you're eating well but so much better to know exactly *how* each meal is contributing to improved health – and this issue is sure to have you feeling better than you have in a very long time.

Alicia
Alicia Tyler
Editor-in-Chief
Write to us! We're listening.
CEeditorial@aimmedia.com

Psst! Share your clean creations on social media with [#cleaneatingmagazine](https://www.facebook.com/cleaneatingmagazine) for a chance to win one of five free one-year subscriptions – and we might publish your post in our next issue!



What is Clean Eating?

The soul of clean eating is **consuming food the way nature delivered it**, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation, leading to an improved life – one meal at a time.

Eat five to six times a day – three meals and two to three small snacks. Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day long.

Choose organic whenever possible. If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least two liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of anything containing trans fats, anything fried or anything high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and our environment.

Shop with a conscience. Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Practice mindful eating. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Make it a family affair. Food is a social glue that should be shared with loved ones. Improve the quality of your family's life along with your own.



Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.



Clean Eating

CLEAN GREEN SALADS 2016 • PRINTED IN THE USA

EDITOR-IN-CHIEF
Alicia Tyler

Editorial

FOOD EDITOR **Andrea Gourgy**
ASSOCIATE EDITOR & RESEARCH CHIEF
Laura Schober
COPY EDITOR **Angie Mattison**
DIGITAL EDITOR **Jennifer Davis-Flynn**
WEB PRODUCER **Samantha Trueheart**
DIGITAL EDITORIAL ASSISTANT **Abby Levene**
DIGITAL INTERN **Katie Garry**
NUTRITION CONSULTANT **Antonina Smith**

Art

SENIOR ART DIRECTOR **Stacy Jarvis-Paine**
SENIOR GRAPHIC DESIGNER **Alaina Greenberg**
CONTRIBUTING ART DIRECTOR **Bianca DiPietro**
ART INTERN **James Byrnes**

VICE PRESIDENT, GENERAL MANAGER
Kim Paulsen

GROUP PUBLISHER CLEAN EATING,
VEGETARIAN TIMES, BETTER NUTRITION
AND AMAZING WELLNESS

Joanna Shaw | 800.443.4974, x 709
jshaw@aimmedia.com

ASSOCIATE PUBLISHER
Lisa Dodson | 800.443.4974, x 703
ldodson@aimmedia.com

Subscription Customer Service:
1.800.728.2729

Editorial Office

171 East Liberty St., Suite 249,
Toronto, ON M6K 3P6

Business Office

300 N. Continental Blvd., Suite 650,
El Segundo, CA 90245
310.356.4100; fax: 310.356.4110

Production

GROUP PRODUCTION DIRECTOR

Barb Van Sickle

PREPRESS MANAGER

Joy Kelley

AD COORDINATOR

Cossette Roberts

Marketing & Web

MARKETING DESIGNER

Judith Nesnadny | jnesnadny@aimmedia.com

DIRECTOR, FOREIGN EDITIONS

Dayna Macy | dmacy@aimmedia.com

SENIOR DIGITAL DEVELOPER

Alan Zucker

Consumer Marketing

CIRCULATION DIRECTOR **Jenny Desjean**

DIRECTOR OF RETAIL SALES **Susan Rose**

Advertising Sales

EAST COAST SALES DIRECTOR-FOOD

Dan Vincent | 770.437.0861

dvincent@aimmedia.com

EAST COAST SALES DIRECTOR-VHMS*

Bernadette Higgins | 561.362.3955

bhiggins@aimmedia.com

WEST COAST SALES DIRECTOR-FOOD

Tanya Scribner | 940.387.7711

tanya@scribmedia.com

MOUNTAIN AND WEST COAST SALES

DIRECTOR-VHMS*

Cindy Schofield | 310.456.5997

cydschofield@gmail.com

MARKETSCENE ADVERTISING MANAGER

Elizabeth Regan | 303.625.1625

eregan@aimmedia.com



ACTIVE INTEREST MEDIA

EXECUTIVE CHAIRMAN **Efrem Zimbalist III**

CHIEF EXECUTIVE OFFICER & PRESIDENT

Andrew W. Clurman

EXECUTIVE VICE PRESIDENT & CFO

Brian Sellstrom

EXECUTIVE VICE PRESIDENT OF OPERATIONS

Patricia B. Fox

VICE PRESIDENT, FINANCE **Craig Rucker**

VICE PRESIDENT, CONTROLLER **Joseph Cohen**

VICE PRESIDENT, RESEARCH **Kristy Kaus**

VICE PRESIDENT, DIGITAL **Jonathan Dorn**



Audit Bureau of Circulations

© 2016 by Active Interest Media, Inc. All rights reserved. No part
of this magazine may be reproduced in any manner without
written permission from the publisher.

PLEASE NOTE: All readers are advised to consult their physician before beginning or adding a new fitness regimen or changing their diet. Clean Eating does not accept any
responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this magazine.

Distribution Clean Eating (ISSN 1913-7532, USPS 003-610) is published nine times per year (Jan/Feb, March, April, May, June, Jul/Aug, Sept, Oct, Nov/Dec)
by Cruz Bay Publishing, Inc., an Active Interest Media company. Advertising and editorial offices at 2520 55th St, Ste 200, Boulder, CO 80301.

The known office of publication is 5720 Flatiron Pkwy, Boulder, CO 80301. Periodicals postage paid at Boulder, CO and at additional mailing offices.

POSTMASTER: Send address changes to Clean Eating, P.O. Box 420235, Palm Coast, FL 32142-0235.

Subscription rates in the United States are one year \$24.97. Canada: \$34.97. Foreign: \$54.97 (US funds only). The publisher and editors will not be responsible for unsolicited material.
Manuscripts and photographs must be accompanied by a stamped, self-addressed return envelope.



Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.





THE HARDEST-WORKING SALAD SPINNERS

Never have a soggy salad again with one of these rigorously tested salad spinners. BY ANDREA GOURGY

1 OXO Good Grips Salad Spinner

THE PUMP

This 5-quart spinner's design uses a pump that you press down on to power. With a brake function, a lock that holds the pump down for storage and a no-slip bottom, this spinner was very thoughtfully designed. We also love that the lid can easily be taken apart for cleaning.

PRO: Very stable and takes only one hand to operate.

CON: Need to pump briskly to keep up speed of spinner.

\$30, oxo.com

2 Culina Space Saving Salad Spinner, 5-Quart

THE SIDE CRANK

This spinner's unique design uses a side crank to spin the colander that sits within the bowl – it has a brake button to allow for quick stopping, and both the colander and bowl are dishwasher-safe (although the lid needs to be washed by hand). Plus, we think it's the cutest model out there!

PRO: Dries leaves well and quickly.

CON: Crank can be tiring on the arm.

\$45, culinacollection.com

3 Wayfair Basics Salad Spinner with Locking & Straining Lid

THE WHEEL

With a knob on the lid that you turn to spin the colander, this 4.5-quart spinner has a convenient snap-on lid with holes that allows you to turn it on its side (or upside down) to drain out liquid. Easy to use, though a scant amount of water is left on greens.

PRO: Lightweight and dishwasher-safe.

CON: Lid can be tricky to snap on.

\$16, wayfair.com

4 Kuhn Rikon Ratchet Salad Spinner

THE RATCHET

This Swiss-designed BPA-free 4-quart spinner has a ratchet handle that you easily move back and forth to power the spinning mechanism. It has a braking function and a no-slide base. Though the bowl and basket are dishwasher-safe, the lid needs to be washed by hand.

PRO: Ratchet is easy to operate.

CON: A trace amount of water is left behind on leaves.

\$35, kuhnrikonshop.com ©



If you've been drying your lettuce leaves on towels, it might be time to rethink your strategy. A salad spinner is less wasteful than using paper towels and more sanitary than using a kitchen towel.



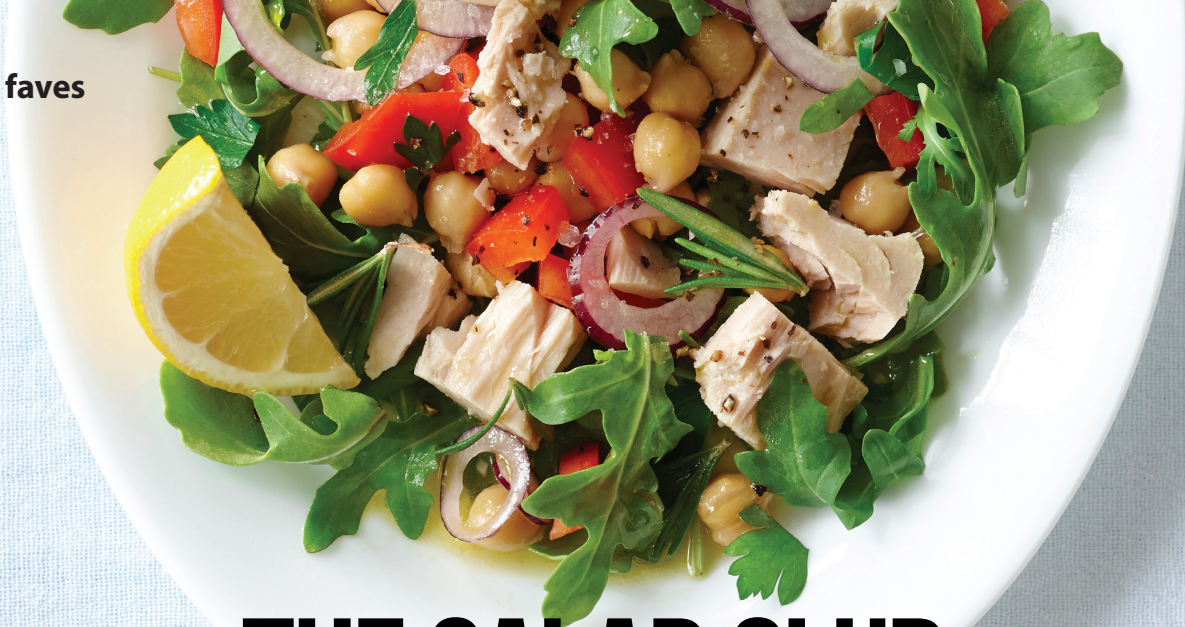
Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.





THE SALAD CLUB

Perk up your bowl of greens with these delightful mix-and-match toppings for salads you'll never get bored of.

BY LAURA SCHOB



Energizing Seeds SUNRIDGE FARMS ORGANIC PUMPKIN SEEDS

Sprinkle these grade A pumpkin seeds over your greens for a pleasant crunch and a dose of iron, zinc, magnesium, protein and phosphorus.

\$5, sunridgefarms.com



Plant-Based Omegas NOW REAL FOOD ORGANIC TOASTED HEMP SEEDS

In addition to their high omega-3 and omega-6 fatty acid content, these savory hemp seeds offer protein, iron and fiber. This variety is accented by a hint of sea salt.

\$8, nowfoods.com



Vegan Bacon PHONEY BALONEY'S COCONUT BACON

This crispy, smoky "bacon" is comprised of organic coconut, organic tamari, maple syrup, pepper, sea salt and spices for convincingly meaty flavor. Toss it into salads for iron, vitamin C and fiber.

\$6, phoneybaloneys.com



Nutty Nutrition JANSAL VALLEY SLIVERED RAW ALMONDS

Enjoy these slivered almonds as a garnish to add deliciously nutty richness and reap the nutritional benefits of antioxidant vitamin E and bone-supportive manganese.

\$14 per 1 lb container, sidwainer.com



Sustainably Caught WILD PLANET WILD ALASKA PINK SALMON NO SALT ADDED

With its tender texture and delicate taste, this skinless and boneless wild salmon delivers both satiating protein and heart-healthy omega-3s to your meal.

\$5, wildplanetfoods.com



Antioxidant Power NAVITAS NATURALS GOJI BERRIES

The sun-dried Himalayan superfruit brings to the mix delightfully tart flavor with over 20 vitamins and minerals including vitamin A, vitamin C and protein plus a slew of antioxidants.

\$15 per 8 oz bag, navitasnaturals.com



Toothsome Tuna NATURAL SEA SOLID WHITE ALBACORE TUNA NO SALT ADDED

For a satisfying lunchtime addition, this low-sodium tuna packs in the protein and omega-3s to leave you happy rather than hangry.

\$4, naturalsea.com



Spice It Up FRONTIER CO-OP ORGANIC SALAD SPRINKLE SEASONING BLEND

Fresh salads, roasted veggies and dips will all benefit from this piquant medley of ground organic herbs and spices that includes sesame, bell peppers, lemon peel and chives.

\$5, frontiercoop.com



Open Sesame EDEN BLACK GOMASIO ORGANIC SESAME SALT

Made from dry-roasted and ground organic black sesame seeds and roasted sea salt, this clean condiment adds calcium, iron and amino acids to your salads or dressings.

\$4, edenfoods.com



Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.



ZLT (Zucchini,
Lettuce & Tomato) Salad
with Ranch Dressing
(See recipe, p. 16)





Showstopping Starters & Sides

16 Chicken Sausage
& Neww Potato Salad

16 ZLT (Zucchini, Lettuce
& Tomato) Salad
with Ranch Dressing

17 Golden Beet
& Green Bean Salad

17 Stuffed Portobello
Mushroom Salad

18 Crab Napoleon Salad
with Tomato Seed Vinaigrette

18 Roasted Vegetable
& Arugula Salad
with Chipotle Vinaigrette

21 Golden Beet
& Quinoa Salad
with Baked Goat Cheese

21 Spicy Cayenne-
Dusted Scallops
with Orange Fennel Salad

22 Cuban Papaya Salad

22 Mexican Chayote Salad

24 Turkey Bacon
& Bok Choy Salad
with Shaved Parmesan

24 Roasted Butternut
Squash & Lemony
Lentil Salad

25 Spaghetti Squash
& Radicchio Salad

25 Baby Beet Salad

26 Bitter Greens Salad
with Egg

26 Orange, Beet
& Lentil Salad
*with Pistachio-Crusted
Goat Cheese*

28 Summer Ribbon Salad

28 Warm Salt-Baked
Beet Salad
*with Popped Rice & Candied
Grapefruit Zest*

29 Purple Potato
Egg Salad

Today, creative veggie dishes are edging out meaty mains and taking center stage. Let these deeply nutritious green offerings steal the show and excite your palate at every meal.



Chicken Sausage & New Potato Salad

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 1½ lb new potatoes, scrubbed and chopped
- 5 tsp extra-virgin olive oil, divided
- 6 oz all-natural, cooked sweet Italian chicken sausage, chopped
- ¾ cup diced red onion
- ½ cup diced red or yellow bell pepper
- 2 to 3 tbsp chopped fresh tarragon leaves
- 2½ tbsp apple cider vinegar
- 1 clove garlic, minced
- Sea salt and ground black pepper, to taste

INSTRUCTIONS:

ONE: To a large nonstick skillet, add potatoes and 4 cups water. Bring to a boil on medium-high, reduce heat to medium-low, cover and simmer for about 5 minutes, or until potatoes are just tender. Rinse under cold water, drain and set aside.

TWO: Wipe out skillet and return to stove top on medium; heat 1 tsp oil. Add sausage and cook for 4 to 5 minutes, stirring frequently, until browned. Set aside to cool for about 5 minutes.

THREE: To a medium bowl, add potatoes, sausage, onion, bell pepper, tarragon, remaining 4 tsp oil, vinegar, garlic, salt and black pepper. Toss to combine.

NUTRIENTS PER SERVING (1½ CUPS):

CALORIES: 218, **TOTAL FAT:** 8 g, **SAT.**

FAT: 1 g, **MONOUNSATURATED FAT:** 5.5 g,

POLYUNSATURATED FAT: 0.5 g, **CARBS:** 24 g,

FIBER: 3 g, **SUGARS:** 3 g, **PROTEIN:** 12 g,

SODIUM: 292 mg, **CHOLESTEROL:** 34 mg

ZLT (Zucchini, Lettuce & Tomato) Salad

with Ranch Dressing

SERVES 8.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 1 HOUR, 15 MINUTES.

INGREDIENTS:

- 1 cup cooked chickpeas or BPA-free unsalted canned chickpeas, drained and rinsed
- 4 tsp olive oil, divided
- 2 tsp fresh lemon juice
- ½ tsp chile powder
- Sea salt, to taste
- 2 cups grape tomatoes, halved lengthwise
- Ground black pepper, to taste
- 2 zucchini, ends trimmed and sliced lengthwise ¼ inch thick
- 4 romaine hearts, trimmed and separated into leaves

CE RANCH DRESSING

- ¾ cup plain Greek yogurt
- ½ cup buttermilk
- 2 tbsp chopped fresh chives
- 1 tbsp chopped fresh dill
- 2 tsp fresh lemon juice
- 1 tsp Dijon mustard
- ½ tsp onion powder (**TRY:** Frontier Co-op Organic White Onion Powder)
- ¼ tsp garlic powder
- Sea salt and ground black pepper, to taste

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Pat chickpeas dry. In a large bowl, toss chickpeas with 2 tsp oil, 2 tsp lemon juice, chile powder and salt. Transfer to a parchment-lined baking sheet and roast for 35 to 45 minutes, until golden

brown and crunchy. Set aside to cool.

TWO: While chickpeas cool, in a medium bowl, toss tomatoes with 1 tsp oil and season with salt and pepper. Arrange tomatoes, cut side up, on a separate parchment-lined baking sheet and roast, still at 400°F, for 15 to 20 minutes, until lightly browned. Set aside to cool.

THREE: Meanwhile, brush zucchini with remaining 1 tsp oil and season with salt and pepper. Arrange on a parchment-lined baking sheet and roast at same time as tomatoes for 8 to 10 minutes, flipping once, until golden brown and softened. Set aside to cool.

FOUR: Prepare dressing: In a small bowl, whisk together all dressing ingredients until smooth. Transfer to a resealable container, then cover and refrigerate for a minimum of 1 hour or ideally overnight so flavors meld.

FIVE: To assemble salad, arrange romaine leaves on a large platter. If desired, cut each leaf in half lengthwise. Top each leaf with zucchini strips. Drizzle with dressing, then garnish with tomatoes and chickpeas.

NUTRIENTS PER SERVING (4 CUPS):

CALORIES: 113, **TOTAL FAT:** 3 g,

SAT. FAT: 0.5 g, **CARBS:** 15 g, **FIBER:** 4 g,

SUGARS: 7 g, **PROTEIN:** 7.5 g,

SODIUM: 90 mg, **CHOLESTEROL:** 0.5 mg

Buttermilk boons: *Buttermilk does not actually contain butter. It was originally the tangy leftover liquid from the butter-churning process. It's created by adding live active bacterial culture to milk. These active cultures fight bad bacteria and stimulate immunity. People who are lactose intolerant can cook with buttermilk because the cultures convert lactose into digestible lactic acid.*





Golden Beet & Green Bean Salad

SERVES 8.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR, 25 MINUTES.

INGREDIENTS:

- 12 golden beets, trimmed
- 1½ lb green beans, trimmed
- ½ cup sliced raw unsalted almonds
- 2 tbsp extra-virgin olive oil
- 2 tbsp fresh orange juice
- 1 tbsp white wine vinegar
- 1 tbsp raw honey
- ½ red onion, thinly sliced into half circles
- ¼ cup chopped mixed fresh herbs (any combination of parsley, mint, tarragon, thyme, basil or dill)
- ¼ tsp sea salt
- Ground black pepper, to taste

INSTRUCTIONS:

ONE: Preheat oven to 425°F. Loosely wrap 4 beets together in foil, sealing tightly. Repeat with remaining beets to make a total of 3 foil packets. Place on a baking sheet and roast until beets are tender and easily pierced with a paring knife, about 45 minutes to 1 hour, depending on size. Carefully open packets and let cool. Slip off skins and cut beets into 6 to 8 pieces each. Transfer to a large serving bowl or platter and set aside.

TWO: Bring a large pot of water to a boil and fill a large bowl with ice water. Add beans to pot; once water returns to a boil, cook for 3 to 4 minutes or until tender-crisp. Drain, then immediately plunge beans into ice water for 10 minutes. Transfer to a paper towel.

THREE: Heat a heavy skillet on medium. Add almonds and toast, stirring

constantly, until light golden brown, 4 to 5 minutes.

FOUR: In a small bowl, whisk oil, orange juice, vinegar and honey.

FIVE: To bowl with beets, add beans, orange juice mixture and onion and mix gently. Fold in almonds and herbs and season with salt and pepper. Serve at room temperature.

MAKE AHEAD: You can get ahead on the prep for this salad one day ahead. Prepare through Step 3. Cover and refrigerate beets and beans separately; store almonds in a zip-top bag at room temperature. Then complete the day of.

NUTRIENTS PER SERVING (¾ CUP):

CALORIES: 153, **TOTAL FAT:** 7 g, **SAT.**

FAT: 1 g, **MONOUNSATURATED FAT:** 5 g,

POLYUNSATURATED FAT: 1 g, **CARBS:** 21 g,

FIBER: 7 g, **SUGARS:** 14 g, **PROTEIN:** 4 g,

SODIUM: 157 mg, **CHOLESTEROL:** 0 mg

Fuel with fiber: *Beets and green beans are nutritional superstars in this satisfying side, and both are high in fiber - 1 serving of this dish supplies you with 29% of your daily fiber requirement. Containing a mere 9 calories per ounce, green beans are also a good source of vitamins A and C, both vital antioxidants for healthy eyes and skin, as well as folate, which boosts skin by supporting cell production.*

Stuffed Portobello Mushroom Salad

SERVES 6.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 15 MINUTES.

INGREDIENTS:

- 6 portobello mushrooms, stemmed
- 2 tbsp plus 1 tsp olive oil, divided
- 3 oz goat cheese
- 2 tbsp chopped fresh basil
- 6 cups baby arugula
- 1 cup each red and yellow grape tomatoes, halved or quartered
- 2 tsp raw honey

• Juice of ½ lemon

• Sea salt and ground black pepper, to taste

INSTRUCTIONS:

ONE: Preheat grill to high. Lightly brush mushrooms with 1 tsp oil. In a small bowl, add cheese and basil; mix thoroughly. Spoon ½ oz cheese mixture into each mushroom cap and grill, cheese side up, without turning, for 4 to 5 minutes, or until mushrooms begin to release juices.

TWO: In a large bowl, combine arugula and tomatoes. In a clean small bowl, whisk remaining 2 tbsp oil, honey and lemon juice. Drizzle oil-honey dressing over arugula-tomato mixture and toss to coat. Divide among 6 plates, topping each with 1 stuffed mushroom. Season with salt and pepper.

NUTRIENTS PER SERVING (1 STUFFED

MUSHROOM, 1 CUP GREENS, ½ CUP

TOMATOES, 2½ TSP DRESSING):

CALORIES: 131, **TOTAL FAT:** 8 g, **SAT.**

FAT: 3 g, **MONOUNSATURATED FAT:** 4 g,

POLYUNSATURATED FAT: 1 g, **CARBS:** 8 g,

FIBER: 2 g, **SUGARS:** 9 g, **PROTEIN:** 5 g,

SODIUM: 84 mg, **CHOLESTEROL:** 7 mg

Carb converters: *Portobello mushrooms are an excellent source of niacin, the B vitamin needed to transform carbs into energy. Plus, they're rich in selenium and potassium - the latter is an essential mineral that helps regulate blood pressure and water balance in your body.*





Crab Napoleon Salad

with Tomato Seed Vinaigrette

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 2 4-inch whole-grain pitas
- 4 red vine tomatoes, divided
- 2 tsp avocado or extra-virgin olive oil
- 1½ tbsp olive oil mayonnaise
- 1 tbsp grainy or Dijon mustard
- 2 tsp fresh lemon juice
- 8 oz cooked lump crabmeat, picked over
- Sea salt and ground black pepper, to taste
- 2 yellow vine tomatoes
- 1 firm ripe avocado, peeled, pitted and sliced into 8 thin slices
- 8 large leaves fresh basil, plus additional sprigs for garnish
- 1 5-oz ball fresh buffalo mozzarella, drained and thinly sliced, optional

INSTRUCTIONS:

ONE: Preheat oven to 350°F. With a small sharp knife, split each pita into 2 single-layer rounds. Mist both sides of each round with cooking spray and transfer to a large baking sheet. Bake, turning once, until golden and crisp, 6 to 8 minutes. Remove from oven and let cool on baking sheet.

TWO: Meanwhile, prepare vinaigrette: Cut 1 red tomato in half crosswise. Over a small bowl, squeeze out seeds and as much juice as possible. With a small spoon, scoop out tomato pulp and add to juices. Mixture should total ½ cup; if not, repeat with 1 additional red tomato. Stir in oil and set aside.

THREE: In a separate bowl, combine mayonnaise, mustard and lemon juice; fold in crabmeat, salt and pepper and set aside. Slice remaining 2 red tomatoes and yellow tomatoes crosswise into ½-inch-thick slices.

FOUR: Divide pita rounds among 4 plates. Layer each with avocado, red tomato, basil, mozzarella (if using), crab mixture, yellow tomato, and additional basil, mozzarella (if using), and crab mixture. Drizzle vinaigrette over top and around each, dividing evenly. Garnish with basil sprigs.

NUTRIENTS PER SERVING (½ PITA WITH SALAD): **CALORIES:** 262, **TOTAL FAT:** 12 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 23 g, **FIBER:** 6 g, **SUGARS:** 5 g, **PROTEIN:** 15.5 g, **SODIUM:** 565 mg, **CHOLESTEROL:** 45 mg

B₁₂ heavyweight: This salad provides a whopping 98% of the vitamin B₁₂ you need in a day, thanks to the addition of crab. A water-soluble vitamin, B₁₂ aids in the formation of oxygen-carrying red blood cells and is a key component in healthy nerve cells.

Roasted Vegetable & Arugula Salad

with Chipotle Vinaigrette

SERVES 5.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 50 MINUTES.

INGREDIENTS:

- 1 lb carrots, diced
- 1 yellow onion, diced
- 1 lb beets, peeled and diced
- ½ cup brewed black tea

- 1 tbsp raw honey
- 1 tbsp olive oil
- 2 tsp apple cider vinegar
- 1 tsp Dijon mustard
- ¼ tsp chipotle chile powder
- ½ tsp sea salt
- 5 cups arugula
- 2½ oz goat cheese, crumbled

INSTRUCTIONS:

ONE: Heat oven to 450°F. Mist a 9 x 13-inch roasting pan with cooking spray. On 1 side of pan, place carrots and onion; place beets on other side. Mist vegetables with cooking spray. Cover with foil and bake for 20 minutes. Uncover and cook for another 20 minutes.

TWO: In a small bowl, whisk together tea, honey, oil, vinegar, mustard, chipotle and salt. In a large bowl, add beets, carrots and onion. Pour dressing over top and gently toss to coat well. To serve, place 1 cup arugula on each of 5 plates, then top with 1 cup vegetables and ½ oz goat cheese.

NUTRIENTS PER SERVING (1 CUP VEGETABLES, 1 CUP GREENS, ½ OZ GOAT CHEESE): **CALORIES:** 169, **TOTAL FAT:** 6 g, **SAT. FAT:** 2.5 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 25 g, **FIBER:** 6 g, **SUGARS:** 16 g, **PROTEIN:** 6 g, **SODIUM:** 265 mg, **CHOLESTEROL:** 6 mg





Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.





Golden Beet & Quinoa Salad *with Baked Goat Cheese*

SERVES 4.

HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 45 MINUTES.

INGREDIENTS:

- 4 small golden beets, trimmed and pierced several times with a fork
- 1 cup quinoa, rinsed (**TRY:** NOW Real Food Certified Organic Raw Walnuts)
- 10 cups mixed greens
- 1½ cups thinly sliced sunchokes (aka Jerusalem artichokes)
- ½ cup sliced red onion
- 3 tbsp chopped raw unsalted walnuts, toasted
- 1 tbsp finely chopped fresh mint
- 1 tsp dried oregano
- ½ tsp ground black pepper
- ¼ tsp red pepper flakes
- 4 oz goat cheese, sliced into ½-oz rounds

VINAIGRETTE

- 2½ tbsp fresh lemon juice
- 2 tbsp finely chopped fresh mint
- 1 tbsp extra-virgin olive oil
- ½ tsp raw honey
- ⅛ tsp coarse sea salt, optional

INSTRUCTIONS:

ONE: Preheat oven to 400°F. On one-half of a foil-lined baking sheet, add beets and roast until fork-tender, about 30 minutes. (**TIP:** Smaller beets take less time to cook; increase cook time if using larger beets.)

TWO: Meanwhile, prepare vinaigrette: In a small bowl, whisk vinaigrette ingredients until combined. Set aside.

THREE: Cook quinoa according to package directions.

FOUR: In a large bowl, combine mixed greens, sunchokes, onion and walnuts. Set aside.

FIVE: In a small bowl, combine 1 tbsp mint, oregano, black pepper and pepper flakes. Roll each goat cheese

round in mixture to coat. During last 4 minutes of beet cook time, remove beets from oven. Arrange goat cheese in a single layer on empty half of baking sheet and return baking sheet to oven. Bake for 3 to 4 minutes.

SIX: Add vinaigrette to large bowl with greens and toss to coat. Peel off beet skins and cut into bite-size pieces. Divide quinoa among 4 plates and top with mixed greens mixture, beets and goat cheese, dividing evenly.

NUTRIENTS PER SERVING (¾ CUP COOKED QUINOA, 3½ CUPS MIXED GREENS MIXTURE, 1 BEET, 1 OZ GOAT CHEESE):
CALORIES: 379, **TOTAL FAT:** 13 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 5 g, **CARBS:** 54 g, **FIBER:** 9 g, **SUGARS:** 14 g, **PROTEIN:** 15 g, **SODIUM:** 253 mg, **CHOLESTEROL:** 5 mg

Spicy Cayenne-Dusted Scallops

with Orange Fennel Salad

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 25 MINUTES.

INGREDIENTS:

- 1 large orange
- ¼ cup olive oil, divided
- 2 tbsp champagne vinegar
- 1 tsp raw honey
- 1 bulb fennel, cored and thinly sliced
- 4 cups loosely packed baby arugula
- 3 tbsp potato flour
- 1 tsp ground cayenne pepper
- 1 lb sea scallops, muscle removed
- ⅛ tsp each sea salt and ground black pepper

INSTRUCTIONS:

ONE: Using a sharp knife, slice off top and bottom of orange. Set orange on 1 sliced end. Using downward strokes and following the curve of the fruit, remove peel and pith and discard. Working over a large bowl to catch juices, gently cut between membranes

and remove segments into bowl. Squeeze remaining membrane over bowl to release any juices. To bowl, add 2 tbsp oil, vinegar and honey, and stir. Add fennel then arugula over top. (**NOTE:** Wait until ready to serve before tossing.)

TWO: In a shallow dish, combine flour and cayenne. Dredge each scallop through flour mixture, flipping once, to coat. Discard remaining flour. In a large skillet on medium-high, heat 1 tbsp oil. Working in batches, cook scallops until well browned and firm, about 2 to 3 minutes per side, being careful not to overcook. Add remaining 1 tbsp oil between batches. Toss salad and season with salt and pepper. Divide salad among 4 plates and top with scallops.

NUTRIENTS PER SERVING (4 SCALLOPS AND 1 CUP SALAD): **CALORIES:** 247, **TOTAL FAT:** 11 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 7.5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 22 g, **FIBER:** 4 g, **SUGARS:** 8 g, **PROTEIN:** 16 g, **SODIUM:** 545 mg, **CHOLESTEROL:** 27 mg

Calorie-burning capsaicin:

The compound capsaicin in cayenne pepper has been shown to boost thermogenesis – the rate at which your body burns fat – which in turn helps speed up metabolism and calorie burning in the body.





Cuban Papaya Salad

SERVES 4.

HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 45 MINUTES.

INGREDIENTS:

- 2 tbsp slivered raw unsalted almonds
- 1 tbsp olive oil
- 1 boneless, skinless chicken breast (5 to 6 oz)
- Pinch each sea salt and ground black pepper
- ½ cup Israeli couscous, divided
- 1 cup diced red onion (1 small), divided
- 1 cup low-sodium chicken broth or water
- 1 cup cooked black beans, rinsed and drained
- 2 packed cups fresh baby spinach
- 2 tbsp fresh lime juice
- 1 tbsp raw honey
- ¼ tsp red pepper flakes
- ½ tsp ground cumin
- 1½ cups diced papaya
- 1 lime, cut into wedges, optional

INSTRUCTIONS:

ONE: In a large nonstick skillet on medium-high, toast almonds, stirring, until fragrant and beginning to brown. Remove almonds from skillet; set aside.

TWO: Add oil to same skillet and return to medium-high. Season chicken on both sides with salt and black pepper. Add chicken to skillet and cook until center is no longer pink, 5 to 6 minutes per side. Transfer chicken to a plate; allow to rest for 2 minutes, then shred with 2 forks and set aside.

THREE: Add couscous and ¾ cup onion to same skillet, stir and cook until couscous is lightly toasted and onion softens, 3 to 4 minutes. Add broth to skillet and continue to cook and stir until almost all liquid is absorbed, 4 to 5 minutes. Add beans and cook for 1 minute. Add spinach, toss and heat until spinach begins to wilt, about 1 minute more.

FOUR: Meanwhile, in a small bowl, whisk together lime juice, honey, pepper flakes and cumin.

FIVE: Add chicken, papaya and lime-honey dressing to couscous-spinach mixture in skillet; gently toss until well combined (or, if skillet is too full, toss in a large bowl). Transfer mixture from skillet to a serving bowl or platter. Top with remaining ¼ cup onion, almonds and lime wedges (if using).

NUTRIENTS PER SERVING (1½ CUPS):

CALORIES: 271, **TOTAL FAT:** 7 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 40 g, **FIBER:** 7 g, **SUGARS:** 9 g, **PROTEIN:** 17 g, **SODIUM:** 101 mg, **CHOLESTEROL:** 20 mg

Superfruit powers: Sure, papayas look exotic, but don't let that deter you from picking up these nutritional powerhouses in the market. A little more than 1 cup of fresh papaya packs more than 300% of your daily need for vitamin C, which does wonders for your immune system. At 5½ grams per serving, papayas are loaded with fiber and are also an excellent source of folate and beta-carotene, which aids in the formation of DNA and RNA and strengthens eye and reproductive health, respectively.

Mexican Chayote Salad

SERVES 2.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 10 MINUTES.

INGREDIENTS:

- 2 tbsp fresh lime juice
- 1 tsp raw honey
- 1 tsp olive oil
- ¼ tsp each ground cayenne pepper and cumin
- Pinch kosher salt
- 5 radishes, thinly sliced
- 1 small chayote, pitted and julienned
- ½ avocado, pitted, peeled and chopped
- 1 tbsp finely diced jalapeño chile pepper, seeded
- ¼ cup finely chopped fresh cilantro

INSTRUCTIONS:

In a large bowl, whisk together lime juice, honey, oil, cayenne, cumin and salt. Add radishes, chayote, avocado, jalapeño and cilantro; toss gently. Serve immediately or refrigerate, covered, for up to 5 days.

NUTRIENTS PER SERVING (1½ CUPS):

CALORIES: 140, **TOTAL FAT:** 10 g, **SAT. FAT:** 1.5 g, **MONOUNSATURATED FAT:** 7 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 14 g, **FIBER:** 6 g, **SUGARS:** 5 g, **PROTEIN:** 2 g, **SODIUM:** 70 mg, **CHOLESTEROL:** 0 mg





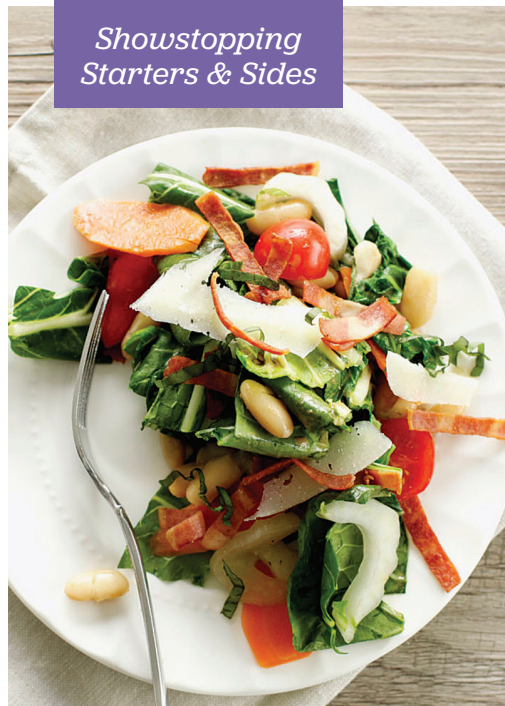
Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.





Turkey Bacon & Bok Choy Salad

with Shaved Parmesan

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 2 large carrots, thinly sliced on the bias
- 2 bunches baby bok choy, stems cut into thin ½-inch-long slices and leaves cut into 1-inch pieces
- 6 oz all-natural turkey bacon, no added nitrates or nitrites
- 1½ cups BPA-free canned cannellini (aka white kidney) or navy beans, drained and rinsed
- 1 cup grape tomatoes, halved
- 2 tbsp shaved Parmesan cheese
- 2 tbsp chopped fresh basil

DRESSING

- 2 tbsp balsamic vinegar
- 2 tbsp extra-virgin olive oil
- 2 tbsp chopped fresh basil
- 2 tsp fresh lemon juice
- 1 clove garlic
- ¼ tsp ground black pepper

INSTRUCTIONS:

ONE: In a large steamer basket set over a pot of gently simmering water, add

carrots and steam for 4 minutes. Add bok choy stems and steam for 1 minute; add bok choy leaves and steam for 1 more minute.

TWO: Meanwhile, mist a nonstick skillet with cooking spray and heat on medium-high. Add bacon and cook, turning once, to desired crispness. When cool enough to handle, slice thinly.

THREE: Prepare dressing: In a blender, blend dressing ingredients and ¼ cup water until smooth.

FOUR: In a large bowl, combine carrots, bok choy, beans and tomatoes. Top with bacon, dressing, cheese and basil.

NUTRIENTS PER SERVING (2 CUPS):

CALORIES: 241, **TOTAL FAT:** 11 g, **SAT.** **FAT:** 2 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 20 g, **FIBER:** 5 g, **SUGARS:** 5 g, **PROTEIN:** 17 g, **SODIUM:** 475 mg, **CHOLESTEROL:** 43 mg

Roasted Butternut Squash & Lemony Lentil Salad

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 45 MINUTES.

INGREDIENTS:

- 2 cups low-sodium vegetable broth (**TRY:** Pacific Foods Organic Vegetable Broth Low-Sodium)
- ¾ cup brown lentils, rinsed
- 2 cups peeled, seeded and cubed butternut squash, seeds reserved
- 2 tbsp plus 1 tsp extra-virgin olive oil, divided
- ½ tsp each coarse sea salt and ground black pepper, divided
- 3 tbsp torn fresh mint
- 2 tbsp apple cider vinegar
- ½ tsp lemon zest and 2 tsp fresh lemon juice
- 1½ tsp raw honey
- 8 cups spring mix greens
- 3 oz goat cheese

INSTRUCTIONS:

ONE: Preheat oven to 400°F. In a small saucepan, bring broth and lentils to a boil. Reduce heat and simmer for about 25 minutes or until lentils have absorbed liquid; remove from heat.

TWO: Line a large and a small rimmed baking sheet with foil. In a large bowl, toss squash with 1 tbsp oil and ¼ tsp each salt and pepper; spread in an even layer on large sheet. Bake squash for 30 minutes. Toss squash seeds with 1 tsp oil and ½ tsp each salt and pepper; spread in an even layer on small sheet. Bake seeds for 15 minutes; set aside.

THREE: Meanwhile, prepare dressing: In a small bowl, whisk mint, vinegar, remaining 1 tbsp oil, lemon zest and juice, honey and remaining ½ tsp each salt and pepper.

FOUR: In a large bowl, toss together spring mix, lentils, squash, cheese and dressing. Divide among 4 plates. Sprinkle 1 tbsp roasted seeds over each (reserve remaining seeds for another use).

NUTRIENTS PER SERVING (3½ CUPS):

CALORIES: 286, **TOTAL FAT:** 14 g, **SAT.** **FAT:** 4.5 g, **MONOUNSATURATED FAT:** 8 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 31 g, **FIBER:** 11 g, **SUGARS:** 6 g, **PROTEIN:** 14 g, **SODIUM:** 418 mg, **CHOLESTEROL:** 10 mg





Spaghetti Squash & Radicchio Salad

SERVES 6.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 1 HOUR, 25 MINUTES.

INGREDIENTS:

- 1 spaghetti squash (3 to 3½ lb), halved lengthwise and seeded
- 2 small heads radicchio, cored and shredded (about 4 cups)
- ⅛ tsp sea salt
- Ground black pepper, to taste
- 18 Kalamata olives, pitted and quartered
- ½ cup chopped fresh flat-leaf parsley
- Juice of 1 lemon
- 2 oz Parmigiano-Reggiano cheese, shaved (about ½ cup)

INSTRUCTIONS:

ONE: Preheat oven to 350°F. Line a rimmed baking sheet with foil and mist with cooking spray. Place squash on baking sheet, cut side down, and bake for 1 hour, 15 minutes, or until flesh is tender when pierced with a fork. Remove from oven and place cut side up on a wire rack to cool slightly.

TWO: To a large bowl, add radicchio. With a fork, scrape out stringy squash flesh, pulling apart any clumps, and add to bowl; discard skin. Season with salt and pepper; toss well. Add parsley,

olives and lemon juice; toss to combine. Top with cheese. Serve warm or at room temperature.

NUTRIENTS PER SERVING (1¼ CUPS):

CALORIES: 114, **TOTAL FAT:** 4 g, **SAT. FAT:** 1 g, **CARBS:** 18 g, **FIBER:** 0.5 g, **SUGARS:** 0.5 g, **PROTEIN:** 2 g, **SODIUM:** 265 mg, **CHOLESTEROL:** 0 mg

Baby Beet Salad

SERVES 2.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 50 MINUTES (PLUS MARINATING TIME).

INGREDIENTS:

- 2 baby yellow beets, scrubbed well
- 2 baby red beets, scrubbed well
- ¼ cup mirin
- ¼ cup rice vinegar
- 1 tbsp red wine vinegar or balsamic vinegar
- 1 tbsp extra-virgin olive oil
- ¼ head picked frisée (aka curly endive), leaves only
- ¼ tsp sea salt or fleur de sel
- ⅛ tsp ground coriander seeds
- 2 tsp raw honey
- 1 tbsp fresh watercress leaves
- 1 oz goat cheese (**CHEF'S TIP:** Opt for locally sourced goat cheese, if available.)

INSTRUCTIONS:

ONE: Preheat oven to 375°F. In a small roasting pan, add beets and roast until tender and easily pierced with a sharp knife, about 30 to 40 minutes. Remove from oven and set aside until cool enough to handle. (**NOTE:** This recipe uses baby beets, but you can use larger ones and increase the roasting time.)

TWO: Remove and discard skin from beets. (Use gloves, if desired.) Transfer beets to a medium bowl and toss with mirin and rice vinegar. Marinate 1 hour, or up to 3 days, covered and refrigerated.

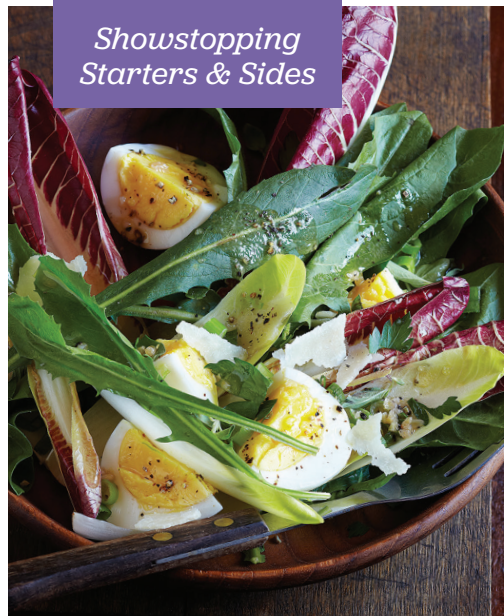
THREE: Transfer to a cutting board, discarding marinade; wash and dry bowl. Cut each beet in half and return to bowl. Add red wine vinegar and oil and toss to combine. Add frisée and toss. (**TIP:** Adding frisée last helps prevent discoloration.)

FOUR: Divide beet mixture among 2 plates. Top each with salt, coriander, honey, watercress and goat cheese, dividing evenly.

NUTRIENTS PER SERVING (1 CUP):

CALORIES: 244, **TOTAL FAT:** 10 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 27 g, **FIBER:** 4 g, **SUGARS:** 23 g, **PROTEIN:** 4 g, **SODIUM:** 388 mg, **CHOLESTEROL:** 7 mg





Bitter Greens Salad with Egg

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 4 large eggs
- ½ cup extra-virgin olive oil
- 1 tbsp red wine vinegar
- 2 tbsp rice vinegar
- ½ tsp raw honey
- 1 clove garlic, finely minced
- Sea salt and ground black pepper, to taste
- 1 lb bitter greens (**CE's PICK:** radicchio, endive, dandelion or frisée)
- 2 green onions, thinly sliced
- 2 tbsp chopped fresh oregano
- ¼ cup fresh flat-leaf parsley leaves
- Shaved Parmesan cheese for garnish, optional

INSTRUCTIONS:

ONE: To a saucepan, add eggs with enough cold water to cover; set on medium-high and bring to a boil. Set timer for 10 minutes; drain and let sit 1 minute. Refresh under cold water and peel. Coarsely chop 2 eggs; quarter remaining 2 eggs.

TWO: Meanwhile, in a large bowl, whisk together oil, vinegars, honey, garlic, salt and pepper. Add greens, onions,

oregano and parsley and toss to coat. Add chopped eggs to bowl, season with salt and pepper and toss. Turn onto a large platter or divide among plates and top with egg quarters. Garnish with Parmesan (if using).

NUTRIENTS PER SERVING (1½ CUPS):
CALORIES 181, **TOTAL FAT:** 12 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 7 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 8 g, **FIBER:** 1 g, **SUGARS:** 2 g, **PROTEIN:** 8 g, **SODIUM:** 128 mg, **CHOLESTEROL:** 211 mg

Orange, Beet & Lentil Salad with Pistachio-Crusted Goat Cheese

SERVES 4. HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 1 HOUR.

INGREDIENTS:

- 2 large red beets, trimmed, peeled and cut into ¾-inch pieces
- 2 tsp plus 2 tbsp olive oil, divided
- ¾ tsp sea salt
- ¼ tsp ground black pepper
- ⅔ cup beluga (black) lentils, rinsed
- 3 navel oranges, divided (**NOTE:** Zest and juice 1 orange and segment 2 oranges.)
- 1 tsp raw honey
- ½ tsp Dijon mustard
- 1 to 1½ heads frisée, coarsely torn
- 6 tbsp shelled unsalted raw pistachios, finely chopped (1½ oz)
- 4-oz log cold goat cheese

INSTRUCTIONS:

ONE: Preheat oven to 425°F and line a large rimmed baking sheet with foil. Mist foil with cooking spray and add beets, 2 tsp oil, ¼ tsp salt and pepper. Toss to combine. Roast until beets are tender when pierced with a fork, tossing beets around once or twice during cooking, 38 to 42 minutes.

TWO: Meanwhile, fill a medium saucepan about halfway with water and

bring to a boil. Add lentils, then reduce heat to medium-high and simmer, uncovered, until tender but not mushy, about 20 minutes. Drain and transfer to a medium bowl. To bowl, add ¼ tsp salt and stir to combine.

THREE: Prepare vinaigrette: In a small jar with a tight-fitting lid, combine remaining 2 tbsp oil, orange zest and juice from 1 orange, honey, mustard and remaining ¼ tsp salt. Shake vigorously until emulsified (or whisk ingredients in a bowl).

FOUR: To a large bowl, add frisée and about half of vinaigrette; toss well to combine. Divide frisée, lentils, beets and orange segments (from remaining 2 oranges) evenly among plates.

FIVE: To a wide bowl, add pistachios. Cut cheese into 8 slices. Press each cheese slice gently into pistachios, coating both sides. Mist a large skillet with cooking spray and heat to just above medium. Add cheese patties and cook until pistachios are lightly toasted, about 1 minute per side, using a thin spatula to flip gently. Place 2 patties on each salad serving. Drizzle remaining vinaigrette over salads.

NUTRIENTS PER SERVING (¼ OF SALAD AND 2 GOAT CHEESE PATTIES):
CALORIES: 422, **TOTAL FAT:** 21 g, **SAT. FAT:** 6 g, **MONOUNSATURATED FAT:** 11 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 44 g, **FIBER:** 15 g, **SUGARS:** 16 g, **PROTEIN:** 19 g, **SODIUM:** 574 mg, **CHOLESTEROL:** 13 mg





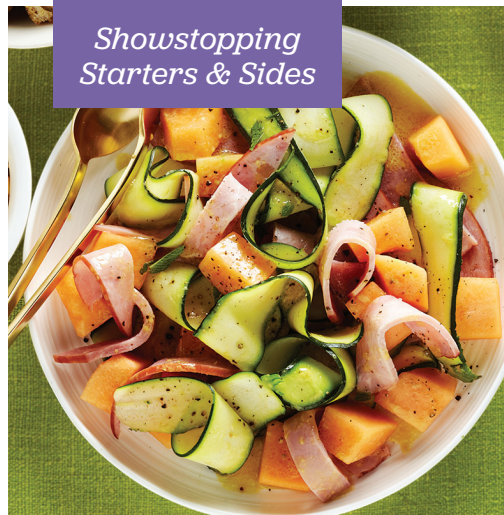
Clean Eating

This page is blank because it contained a full-page advertisement – the content for which was not retained.

To maintain page numbering with the original table of contents, this page has been inserted.

Please continue reading on the next page.





Summer Ribbon Salad

SERVES 6.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 2 zucchini, trimmed
- ¼ lb all-natural, thin, deli-sliced ham (no added nitrites or nitrates)
- ¼ cantaloupe, seeded and cut into 1-inch chunks
- 1 tbsp extra-virgin olive oil
- 1 tbsp white wine vinegar
- 1 tsp Dijon mustard
- ½ tsp dried mint (**TIP:** Fresh mint also works here if you have some on hand, but add it in at the end instead of mixing into dressing.)
- ⅛ tsp each sea salt and ground black pepper

INSTRUCTIONS:

ONE: Run a vegetable peeler lengthwise along the edge of each zucchini to make long ribbons. Stack ham slices and cut into approximately 1 x 5-inch strips.

TWO: In a medium bowl, combine zucchini, ham and cantaloupe. In a small bowl, whisk together oil, vinegar, mustard, mint, salt and pepper. Pour dressing over zucchini mixture and toss gently to combine.

NUTRIENTS PER SERVING (1 CUP):

CALORIES: 64, **TOTAL FAT:** 3 g, **SAT.**

FAT: 0.5 g, **CARBS:** 5 g, **FIBER:** 1 g,

SUGARS: 3.5 g, **PROTEIN:** 5 g,

SODIUM: 232 mg, **CHOLESTEROL:** 11 mg

Warm Salt-Baked Beet Salad with Popped Rice & Candied Grapefruit Zest

SERVES 4. HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 1 HOUR, 20 MINUTES.

INGREDIENTS:

- 3 large beets, plus 1 cup beet leaves (chopped if leaves are large), divided
- 3 to 4 cups coarse sea or kosher sea salt
- 3 tbsp basic vinaigrette (see recipe, at right), divided
- 1 red grapefruit
- 2 tbsp raw honey
- 1 tbsp sunflower oil, plus additional for greasing pan
- ¼ cup wild rice
- 1 large onion, sliced into rings
- Fine sea salt, to taste
- 1 avocado, peeled, pitted and cut into chunks
- ¼ cup chopped toasted unsalted almonds

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Place beets in a heavy roasting pan and cover with coarse sea salt. Roast for about 45 minutes. (**NOTE:** During baking, salt will form a crust around beets. To test for doneness, break a small piece of the crust away then insert a knife to see if it pierces beet easily.) Remove salt from beets.

TWO: Transfer beets to a colander and rinse under cool water. Peel and rinse lightly again. Cut into wedges, place in a bowl and dress with 2 tbsp vinaigrette.

THREE: Using a peeler, remove a piece of zest from grapefruit then julienne to yield 1 tbsp. Over a bowl to catch juices, peel and segment grapefruit. Measure 2 tbsp juice and set aside; reserve grapefruit segments.

FOUR: Prepare candied zest: In a small saucepan on high, combine zest with enough water to cover. Bring to a boil for 1 minute. Discard water; return zest to pan with fresh water. Repeat process until zest is no longer bitter (about four

times). After draining the final time, combine zest with honey and grapefruit juice in saucepan and boil on medium-high until reduced by half. Set aside.

FIVE: In a medium saucepan on high, heat 1 tbsp oil. Add rice and cook, stirring constantly, until it pops, 2 to 3 minutes. Transfer to paper towels.

SIX: In a lightly greased grill pan on high, grill onion rings until lightly charred on both sides. Transfer to a medium bowl. Add remaining 1 tbsp vinaigrette, beet leaves and fine salt and toss.

SEVEN: Divide beet leaf mixture among plates. Top with roasted beets, grapefruit segments, avocado, almonds, candied zest and popped rice.

NUTRIENTS PER SERVING (¼ OF RECIPE):

CALORIES: 367, **TOTAL FAT:** 24 g, **SAT.**

FAT: 3 g, **MONOUNSATURATED FAT:** 12 g,

POLYUNSATURATED FAT: 8 g, **CARBS:** 38 g,

FIBER: 8 g, **SUGARS:** 16 g, **PROTEIN:** 6 g,

SODIUM: 337 mg, **CHOLESTEROL:** 0 mg

BASIC VINAIGRETTE

MAKES ABOUT 1 CUP.

INGREDIENTS:

- 1 cup sunflower oil
- 2 tbsp red wine vinegar
- 1 tsp sea salt
- ½ clove garlic, crushed

INSTRUCTIONS:

In a container with a tight-fitting lid, combine all ingredients. Seal container and shake vigorously. Immediately pour out desired amount of vinaigrette. Re-shake to combine between uses if it stands longer than 15 seconds. Store in the refrigerator for up to 5 days.





Pack it with protein:

This purple potato salad is given a protein boost with hard-boiled eggs and all-natural turkey bacon to give you 12 grams of protein per serving. Protein combined with slow-burning carbs like purple potatoes can provide you with sustained energy throughout the day.



Purple Potato Egg Salad

SERVES 2.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 2 small purple potatoes, chopped in $\frac{3}{4}$ -inch pieces
- 2 large eggs
- 2 1-oz slices all-natural turkey bacon (no added nitrites or nitrates)
- 1 green onion, thinly sliced
- 2 tbsp apple cider vinegar
- 2 tbsp Dijon mustard
- 1 tsp olive oil
- $\frac{1}{8}$ tsp cracked black pepper

INSTRUCTIONS:

ONE: To a saucepan, add potatoes and cover with cold water. Bring to a boil, reduce to a simmer and cook until fork-tender, about 6 to 7 minutes. Drain and place in a large bowl.

TWO: Meanwhile, to another saucepan, add eggs and cover with cold water. Set on medium-high and bring to a boil. Set timer for 10 minutes; drain and let sit 1 minute. Refresh under cold water and peel. Chop eggs and add to bowl with potatoes.

THREE: To a small skillet on medium, add bacon and cook, turning once, until desired crispness. Remove and chop.

Add to bowl with potato-egg mixture. Add onions.

FOUR: In a small bowl, whisk together vinegar and mustard. Whisk in oil. Add pepper and whisk again. Pour over potato-egg mixture and fold to coat.

NOTE: This salad works amazingly well as a hearty snack, but you may want to double or triple the recipe to have extra, or to make as a lunch or light dinner.

NUTRIENTS PER SERVING ($\frac{1}{2}$ OF RECIPE):

CALORIES: 243, **TOTAL FAT:** 8 g, **SAT.**

FAT: 2 g, **MONOUNSATURATED FAT:** 4 g,

POLYUNSATURATED FAT: 1 g, **CARBS:** 27 g,

FIBER: 2 g, **SUGARS:** 1 g, **PROTEIN:** 12 g,

SODIUM: 552 mg, **CHOLESTEROL:** 197 mg ©

*Easy, Breezy
Slaws & Salsas*

**Ko Samui
Chicken Slaw**
*with Spicy Lime
Vinaigrette*
(See recipe, p. 32)



A vertical photograph on the left side of the page. The top part shows a glass of orange juice with a black straw. The bottom part shows a bowl filled with a colorful slaw, including shredded carrots, red bell peppers, and green herbs. The bowl is resting on a light-colored wooden surface.

Easy, Breezy Slaws & Salsas

32 Chipotle Slaw
with Grilled Lobster Tails

32 Ko Samui
Chicken Slaw
with Spicy Lime Vinaigrette

33 Fresh Coconut
Jicama Slaw
with Lemongrass Dressing

33 Warm Sweet
& Sour Cabbage Slaw

35 Shredded
Papaya Salad

35 Grilled Corn
& Peach Salsa

35 Asian-Style Savoy
& Carrot Slaw

36 Sweet Maine
Lobster, Mango
& Jicama Salad
with Cucumber Vinaigrette

36 Salt & Pepper Shrimp
over Jalapeño Slaw
*with Coconut Lime
Vinaigrette*

37 Raw Butternut
Squash &
Cranberry Salad

37 Sweet & Sour
Edamame Salad
with Spinach

37 Spicy Jicama Slaw

*Don't relegate slaws and salsas to
being simply sides – let them shine!
These recipes are so colorful and
creative, they'll play a starring role
without you even having to try.*



Chipotle Slaw

with Grilled Lobster Tails

SERVES 6.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 35 MINUTES.

INGREDIENTS:

- 1 clove garlic, minced
- ½ jalapeño or green chile pepper, seeded and minced
- 3 tbsp chopped fresh cilantro
- 2 tbsp organic unsalted butter, melted
- 2 tbsp olive oil
- 1 tsp lime zest, plus 2 tsp fresh lime juice
- Sea salt and ground black pepper, to taste
- 6 lobster tails (6 to 8 oz each), fresh or frozen, thawed
- 1 lime, cut into wedges, optional

COLESLAW

- ¼ cup plain yogurt
- ¼ cup olive oil mayonnaise
- 2 tbsp fresh lime juice
- 1 tbsp finely chopped chipotle chiles in adobo sauce
- ½ tsp ground cumin
- 1 yellow bell pepper, thinly sliced

- 4 cups coarsely shredded red cabbage
- 4 cups coarsely shredded savoy or green cabbage
- 1 cup unsalted cooked black beans or BPA-free canned black beans
- Sea salt and ground black pepper, to taste

EQUIPMENT:

- 6 metal skewers

INSTRUCTIONS:

ONE: Prepare coleslaw: In large bowl, combine yogurt, mayonnaise, 2 tbsp lime juice, chipotle chiles with sauce and cumin. Fold in remaining coleslaw ingredients and set aside.

TWO: Prepare butter: In a small bowl, combine garlic, jalapeño, cilantro, butter, oil, lime zest, 2 tsp lime juice, salt and black pepper. **(MAKE AHEAD:** Coleslaw and butter can be prepared up to 2 days in advance; warm butter enough to melt just before needed.)

THREE: With kitchen shears, cut away the soft shell of the entire underside of each lobster tail, towards tail and about 1½ inches wide, exposing meat. Insert 1 metal skewer lengthwise through meat and out tail end of each.

FOUR: Heat a greased indoor grill on medium-high. (Alternatively, use an outdoor grill and adjust temperature to medium as necessary.) Add lobster tails to grill, cut side down, and cover. Cook until shells are bright red, 4 to 6 minutes. Turn and brush meat with butter mixture, dividing evenly. Cover and cook until lobster meat is opaque throughout, 4 to 6 minutes. Remove skewers and divide among plates. Serve with coleslaw and lime wedges (if using).

NUTRIENTS PER SERVING (1 TAIL AND

1 CUP COLESLAW): **CALORIES:** 217, **TOTAL FAT:** 12 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 17 g, **FIBER:** 5 g, **SUGARS:** 4.5 g, **PROTEIN:** 11 g, **SODIUM:** 207 mg, **CHOLESTEROL:** 34 mg



Ko Samui Chicken Slaw

with Spicy Lime Vinaigrette

SERVES 6.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES.

INGREDIENTS:

- 4 large carrots, shredded
- 1 large red bell pepper, thinly sliced
- 1 large zucchini, trimmed and finely chopped
- 1 mango, peeled, pitted and cut into matchsticks
- 6 cups shredded savoy, napa or green cabbage
- 4 cups chopped cooked chicken breast
- 2 cups chopped snap peas
- 6 tbsp fresh lime juice
- ¼ cup olive oil
- 2 tbsp rice vinegar
- 2 tsp Sucanat or organic evaporated cane juice
- 1½ tsp hot sauce
- ½ cup finely chopped fresh mint
- 6 tbsp chopped roasted unsalted peanuts

INSTRUCTIONS:

ONE: In a large bowl, combine carrots, bell pepper, zucchini, mango, cabbage, chicken and peas.

TWO: In a small bowl, whisk together lime juice, oil, vinegar, Sucanat, hot sauce and mint. Pour dressing over vegetable mixture and toss. Divide among bowls and top with peanuts.

NUTRIENTS PER SERVING (3 CUPS):

CALORIES: 399, **TOTAL FAT:** 18 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 10 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 27 g, **FIBER:** 7 g, **SUGARS:** 17 g, **PROTEIN:** 35 g, **SODIUM:** 164 mg, **CHOLESTEROL:** 79 mg



Fresh Coconut Jicama Slaw *with Lemongrass Dressing*

SERVES 6.

HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES (PLUS CHILLING TIME).

INGREDIENTS:

- 1 fresh coconut (**NOTE:** Choose a coconut that sounds like it has a lot of liquid sloshing around in it when shaken. Alternatively, you can use 1 cup dried unsweetened flaked coconut. **TRY:** Bob's Red Mill Coconut Flakes)
- 4 cups peeled and matchstick-cut jicama
- 1 cup grated carrot
- 1 cup peeled, pitted and thinly sliced mango
- $\frac{3}{4}$ cup loosely packed chopped fresh mint

DRESSING

- $\frac{1}{2}$ cup fresh lime juice
- 2 tbsp seeded and minced hot red pepper (such as hot cherry pepper)
- 2 tbsp minced lemongrass (**NOTE:** Remove tough outer layers from stalks and mince the tender inner portion.)
- 2 cloves garlic, minced
- 1 tsp fish sauce
- 1 tsp reduced-sodium tamari
- 2 tbsp rice vinegar

INSTRUCTIONS:

ONE: Prepare coconut: Preheat oven to 400°F. Use a hammer and a Phillips-head screwdriver to poke through the 3 “eyes” of the coconut, starting with the one that feels softest. (**NOTE:** The 3 “eyes” are dimples on one end of

the coconut; one tends to be softer than the other two.) Drain liquid into a bowl or measuring cup. Place drained coconut on a rimmed baking sheet and bake for 20 minutes. Let cool.

TWO: Wrap coconut in a clean towel and bang a few times against a hard surface or whack with a hammer to break shell. Remove meat from hard shell, and if desired, peel thin brown skin with a vegetable peeler. Grate the large chunks of coconut using the shredding attachment of a food processor or a box grater, or carefully slice with a knife to yield 1 cup (reserve remaining for another use).

THREE: In a large bowl, combine coconut, jicama, carrot, mango and mint and toss to combine. In a small bowl, whisk together all dressing ingredients. Pour dressing over jicama mixture and toss to coat. Refrigerate, covered, for 30 minutes. Serve chilled.

NUTRIENTS PER SERVING (1 HEAPING CUP): **CALORIES:** 121, **TOTAL FAT:** 5 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 0 g, **POLYUNSATURATED FAT:** 0 g, **CARBS:** 19 g, **FIBER:** 7 g, **SUGARS:** 8 g, **PROTEIN:** 2 g, **SODIUM:** 140 mg, **CHOLESTEROL:** 0 mg

Warm Sweet & Sour Cabbage Slaw

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 45 MINUTES.

INGREDIENTS:

- 2 tsp olive oil
- 2 1-oz slices all-natural turkey bacon, no added nitrates or nitrites, cut into $\frac{1}{2}$ -inch strips

- 1 tsp caraway seeds
- 4 cups shredded red cabbage
- 1 red apple (such as Gala), chopped into $\frac{1}{2}$ -inch chunks
- $\frac{1}{2}$ cup apple cider vinegar (**TRY:** Bragg Organic Raw Apple Cider Vinegar)
- 2 tbsp pure maple syrup

INSTRUCTIONS:

ONE: In a large skillet on medium-high, heat oil. Add bacon and caraway seeds and cook, stirring frequently, until golden, about 3 minutes.

TWO: Add cabbage and apple and cook, stirring frequently, until cabbage just begins to soften. Add vinegar and maple syrup, stirring to combine. Cover and reduce heat to medium-low. Cook until cabbage is very tender, about 30 minutes.

NUTRIENTS PER SERVING

($\frac{3}{4}$ CUP): **CALORIES:** 117, **TOTAL FAT:** 3 g, **SAT. FAT:** 0 g, **CARBS:** 19 g, **FIBER:** 3 g, **SUGARS:** 14 g, **PROTEIN:** 4 g, **SODIUM:** 123 mg, **CHOLESTEROL:** 13 mg

Cancer-protective cabbage:

Red cabbage's bright hue is telling of its high levels of free radical-fighting anthocyanin pigments. In addition to cabbage's antioxidant properties, it's also richer in disease-protective glucosinolates than green cabbage. In studies, molecules of glucosinolates have been shown to exhibit anticarcinogenic activities.





The appeal of papaya: This soft tropical fruit is an excellent source of carotenoids, flavonoids and vitamin C, all potent antioxidants that protect the arteries and help prevent heart disease. Papaya also contains papain, an enzyme that aids in the digestion of proteins and helps your body recover from inflammation and injuries.



Shredded Papaya Salad

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- ¼ cup sliced green beans (½-inch lengths)
- ½ to 1 red Thai chile pepper, stemmed
- 1 tbsp date sugar
- 2 large cloves garlic, peeled
- 2 tbsp fresh lime juice
- 1 tbsp fish sauce
- 4 cups julienne, shredded or grated green papaya or green mango, divided
- 1 cup cherry tomatoes, halved
- 2 tbsp unsalted roasted peanuts, chopped
- 2 tbsp chopped fresh cilantro

INSTRUCTIONS:

ONE: Into a medium heat-proof bowl, pour 2 cups boiling water over beans. Let sit for 30 seconds; drain and refresh with cold water. Drain and set aside.

TWO: Place chile pepper, sugar and garlic in a large mortar and pestle and pound until the mixture is a fine paste, or smash it with the side of a chef's knife. Add lime juice and fish sauce and stir to dissolve sugar. Pour into a small bowl.

THREE: Add 1 cup papaya to mortar and pound with the pestle until fruit is a little bruised and limp, about 20 seconds. Transfer papaya to a large bowl and toss with dressing and remaining ingredients. If you don't have a mortar and pestle, vigorously mix papaya and dressing together with your hands, squeezing gently to slightly bruise fruit. **(MAKE AHEAD:** This salad can be made up to 2 hours in advance and refrigerated until ready to serve.)

NUTRIENTS PER SERVING (1½ CUPS):

CALORIES: 88, **TOTAL FAT:** 2.5 g, **SAT. FAT:** 0.5 g, **CARBS:** 15.5 g, **FIBER:** 2 g, **SUGARS:** 9 g, **PROTEIN:** 4 g, **SODIUM:** 312 mg, **CHOLESTEROL:** 0 mg

Grilled Corn & Peach Salsa

SERVES 8.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 40 MINUTES (PLUS COOLING TIME).

INGREDIENTS:

- 4 cobs corn, husks removed
- 1 tbsp olive oil, plus additional as needed
- 1 tbsp white wine vinegar
- 1 tsp ground cumin
- 1 tsp red pepper flakes
- ½ tsp each sea salt and ground black pepper
- 3 peaches, pitted and finely chopped
- ½ cup lightly packed fresh cilantro, finely chopped

INSTRUCTIONS:

ONE: Preheat a grill or grill pan to medium-high. Cut 4 sheets of foil into 12-inch squares. Lightly brush corn with oil, as needed, and wrap each diagonally in a foil sheet, twisting ends of foil. Grill corn, rotating occasionally, until richly browned on all sides, 15 to 20 minutes. Transfer to a plate and let stand in foil for 10 minutes. Remove foil and let cool.

TWO: Meanwhile, prepare dressing: In a small bowl, whisk together 1 tbsp oil, vinegar, cumin, pepper flakes, salt and black pepper. Once corn has cooled, carefully cut corn off cob and transfer to a medium bowl with peaches and cilantro. Pour dressing over corn mixture and stir to combine.

NUTRIENTS PER SERVING (½ CUP):

CALORIES: 85, **TOTAL FAT:** 3 g, **SAT. FAT:** 0 g, **CARBS:** 14 g, **FIBER:** 2 g, **SUGARS:** 7 g, **PROTEIN:** 3 g, **SODIUM:** 31 mg, **CHOLESTEROL:** 2 mg



Asian-Style Savoy & Carrot Slaw

SERVES 4.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 10 MINUTES.

INGREDIENTS:

- ¼ cup rice vinegar
- 1 tbsp sesame oil
- 2 tsp pure maple syrup
- 2 cups shredded savoy cabbage
- 1 cup shredded carrot
- 2 green onions, thinly sliced
- 2 tbsp chopped fresh cilantro

INSTRUCTIONS:

In a large bowl, whisk together vinegar, oil and maple syrup. Add cabbage, carrot, onions and cilantro and toss to coat.

NUTRIENTS PER SERVING (¼ CUP):

CALORIES: 67, **TOTAL FAT:** 3.5 g, **SAT. FAT:** 0.5 g, **CARBS:** 8 g, **FIBER:** 2 g, **SUGARS:** 6 g, **PROTEIN:** 1 g, **SODIUM:** 22 mg, **CHOLESTEROL:** 0 mg





Sweet Maine Lobster, Mango & Jicama Salad

with Cucumber Vinaigrette

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES.

INGREDIENTS:

- 2 lobsters (1 to 1½ lb each), cooked, chilled and shelled
- 1 mango, peeled and sliced
- ¼ jicama, peeled and sliced into strips
- ½ cucumber, peeled, seeded and sliced thinly lengthwise
- 1 cup arugula
- 16 mint leaves
- 8 sprigs cilantro
- ¼ cup extra-virgin olive oil
- Sea salt, to taste (**TRY:** Eden Sea Salt – French Celtic)

CUCUMBER VINAIGRETTE

- Juice of ¼ cucumber (about 2 tbsp) (**TIP:** If you don't have a juicer, you can blend peeled cucumber with just enough water to get blades moving, then strain; you may want to make an extra batch of this dressing and store in the fridge for a couple of days.)
- 1½ tsp Sucanat
- 1 tbsp fresh lime juice
- ½ tsp sea salt
- ½ tsp chopped jalapeño chile pepper

INSTRUCTIONS:

ONE: Prepare vinaigrette: Combine all ingredients with a whisk until Sucanat is

dissolved. Taste and adjust seasonings, if desired. Set aside

TWO: Slice lobster tail meat and arrange on a plate in a circle. In a bowl, toss claw meat with mango, jicama, cucumber, arugula, mint, cilantro, oil and vinaigrette. Sprinkle a touch of salt on each piece of plated lobster, and top plate with a pile of salad.

NUTRIENTS PER SERVING:

CALORIES: 442, **TOTAL FAT:** 17 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 11 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 21 g, **FIBER:** 3.5 g, **SUGARS:** 10 g, **PROTEIN:** 48 g, **SODIUM:** 574 mg, **CHOLESTEROL:** 159 mg

Salt & Pepper Shrimp over Jalapeño Slaw

with Coconut Lime Vinaigrette

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- ½ cup coconut milk (**TRY:** Native Forest Organic Classic Coconut Milk)
- ¼ cup unsalted roasted peanuts
- Zest and juice of 2 limes, divided
- ½ cup loosely packed whole cilantro leaves
- ½ tsp each sea salt and ground black pepper, divided
- 1 large jalapeño chile pepper, seeded and minced

- 1 small head napa cabbage (about 1 lb), halved lengthwise and sliced into ¼-inch ribbons
- 1 large red bell pepper, thinly sliced lengthwise
- 1 large carrot, peeled into ribbons, outer peel discarded
- 1 lb large shrimp, peeled and deveined
- 1 tsp olive oil

INSTRUCTIONS:

ONE: Prepare vinaigrette: In a blender, combine coconut milk, peanuts, zest and juice of 1 lime, cilantro, ¼ tsp each salt and black pepper. Blend until peanuts and cilantro are finely chopped, about 30 seconds. Set aside.

TWO: Prepare slaw: In a large bowl, toss jalapeño, cabbage, bell pepper and carrot. Set aside.

THREE: In a medium bowl, add shrimp and sprinkle with remaining ¼ tsp each salt and black pepper. Add oil and mix to coat. In a large sauté pan on medium-high, cook shrimp, tossing often, until cooked through, about 5 minutes. Add 2 tbsp water and cook, scraping up any browned bits from bottom of pan. Once water evaporates almost completely, remove from heat. Add zest and juice of remaining lime to shrimp and toss to coat.

FOUR: Pour vinaigrette over top of slaw and mix well. Divide among plates and top each with shrimp.

NUTRIENTS PER SERVING (¼ OF RECIPE):

CALORIES: 250, **TOTAL FAT:** 10 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 12 g, **FIBER:** 4 g, **SUGARS:** 5 g, **PROTEIN:** 28 g, **SODIUM:** 440 mg, **CHOLESTEROL:** 170 mg



Raw Butternut Squash & Cranberry Salad

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 2 tsp extra-virgin olive oil
- 1 tsp raw honey
- 2 oranges (**NOTE:** Zest and juice 1 orange to yield 2 tbsp zest and ¼ cup juice; peel and segment remaining orange, then cut segments to thin triangles, reserving juices.)
- 3 cups shredded butternut squash (about one-quarter of 4-lb squash)
- ½ cup unsweetened dried cranberries
- 1 1-inch piece fresh ginger, peeled and minced
- Dash sea salt

INSTRUCTIONS:

In a large mixing bowl, combine oil, honey, orange zest, orange juice, orange slices and reserved juices. Add squash, cranberries, ginger and salt; toss to combine.

NUTRIENTS PER SERVING (1 CUP):

CALORIES: 200, **TOTAL FAT:** 2.5 g, **SAT. FAT:** 0 g, **CARBS:** 43 g, **FIBER:** 4 g, **SUGARS:** 20 g, **PROTEIN:** 3 g, **SODIUM:** 35 mg, **CHOLESTEROL:** 0 mg



Sweet & Sour Edamame Salad *with Spinach*

SERVES 2.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 10 MINUTES.

INGREDIENTS:

- 1½ tbsp 100% apple juice
- 2 tsp apple cider vinegar
- 1 tsp toasted sesame oil
- 1 tsp reduced-sodium tamari
- 1½ cups frozen shelled edamame, thawed
- 1 cup peeled and grated carrots
- 2 cups baby spinach

INSTRUCTIONS:

In a small bowl, whisk apple juice, vinegar, oil and tamari. In a large bowl, combine edamame and carrots. Add apple juice mixture to edamame mixture and toss to coat. Add spinach to plates and top with edamame mixture, dividing evenly.

NUTRIENTS PER SERVING (1½ CUPS

EDAMAME MIXTURE AND 1 CUP SPINACH):

CALORIES: 213, **TOTAL FAT:** 8 g, **SAT. FAT:** 0.5 g, **MONOUNSATURATED FAT:** 1 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 20 g, **FIBER:** 9 g, **SUGARS:** 8 g, **PROTEIN:** 16 g, **SODIUM:** 202 mg, **CHOLESTEROL:** 0 mg

Spicy Jicama Slaw

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

INGREDIENTS:

- 1 jicama (about 1¼ lb), peeled and shredded (**NOTE:** Cut into quarters before shredding on a box grater. Gather shreds and squeeze in a clean, dry towel to remove excess liquid.)
- 1 tbsp chipotle chile in adobo sauce, minced (**TIP:** Use half of this amount if you prefer less heat.)
- 2 tbsp raw honey
- ½ cup packed fresh cilantro, finely chopped
- ½ tsp sea salt

INSTRUCTIONS:

To a large bowl, add jicama. In a small bowl, whisk together chile and honey. Pour over jicama and stir to combine. Stir in cilantro and salt.

NUTRIENTS PER SERVING (½ CUP):

CALORIES: 45, **TOTAL FAT:** 0 g, **SAT. FAT:** 0 g, **CARBS:** 11 g, **FIBER:** 2 g, **SUGARS:** 9 g, **PROTEIN:** 1 g, **SODIUM:** 79 mg, **CHOLESTEROL:** 0 mg



*Protein-Packed
Beef & Pork*

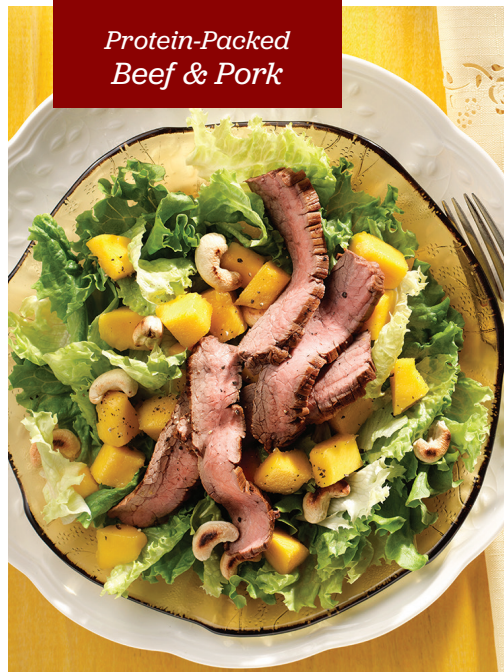
Rainbow Slaw
with Grilled
Herbed Steak
(See recipe, p. 43)



Protein-Packed **Beef & Pork**

- 40** Asian Beef & Mango Salad
with Cashews
- 40** Mason Jar Ham, Cheese & Sweet Pepper Salad
- 41** Steak & Mixed Greens
with Black Peppercorn Dressing
- 41** Charred Lettuce & Grilled Flank Steak Salad
with Orange Shallot Vinaigrette
- 42** Sweet Pepper Sirloin Salad
with Fresh Horseradish Vinaigrette & Blue Cheese
- 43** Rainbow Slaw
with Grilled Herbed Steak
- 43** Steak Salad
with Medjool Dates

Hearty beef and pork are lightened up by a tangle of fresh, crunchy and health-elevating vegetables.



Asian Beef & Mango Salad *with Cashews*

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 30 MINUTES
(PLUS MARINATING TIME).

INGREDIENTS:

- ¼ cup plus 2 tbsp fresh lime juice, strained, divided
- 2 tbsp reduced-sodium soy sauce, divided
- 4 tsp raw honey, divided
- 1 lb flank steak, trimmed
- 1 tsp safflower oil
- 7 cups torn green leaf lettuce
- ½ cup peeled and diced mango or pineapple
- 1 oz unsalted cashews (about 16), lightly toasted
- Ground black pepper, to taste

INSTRUCTIONS:

ONE: To an extra-large resealable plastic bag, add ¼ cup lime juice, 1 tbsp soy sauce and 1½ tsp honey. Add steak, seal bag and set aside to marinate at room temperature for 15 minutes.

TWO: Meanwhile, set an oven rack about 8 inches from top and preheat broiler to high. Place a broiler pan on top of a baking sheet and mist broiler pan with cooking spray. Transfer steak

to broiler pan and broil for 5 minutes. Carefully turn over and broil for another 5 minutes for medium-rare or another 7 minutes for medium. (**NOTE:** Alternatively, cook the steak over a grill instead of using the broiler.) Transfer to a cutting board, cover with foil, and let rest for 5 minutes. With a serrated knife, thinly slice steak against the grain. Spoon any juices from cutting board over steak.

THREE: Meanwhile, to a large bowl, add remaining 2 tbsp lime juice, remaining 1 tbsp soy sauce, remaining 2½ tsp honey, oil and 1 tsp water; whisk well. Add lettuce and mango and toss well. Divide among plates and top each with steak and cashews. Sprinkle pepper over top.

NUTRIENTS PER SERVING (¼ OF SALAD AND 1 TBSP DRESSING):

CALORIES: 249, **TOTAL FAT:** 11 g, **SAT. FAT:** 3.5 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 12 g, **FIBER:** 1 g, **SUGARS:** 8 g, **PROTEIN:** 25 g, **SODIUM:** 237 mg, **CHOLESTEROL:** 65 mg

Mason Jar Ham, Cheese & Sweet Pepper Salad

SERVES 1.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

INGREDIENTS:

- ¼ each red, yellow and green bell pepper, thinly sliced
- 3 tbsp sliced green onions, divided
- 2 tsp fresh thyme, chopped, divided
- 4 tsp champagne vinegar
- 1 tsp Dijon mustard
- 1 tsp extra-virgin olive oil
- Ground black pepper, to taste
- 1 oz all-natural uncured sliced black forest ham, sliced into strips (**TRY:** Applegate Organics Black Forest Ham)
- ½ oz sliced provolone cheese, sliced into strips
- ¼ cup arugula

EQUIPMENT:

- 1 2-cup glass jar with lid

INSTRUCTIONS:

ONE: Mist a small sauté pan with cooking spray and heat on medium. Add bell peppers and sauté, stirring constantly until softened, 2 minutes. Add 1½ tbsp onions and 1 tsp thyme. Remove from heat and set aside to cool in pan.

TWO: Prepare dressing: In a small bowl, whisk together vinegar, Dijon, remaining 1 tsp thyme, oil and black pepper.

THREE: Build salad: Add dressing to bottom of jar. Layer ham, bell pepper mixture, remaining 1½ tbsp onions, cheese and arugula. Cover with lid and refrigerate. Just before serving, shake jar to distribute dressing. Make up to 1 day in advance.

NUTRIENTS PER SERVING (1 JAR):

CALORIES: 160, **TOTAL FAT:** 9 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 0.5 g, **CARBS:** 11 g, **FIBER:** 3 g, **SUGARS:** 4 g, **PROTEIN:** 10 g, **SODIUM:** 479 mg, **CHOLESTEROL:** 25 mg





Steak & Mixed Greens

with Black Peppercorn Dressing

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 4 cups chopped iceberg lettuce
- 4 cups chopped arugula
- 4 cups chopped romaine lettuce
- 2 cups thinly sliced mushrooms
- 1 red bell pepper, sliced into thin strips
- 1 cucumber, peeled and thinly sliced
- ½ red onion, thinly sliced
- 10 oz beef tenderloin, trimmed and cut into 3-inch-long strips (½ inch thick and ½ inch wide)
- 4 tbsp peeled and chopped avocado

BLACK PEPPERCORN DRESSING

- ½ cup plain Greek yogurt
- ½ cup buttermilk
- 2 cloves garlic, crushed
- 2 tsp apple cider vinegar
- 1 tsp whole black peppercorns, crushed or ground
- ¼ tsp sea salt

INSTRUCTIONS:

ONE: Set oven to broil on low. In a large bowl, combine iceberg, arugula and romaine lettuces. Divide greens among 4 plates. Arrange ½ cup mushrooms and one-quarter each of bell pepper, cucumber and onion on each plate of greens.

TWO: Prepare Black Peppercorn Yogurt Dressing: In a small bowl, whisk together all dressing ingredients.

THREE: Mist a small baking pan or stone with cooking spray. Place beef strips on pan and broil for 6 minutes, turning once after 3 minutes. Divide

beef among salads (about 2½ oz each). Drizzle each with dressing and sprinkle avocado over top.

NUTRIENTS PER SERVING (¼ OF RECIPE):

CALORIES: 187, **TOTAL FAT:** 5 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 0.5 g **CARBS:** 15 g, **FIBER:** 5 g, **SUGARS:** 8 g, **PROTEIN:** 22 g, **SODIUM:** 220 mg, **CHOLESTEROL:** 39 mg

Charred Lettuce & Grilled Flank Steak Salad

with Orange Shallot Vinaigrette

SERVES 4.

HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 1 HOUR.

INGREDIENTS:

- 8 fingerling potatoes, scrubbed and halved lengthwise (about 10 oz)
- ½ tsp dried oregano
- Sea salt and ground black pepper, to taste
- 2 cups grape tomatoes, halved lengthwise
- Zest and juice of 1 large orange
- 1 shallot, minced
- 2 tbsp white balsamic vinegar
- 1 tbsp olive oil
- 2 tsp raw honey
- 1 tsp Dijon mustard
- 1 tbsp chopped fresh tarragon leaves
- 8 oz flank steak, trimmed
- 4 hearts romaine lettuce
- ¼ cup toasted unsalted walnut pieces
- ½ cup crumbled blue cheese

INSTRUCTIONS:

ONE: Preheat oven to 425°F. Mist potatoes with cooking spray and season with oregano, salt and pepper. Arrange potatoes cut sides down on 1 side of a parchment-lined baking sheet and roast for 10 minutes.

TWO: Add tomatoes to second side of sheet, mist with cooking spray and season with salt and pepper. Return sheet to oven and roast for 25 minutes

more, until potatoes are fork-tender and golden and tomatoes are lightly charred and shriveled. Set aside.

THREE: Meanwhile, prepare vinaigrette:

Whisk together orange zest and juice, shallot, vinegar, oil, honey, Dijon and tarragon. Season with salt and pepper.

FOUR: Mist a grill pan with cooking spray or grease a grill and heat to medium-high. Mist steak with cooking spray and season with salt and pepper. Grill steak to desired doneness, turning once; about 8 minutes for medium-rare or 10 minutes for medium. Transfer to a cutting board or plate and cover loosely with foil to rest. Keep grill pan on medium-high.

FIVE: Trim a small piece from root end of romaine, keeping leaves attached to root, then cut romaine in half lengthwise. Brush or toss romaine with about half of vinaigrette. Working in batches if necessary, add romaine to pan cut sides down, turning occasionally, until charred on all sides, about 4 minutes.

SIX: Thinly slice steak across the grain. Arrange 2 romaine heart halves on each plate, cut sides up, and top evenly with steak, potatoes and tomatoes. Drizzle with remaining dressing and garnish evenly with walnuts and blue cheese.

NUTRIENTS PER SERVING (¼ OF RECIPE):

CALORIES: 321, **TOTAL FAT:** 15 g, **SAT. FAT:** 5 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 28 g, **FIBER:** 4 g, **SUGARS:** 10 g, **PROTEIN:** 19 g, **SODIUM:** 286 mg, **CHOLESTEROL:** 43 mg





Peppers for your peepers: The addition of bell peppers makes this salad a vitamin C superstar – providing 167% of your daily value (DV). A water-soluble vitamin, vitamin C is renowned for its importance to good eyesight, helping to prevent cataracts and macular degeneration.

Sweet Pepper Sirloin Salad *with Fresh Horseradish Vinaigrette & Blue Cheese*

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 25 MINUTES.

INGREDIENTS:

- 1 lb boneless top sirloin steak, about $\frac{3}{4}$ inch thick, trimmed
- 5 oz mixed spring greens
- $\frac{1}{2}$ each yellow and orange bell pepper, sliced
- 1 cup grape tomatoes, halved
- $\frac{1}{2}$ cup thinly sliced red onion
- 1 $\frac{1}{2}$ oz crumbled blue cheese

VINAIGRETTE

- $\frac{1}{3}$ cup white balsamic or white wine vinegar
- 2 tbsp fresh grated horseradish
- 1 tbsp safflower or olive oil
- 2 cloves garlic, minced
- $\frac{1}{2}$ tsp each sea salt and coarse ground black pepper

INSTRUCTIONS:

ONE: Heat a large grill pan or grill on medium-high and lightly grease grates. Add steak and cook, turning once, to desired doneness, 6 to 8 minutes for medium-rare (internal temperature of 145°F when tested with an instant-read thermometer) and 7 to 10 minutes for medium (160°F). Transfer to a cutting board and let rest for 10 minutes; thinly slice against grain into 12 to 16 slices.

TWO: Meanwhile, in a small bowl, whisk together all vinaigrette ingredients.

THREE: In a large bowl, combine greens, bell peppers, tomatoes and onion. Top with steak, vinaigrette and cheese, dividing evenly.

NUTRIENTS PER SERVING (3 OZ STEAK, 2 $\frac{1}{2}$ CUPS GREENS MIXTURE, 2 TBSP VINAIGRETTE): **CALORIES:** 221, **TOTAL FAT:** 10 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 4.5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 13 g, **FIBER:** 2 g, **SUGARS:** 7 g, **PROTEIN:** 21 g, **SODIUM:** 441 mg, **CHOLESTEROL:** 36 mg



Rainbow Slaw

with Grilled Herbed Steak

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 45 MINUTES (PLUS MARINATING TIME).

INGREDIENTS:

- 3 tbsp chopped fresh flat-leaf parsley leaves
- 2 tbsp red wine vinegar
- 3 cloves garlic, minced
- 2 tsp Dijon mustard
- 1 tsp olive oil
- ½ tsp ground black pepper
- 12 oz flank steak, trimmed
- Pinch sea salt

RAINBOW SLAW

- 4 tsp red wine vinegar (**TRY:** Eden Red Wine Vinegar)
- 1 tsp olive oil
- 1 tsp raw honey
- ½ tsp crushed caraway seeds
- Pinch sea salt and ground black pepper
- 4 cups finely shredded red cabbage
- 1 cup shredded carrot
- 1 cup shredded zucchini
- ½ cup thinly sliced sweet onion
- ¼ cup raw unsalted sunflower seeds

INSTRUCTIONS:

ONE: In a large shallow bowl, combine parsley, 2 tbsp vinegar, garlic, mustard, 1 tsp oil and ½ tsp pepper. Add steak, turning to coat. Cover and refrigerate for at least 2 hours, or overnight.

TWO: Meanwhile, prepare coleslaw: In a large bowl, whisk together 4 tsp vinegar, 1 tsp oil, honey, caraway seeds and pinch each salt and pepper.

Add cabbage, carrot, zucchini and onion, tossing to coat. Let stand for 20 minutes. Stir in sunflower seeds.

THREE: Meanwhile, preheat a greased grill to medium-high. Remove steak from marinade, discarding excess marinade. Sprinkle with pinch salt. Add to grill; close lid and grill, turning once, until desired doneness, about 10 minutes for medium-rare or 12 minutes for medium (internal temperature of 145°F when tested with a food thermometer). Transfer to a cutting board and let stand 3 minutes before slicing thinly diagonally across the grain. Serve with coleslaw.

NUTRIENTS PER SERVING

(¼ OF STEAK AND 1½ CUPS SALAD):

CALORIES: 239, **TOTAL FAT:** 12 g, **SAT.**

FAT: 3 g, **MONOUNSATURATED FAT:** 5 g,

POLYUNSATURATED FAT: 3 g, **CARBS:** 12 g,

FIBER: 3 g, **SUGARS:** 5 g, **PROTEIN:** 18 g,

SODIUM: 237 mg, **CHOLESTEROL:** 41 mg

Steak Salad

with Medjool Dates

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

INGREDIENTS:

- 3 tbsp fresh lemon juice, divided
- 1 tsp each chile powder and ground cumin (**TRY:** Simply Organic Ground Cumin Seed)
- ¼ tsp each sea salt and ground black pepper
- 8 oz flank steak, trimmed
- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- 2 tsp Dijon mustard
- 2 tsp raw honey
- 8 cups lightly packed baby arugula
- 8 cups lightly packed baby spinach
- ¼ sweet onion, thinly sliced
- 1 cup grape tomatoes
- 3 to 4 pitted and chopped Medjool dates
- 2 oz blue cheese, crumbled

INSTRUCTIONS:

ONE: In a large bowl, whisk together 2 tbsp lemon juice, chile powder, cumin, salt and pepper. Add steak and rub seasoning into meat. Mist both sides of steak with cooking spray. Set aside.

TWO: Prepare dressing: In a small bowl, whisk together remaining 1 tbsp lemon juice, oil, vinegar, Dijon and honey. Set aside.

THREE: Mist a large nonstick skillet with cooking spray and heat on medium-high. Add steak and sear, turning once, for about 8 minutes for medium-rare or 10 minutes for medium. Transfer to a cutting board, cover loosely with foil and let stand at least 3 minutes.

FOUR: In a large bowl, toss arugula and spinach with dressing. Divide greens, onion, tomatoes and dates between 4 plates. Thinly slice steak into ¼-inch strips against the grain. Divide steak and blue cheese evenly over each salad.

NUTRIENTS PER SERVING

(4 CUPS SALAD AND 1½ OZ STEAK):

CALORIES: 277, **TOTAL FAT:** 9 g, **SAT.**

FAT: 4 g, **MONOUNSATURATED FAT:** 3 g,

POLYUNSATURATED FAT: 0.5 g, **CARBS:** 34 g,

FIBER: 6 g, **SUGARS:** 22 g, **PROTEIN:** 19 g,

SODIUM: 509 mg, **CHOLESTEROL:** 29 mg



Kale Salad
with Blueberry Ginger Dressing
(See recipe, p. 46)





Plant-Powered Plates

- 46** Cucumber Kale Wraps
with Zesty Peanut Sauce
- 46** Kale Salad
*with Blueberry
Ginger Dressing*
- 47** Grilled Corn
& Black Bean Salad
with Queso Fresco
- 47** Baked Goat
Cheese Salad
*with Caramelized Onions,
Strawberries & Pecans*
- 48** White Bean
& Eggplant Salad
- 48** Mega Glow
Grain Salad
*with Orange
Balsamic Vinaigrette*
- 50** Drunken Island Toss
*with Curried
Pineapple Vinaigrette*
- 50** Beet, Orange
& Burrata Salad
with Herb Toasts
- 51** Grilled Watermelon
Skewers
*with Feta & White
Bean Salad*
- 51** Blue Cheese
Apple Slaw
with Tangy Garlic Dressing
- 53** Mid East Cobb Salad
*with Roasted Chickpeas
& Creamy Tahini Dressing*
- 53** The Laguna Green
*with Asparagus,
Strawberries & Orange
Tarragon Vinaigrette*
- 54** Grilled Asparagus
Salad
with Feta Hazelnut Crumble
- 54** Butter Leaf Salad
*with Grapefruit,
Avocado & Buttermilk
Yogurt Dressing*
- 55** Black Bean Patty Salad
- 55** Rainbow Salad
*with Beets, Kale
& Avocado Dressing*

Give your body a break from animal-sourced proteins and load up on lush, antioxidant-packed greens perfect for lunches, sides and dinner.



Cucumber Kale Wraps

with Zesty Peanut Sauce

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 2 large cucumbers
- ½ tsp plus pinch sea salt, divided
- 4 large curly kale leaves, tough stems removed
- 1 cup BPA-free canned chickpeas, drained and rinsed
- 2 pinches each ground black pepper and chile powder, divided
- Pinch ground cumin
- 1 orange bell pepper, finely chopped
- 1½ cups shredded purple cabbage
- ¼ cup chopped cherry tomatoes
- ¼ cup fresh alfalfa sprouts
- 3 tbsp finely chopped fresh cilantro leaves
- 1 small clove garlic, minced
- ½ cup natural unsalted creamy peanut butter
- 1 tbsp reduced-sodium tamari sauce (**TRY:** San-J Organic Tamari Reduced-Sodium Gluten-Free Soy Sauce)
- 2 tsp fresh lime juice
- 1½ tsp raw honey
- Pinch ground ginger

INSTRUCTIONS:

ONE: Slice ends off cucumbers. Working one at a time, secure cucumber in a spiral slicer and turn the crank to create noodles. Place noodles in a colander over a bowl; sprinkle with ½ tsp salt and let sit for 10 minutes to drain liquid.

TWO: On a flat surface, lay each kale leaf flat. In a medium bowl, mash chickpeas with a fork and season with pinch each salt, black pepper, chile powder and cumin. Divide chickpea mixture among kale leaves and spread in an even layer to within 1 inch of edges.

THREE: Over chickpea mixture, layer cucumber noodles, bell pepper, cabbage, tomatoes, sprouts and cilantro.

FOUR: To a mini food processor or blender, add garlic, peanut butter, tamari, lime juice, honey, ground ginger and remaining pinch each black pepper and chile powder. Add 1 tbsp water; process until smooth. Add more water, 1 tbsp at a time, and process until sauce reaches desired consistency.

FIVE: Drizzle 1 tsp peanut sauce over ingredients on each kale leaf. Fold in sides of each kale leaf and roll up like a burrito; secure with a toothpick. Slice each wrap in half and serve with remaining peanut sauce.

NUTRIENTS PER SERVING (1 WRAP AND 2½ TBSP PEANUT SAUCE):

CALORIES: 298, **TOTAL FAT:** 16 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 9 g, **POLYUNSATURATED FAT:** 6 g, **CARBS:** 30 g, **FIBER:** 7 g, **SUGARS:** 9 g, **PROTEIN:** 14 g, **SODIUM:** 441 mg, **CHOLESTEROL:** 0 mg

Kale Salad with Blueberry Ginger Dressing

SERVES 6.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 6 to 7 cups curly kale leaves, thick stems removed and leaves roughly torn

- 1 tbsp fresh lime juice
- 1 tsp olive oil
- ½ tsp each sea salt and ground black pepper
- 1 small avocado, peeled, pitted and chopped
- 1 small apple, cored and sliced
- 3 tbsp toasted unsalted shelled pumpkin seeds (aka pepitas) (**TRY:** NOW Real Food Raw Pumpkin Seeds)
- ¼ cup fresh blueberries
- ¼ cup goat's milk feta cheese

DRESSING

- ¼ cup fresh or thawed frozen blueberries
- 3 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tsp peeled and minced fresh ginger
- 1 tsp raw honey
- ¼ tsp each sea salt and ground black pepper

INSTRUCTIONS:

ONE: In a large bowl, combine kale, lime juice, 1 tsp oil and ½ tsp each salt and pepper. Use your hands to massage mixture into kale, until leaves have wilted just slightly. Transfer to a serving platter.

TWO: Sprinkle avocado and apple over top of kale. Finish salad with pumpkin seeds, fresh blueberries and cheese.

THREE: Prepare dressing: In a blender, combine all dressing ingredients and 3 tbsp water and blend on high until smooth, about 1 minute. Drizzle on salad.

NUTRIENTS PER SERVING (⅙ OF SALAD):

CALORIES: 222, **TOTAL FAT:** 16 g, **SAT. FAT:** 3.5 g, **MONOUNSATURATED FAT:** 9 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 16.5 g, **FIBER:** 6 g, **SUGARS:** 7 g, **PROTEIN:** 7 g, **SODIUM:** 373 mg, **CHOLESTEROL:** 10 mg



Grilled Corn & Black Bean Salad *with Queso Fresco*

SERVES 6.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 55 MINUTES.

INGREDIENTS:

- 3 ears corn, husks removed
- 1 15-oz BPA-free can unsalted black beans, drained and rinsed (**TRY:** Eden Organic Black Beans No Salt Added)
- 1 cup grape tomatoes, quartered
- ¼ cup chopped fresh cilantro
- 1½ tbsp apple cider vinegar
- 1 tbsp extra-virgin olive oil
- 1 clove garlic, minced
- Sea salt and ground black pepper, to taste
- 2 oz queso fresco or feta cheese

INSTRUCTIONS:

ONE: Heat an outdoor grill or grill pan to medium-high. Cut 4 sheets of foil into 12-inch squares. Lightly mist corn with cooking spray and wrap each ear diagonally in a foil sheet and twist ends of foil. Grill corn for 15 to 20 minutes, rotating occasionally, until richly browned on all sides. Transfer to a plate and let stand in foil for 10 minutes. Remove foil carefully and let cool for about 10 minutes.

TWO: Carefully cut corn off cob and transfer kernels to a large bowl with beans, tomatoes, cilantro, vinegar, oil, garlic, salt and pepper. Sprinkle with cheese and toss gently.

NUTRIENTS PER SERVING (⅔ CUP):

CALORIES: 157, **TOTAL FAT:** 4 g, **SAT.**

FAT: 1.5 g, **CARBS:** 25 g, **FIBER:** 7 g,

SUGARS: 6 g, **PROTEIN:** 7 g, **SODIUM:** 184 mg,

CHOLESTEROL: 3 mg

COVER RECIPE

Baked Goat Cheese Salad *with Caramelized Onions, Strawberries & Pecans*

SERVES 4.

HANDS-ON TIME: 1 HOUR, 10 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES.

INGREDIENTS:

- 2 large Spanish onions, thinly sliced
- ¾ cup whole-wheat panko bread crumbs
- 1 tsp chopped fresh thyme
- Sea salt and ground black pepper, to taste
- 4 egg whites
- 4 oz chèvre or spreadable goat cheese
- 3 tbsp fresh lemon juice
- 2 tsp Dijon mustard
- 3 tbsp chopped raw unsalted pecans
- 12 cups baby arugula
- 2 cups thinly sliced strawberries

INSTRUCTIONS:

ONE: Caramelize onions: Heat a large nonstick skillet on medium-high and lightly mist with cooking spray. Add onions and cook, stirring frequently, until fragrant, 1 to 2 minutes. (**NOTE:** Skillet will be quite full to start, but onions will shrink as they cook.) Reduce heat to medium-low and cook, stirring occasionally, until very soft, sticky and light caramel in color, about 1 hour. Remove from heat, transfer to a large plate and let cool at room temperature for 10 minutes.

TWO: Meanwhile, preheat oven to 425°F. In a medium bowl, combine

panko, thyme, salt and pepper. In a separate medium bowl, lightly beat egg whites; set aside. With your hands, gently press goat cheese into 4 1-oz balls and flatten each into ½-inch-thick patties. Dip patties in egg, turning to coat, then gently press both sides into panko mixture; repeat process to coat each patty twice. Transfer to a small tray, cover loosely with plastic wrap and freeze for 20 minutes.

THREE: Meanwhile, prepare dressing: In a small bowl, whisk lemon juice, Dijon and additional salt and pepper; set aside.

FOUR: Line a medium baking sheet with foil and mist with cooking spray. Arrange cheese patties in a single layer on half of sheet and mist tops with cooking spray. Bake for 6 minutes. Flip patties and bake for 6 more minutes, until golden. Turn oven heat off and remove sheet from oven. Add pecans to remaining half of sheet. Return to oven until pecans are warm, about 3 minutes.

FIVE: Meanwhile, in a large bowl, combine arugula, strawberries and dressing. Toss gently to coat and divide among plates. Top with onions, pecans and cheese patties, dividing evenly.

NUTRIENTS PER SERVING (3 CUPS ARUGULA-ONION MIXTURE AND 1 CHEESE PATTY): **CALORIES:** 252, **TOTAL FAT:** 11 g, **SAT.** **FAT:** 5 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 27 g, **FIBER:** 6 g, **SUGARS:** 9 g, **PROTEIN:** 14 g, **SODIUM:** 284 mg, **CHOLESTEROL:** 13 mg





White Bean & Eggplant Salad

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 40 MINUTES.

INGREDIENTS:

- 2 large eggplants, trimmed and quartered lengthwise
- Sea salt and ground black pepper, to taste
- ¼ cup tahini paste
- 2 tbsp red wine vinegar
- 1 tbsp raw honey
- 2 tsp Dijon mustard (**TRY:** Woodstock Organic Dijon Mustard)
- 1 small clove garlic, minced
- 8 cups baby kale
- 1 cup cooked or BPA-free canned cannellini beans, drained and rinsed (**TIP:** Any white bean can work here, so pick your favorite.)
- ½ cup pimento-stuffed green olives, coarsely chopped
- ¼ cup sun-dried tomatoes, coarsely chopped
- ½ cup grated ricotta salata, optional

INSTRUCTIONS:

ONE: Preheat oven to 425°F. Mist eggplant with cooking spray and season with salt and pepper. Arrange in a single layer, cut sides up on a parchment-lined baking sheet. Roast for 25 to 30 minutes, until softened and golden brown. Set aside to cool to room temperature.

TWO: Meanwhile, prepare dressing:

In a small bowl, whisk together tahini, vinegar, honey, Dijon and garlic. Whisk in water, 1 tbsp at a time, until dressing is pourable but still thick enough to coat the back of a spoon, about ¼ cup. Season with salt and pepper.

THREE: In a large bowl, toss kale, beans, olives and tomatoes; add dressing and toss to coat. Divide mixture among plates and top each with 2 pieces of eggplant. Garnish with ricotta salata (if using).

NUTRIENTS PER SERVING (¼ OF RECIPE):

CALORIES: 326, **TOTAL FAT:** 11 g, **SAT:**

FAT: 2 g, **MONOUNSATURATED FAT:** 4 g,

POLYUNSATURATED FAT: 4 g, **CARBS:** 49 g,

FIBER: 16 g, **SUGARS:** 15 g, **PROTEIN:** 16 g,

SODIUM: 413 mg, **CHOLESTEROL:** 0 mg

Mega Glow Grain Salad

*with Orange Balsamic
Vinaigrette*

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR.

INGREDIENTS:

- ⅔ cup sorghum, rinsed
- 1¼ lb butternut squash, peeled, seeded and cut into ½-inch pieces (about 3 cups)
- 6 tbsp extra-virgin olive oil, divided
- 1 tsp ground black pepper, divided
- ¾ tsp sea salt, divided
- ½ tsp ground turmeric
- 12 oz Brussels sprouts (10 to 12 sprouts), trimmed and sliced thin or shredded
- 2 cloves garlic, finely chopped
- 2 tbsp balsamic vinegar
- 2 tbsp fresh orange juice
- 1 tsp pure maple syrup
- 1 head radicchio, trimmed and roughly chopped
- 6 tbsp chopped unsalted pecans, toasted (1½ oz)

INSTRUCTIONS:

ONE: Arrange a rack in lower third of oven; preheat to 325°F. Bring a medium pot of water to a boil. Add sorghum. When water returns to a boil, reduce heat to medium and simmer, uncovered, until tender, 50 to 55 minutes; drain.

TWO: Line a large rimmed baking sheet with parchment paper. Add squash, 1 tbsp oil, ½ tsp pepper, ¼ tsp salt and turmeric; toss well to coat. Roast until squash is tender, stirring 3 or 4 times during cooking, 40 to 50 minutes.

THREE: In a large skillet on medium, heat 1 tbsp oil. Add Brussels sprouts and ¼ tsp each pepper and salt and cook, stirring occasionally, until sprouts are crisp-tender, 6 to 8 minutes. During the last minute of cooking, add garlic and stir it around the skillet with sprouts until just fragrant. Remove from heat.

FOUR: In a medium bowl, whisk remaining ¼ cup oil, vinegar, orange juice, maple syrup, remaining ¼ tsp each pepper and salt, until combined. To a large bowl, add radicchio, sorghum, squash, Brussels sprouts, vinaigrette and pecans. Toss well to combine.

NUTRIENTS PER SERVING (1½ CUPS):

CALORIES: 465, **TOTAL FAT:** 30 g, **SAT:**

FAT: 4 g, **MONOUNSATURATED FAT:** 21 g,

POLYUNSATURATED FAT: 5 g, **CARBS:** 48 g,

FIBER: 10 g, **SUGARS:** 8 g, **PROTEIN:** 9 g,

SODIUM: 393 mg, **CHOLESTEROL:** 0 mg



Help Us Make *Clean Eating* Even Better!

"Every year, your thoughtful, passionate feedback helps to shape Clean Eating. When you speak out, we're sure to know exactly what you want to see more or less of and add never-before-covered content that is meaningful to you and your health journey. Help us give you more of what you want by voicing your valued opinion. As a thank-you, we're giving away our favorite kitchen appliances of the moment, hand-picked just for you."

— Alicia Tyler, Editor in Chief



YOU COULD
WIN
1 OF 6 CULINARY PRIZES
[CLEANEATING.COM/
SURVEY](http://CLEANEATING.COM/SURVEY)

Complete a survey about the magazine and you'll automatically be entered to win one of six fabulous kitchen prizes.
Visit cleaneating.com/survey for details.



T-fal Precision
Ceramic
Stainless
Steel 12-Piece
Cookware Set



KitchenAid
Artisan Series
5-Quart
Tilt-Head
Stand Mixer



Vitamix
Professional
Series 750



Breville
Fast
Slow Pro



KRUPS
Savoy EC314
Coffee
Machine



Le Creuset
Stainless Steel
& Cast Iron
Cookware Set

Sorry, due to Canadian sweepstakes laws and shipping complications, this giveaway is open to US residents only and adults 18 and up.
For more sweepstakes rules, please visit cleaneating.com/sweepstakesrules.



Drunken Island Toss *with Curried Pineapple Vinaigrette*

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 1 plantain, peeled and thinly sliced into rounds
- Olive oil cooking spray
- ¼ tsp sea salt, divided
- ¼ cup unsalted macadamia nuts, roughly chopped
- ¼ cup unsweetened shredded coconut
- 1 cup peeled and chopped pineapple
- ½ cup plain whole-milk Greek yogurt
- 2 tbsp fresh lime juice
- 1 tsp yellow curry powder
- 3 carrots, peeled and grated
- 1 red bell pepper, thinly sliced
- 1 avocado, peeled, pitted and chopped
- 6 cups field greens mix
- 2 cups finely chopped cucumber
- 2 tbsp unsweetened raisins

INSTRUCTIONS:

ONE: Preheat oven to 350°F. On a large rimmed nonstick baking sheet, arrange plantains in a single layer. Mist plantains with cooking spray on both sides, sprinkle with ½ tsp salt and toss to coat. Roast for 20 to 25 minutes, turning halfway, until lightly browned.

TWO: Meanwhile, in a medium skillet on medium-low, toast nuts and coconut until lightly browned, stirring often, about 5 minutes. Remove from heat and set aside to cool.

THREE: In a small food processor or blender, process pineapple, yogurt, lime juice, curry powder and remaining ¼ tsp salt until smooth, about 30 seconds.

FOUR: In a large bowl, toss together carrots, bell pepper, avocado, field greens and cucumber; divide among bowls and top each serving with plantains, macadamia-coconut mix, raisins and dressing.

NUTRIENTS PER SERVING (2¼ CUPS):

CALORIES: 367, **TOTAL FAT:** 21 g, **SAT. FAT:** 7 g, **MONOUNSATURATED FAT:** 11 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 45 g, **FIBER:** 11.5 g, **SUGARS:** 24 g, **PROTEIN:** 7 g, **SODIUM:** 202 mg, **CHOLESTEROL:** 5 mg

Beet, Orange & Burrata Salad *with Herb Toasts*

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES.

INGREDIENTS:

- 2 beets (about 11 oz), ends trimmed
- 1 clove garlic, minced
- 1 tbsp extra-virgin olive oil, divided
- 1 tsp finely chopped fresh flat-leaf parsley
- 2 oranges
- 2 tbsp white or regular balsamic vinegar
- ¼ tsp Dijon mustard
- ¼ tsp plus pinch sea salt
- Ground black pepper, to taste
- 6 oz fresh baked whole-wheat bread, cut into 4 slices

- 5 cups (5 oz) baby arugula

- 6 oz fresh burrata or mozzarella cheese, broken into about 8 pieces

INSTRUCTIONS:

ONE: Position racks in center and top third of oven and preheat to 425°F. Wrap beets in foil and roast on center rack until tender when pierced with a fork, about 1 hour. Set aside to cool. Peel and cut each beet into 12 slices. Keep oven on.

TWO: Meanwhile, in a small bowl, whisk together garlic, 2 tsp oil and parsley; set aside.

THREE: Use a sharp knife to slice peel off oranges. Cut each orange into 6 round slices. Squeeze pieces of orange peel (there should be some flesh still attached) to yield about 2 tbsp juice. Whisk in vinegar, 2 tsp water, remaining 1 tsp oil, mustard, ¼ tsp salt and pepper.

FOUR: On a small baking sheet, arrange bread and bake on top rack until golden, about 10 minutes. Brush with garlic-oil mixture and sprinkle with remaining pinch salt.

FIVE: In a large bowl, toss arugula with 3 tbsp orange vinaigrette. Divide among plates and top with oranges, beets and cheese. Drizzle with remaining vinaigrette. Serve with toasts.

NUTRIENTS PER SERVING (¼ OF SALAD):

CALORIES: 319, **TOTAL FAT:** 14 g, **SAT. FAT:** 6 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 37 g, **FIBER:** 6 g, **SUGARS:** 12 g, **PROTEIN:** 15 g, **SODIUM:** 533 mg, **CHOLESTEROL:** 25 mg





Grilled Watermelon Skewers *with Feta & White Bean Salad*

SERVES 4.

HANDS-ON TIME: 35 MINUTES.

TOTAL TIME: 35 MINUTES.

INGREDIENTS:

- 1½ cups cooked cannellini beans, rinsed (or BPA-free canned beans, drained and rinsed)
- 2 cups packed arugula
- 1 large shallot, thinly sliced
- 3 tbsp chopped sun-dried tomatoes
- ½ tbsp extra-virgin olive oil
- 2 oz feta cheese, crumbled
- Sea salt and ground black pepper, to taste
- 1 seedless watermelon, rind removed and cut into 2-inch square chunks (about 20 chunks)
- ½ cup balsamic vinegar

EQUIPMENT:

- 4 metal skewers (14 to 18 inches each)

INSTRUCTIONS:

ONE: In a large bowl, combine beans, arugula, shallot, tomatoes and oil. Add cheese and mix gently. Season with salt and pepper. Divide among 4 plates.

TWO: Preheat a grill to medium. (Alternatively, you can set a broiler to high.) Thread 5 chunks watermelon onto each skewer. Place skewers directly on grill grates and cook, turning 2 or 3 times, until light grill marks appear,

6 to 10 minutes total. (If broiling, place skewers on a broiler pan and cook 8 to 10 inches from heat, turning 2 or 3 times, until light browning is visible, 10 to 14 minutes total.) Rest 1 skewer over top of each salad.

THREE: In a small covered saucepan on medium-high, bring vinegar to a simmer. Uncover and reduce heat to medium-low to maintain a steady simmer. Cook, swirling pan occasionally, until vinegar coats bottom of pan when tilted and is slightly thickened, 6 to 8 minutes. Remove from heat and immediately drizzle vinegar over salads and watermelon, dividing evenly.

NUTRIENTS PER SERVING (½ CUP SALAD AND 1 WATERMELON SKEWER):

CALORIES: 219, **TOTAL FAT:** 5 g, **SAT.**

FAT: 2 g, **CARBS:** 36 g, **FIBER:** 5 g,

SUGARS: 18 g, **PROTEIN:** 10 g,

SODIUM: 320 mg, **CHOLESTEROL:** 4 mg

Antioxidant boost: *Watermelon may be everyone's favorite summer thirst quencher, but it's also an antioxidant powerhouse. Like tomatoes, it contains lycopene, which is being studied for its anticarcinogenic effects. Plus, the melon's red flesh contains rich stores of beta-carotene, a carotenoid that may help reduce the risk of heart attack, stroke, osteoarthritis and rheumatoid arthritis.*

Blue Cheese Apple Slaw *with Tangy Garlic Dressing*

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES.

INGREDIENTS:

- ½ cup chopped unsalted walnuts
- 5 cups shredded red cabbage
- 1 cup peeled and shredded carrot
- 1 cup chopped celery
- 1 large sweet-tart apple, such as Honeycrisp or Pink Lady, thinly sliced
- ¾ cup chopped scallions

- 2 oz crumbled blue cheese
- ½ cup plain whole-milk Greek yogurt
- ¼ cup fresh lemon juice
- 1 clove garlic, crushed
- ¼ tsp each sea salt and ground black pepper

INSTRUCTIONS:

ONE: In a small skillet on medium-low, add walnuts and toast, stirring often, until lightly browned and fragrant, about 5 minutes. Remove from heat and set aside to cool.

TWO: Meanwhile, in a large bowl, toss together cabbage, carrot, celery, apple, scallions and cheese. (Alternatively, place cabbage at the bottom of the bowl and arrange piles of ingredients over top.)

THREE: In a small bowl, whisk together yogurt, lemon juice, garlic, salt, pepper and 2 tbsp water until smooth. Pour over salad and toss to coat. Sprinkle with walnuts.

NUTRIENTS PER SERVING (2 CUPS):

CALORIES: 265, **TOTAL FAT:** 17 g, **SAT.**

FAT: 6 g, **MONOUNSATURATED FAT:** 3 g,

POLYUNSATURATED FAT: 7 g,

CARBS: 23 g, **FIBER:** 6 g, **SUGARS:** 13 g,

PROTEIN: 9 g, **SODIUM:** 357 mg,

CHOLESTEROL: 16 mg

A happier gut: *This hearty slaw uses yogurt instead of mayo to give it that creamy texture. Yogurt contains friendly bacteria, called probiotics, that may help support the immune system as well as improve digestion.*





Mid East Cobb Salad

with Roasted Chickpeas
& Creamy Tahini Dressing

SERVES 6.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 45 MINUTES.

INGREDIENTS:

- 1 large eggplant, trimmed and cubed
- 1 15-oz BPA-free can unsalted chickpeas, drained and rinsed
- 2 tbsp olive oil
- 1 tbsp shawarma seasoning blend (**NOTE:** Look for this spice blend at Middle Eastern stores.)
- 3 8-inch whole-wheat pita pockets, split in half and each half cut into 6 wedges
- 1 tsp Za'atar seasoning
- ½ cup plain whole-milk Greek yogurt
- 2 tbsp tahini paste
- 2 tbsp fresh lemon juice
- 1 clove garlic, peeled
- ⅓ tsp sea salt
- 3 small heads romaine lettuce, chopped
- 3 plum tomatoes, finely chopped
- 1 red onion, thinly sliced
- 1 bunch fresh curly parsley, finely chopped
- 2 cups chopped cucumber
- 6 large hard-boiled eggs, peeled and chopped

INSTRUCTIONS:

ONE: Preheat oven to 425°F. On a large rimmed baking sheet, arrange eggplant and chickpeas in a single layer. Drizzle with oil, sprinkle with shawarma seasoning and toss. Roast for 30 minutes, tossing halfway, until chickpeas are browned and eggplant is tender. Set aside to cool.

TWO: Reduce oven to 400°F. Arrange pita on a large rimmed baking sheet, mist with cooking spray and sprinkle with Za'atar. Bake for 6 to 7 minutes, until lightly browned.

THREE: In a small food processor or blender, process yogurt, tahini, lemon

juice, garlic, salt and 2 tbsp water until smooth.

FOUR: In a large bowl, combine lettuce, tomatoes, onion, parsley, cucumber, eggplant, chickpeas, egg and pita. (Alternatively, arrange ingredients in rows on a platter.) Drizzle or toss with dressing.

NUTRIENTS PER SERVING (2¾ CUPS):

CALORIES: 380, **TOTAL FAT:** 17 g, **SAT.**

FAT: 4 g, **MONOUNSATURATED FAT:** 7 g,

POLYUNSATURATED FAT: 3 g, **CARBS:** 43 g,

FIBER: 11 g, **SUGARS:** 8 g, **PROTEIN:** 18 g,

SODIUM: 279 mg, **CHOLESTEROL:** 190 mg

The Laguna Green

with Asparagus, Strawberries
& Orange Tarragon Vinaigrette

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 50 MINUTES.

INGREDIENTS:

- 4 small beets (golden and/or red)
- 1 bunch asparagus, trimmed
- ¼ tsp each sea salt and ground black pepper, divided
- ¼ cup sliced unsalted almonds
- ¼ cup plain whole-milk Greek yogurt
- ¼ cup fresh orange juice, plus 2 tsp orange zest
- 1 tbsp extra-virgin olive oil
- 1 tbsp whole-grain Dijon mustard
- 1 tbsp raspberry wine vinegar
- 1 clove garlic, crushed

- 1 tbsp finely chopped fresh tarragon
- 1 5-oz pkg baby arugula
- 2 cups stemmed and sliced strawberries
- 2 oz goat cheese, crumbled

INSTRUCTIONS:

ONE: Preheat oven to 375°F. Roast beets: Cut a large square of foil and mist with cooking spray. Wrap beets tightly in foil and place on a baking sheet. Roast for 45 to 50 minutes, until tender. Let cool, then remove skin and chop.

TWO: Preheat a grill to medium. Arrange asparagus on a large baking sheet or plate and mist with cooking spray; sprinkle with ⅛ tsp each salt and pepper. Grill for 5 to 7 minutes, turning 2 to 3 times, until tender and grill marks appear. Cool; chop into 1-inch lengths.

THREE: In a small skillet on medium-low, add almonds and toast until lightly browned and fragrant, about 5 minutes, stirring often. Remove from heat.

FOUR: In a medium bowl, whisk together yogurt, orange juice and zest, oil, mustard, vinegar, garlic, tarragon and remaining ⅛ tsp each salt and pepper.

FIVE: To a large bowl, add arugula, strawberries, beets, asparagus, almonds and cheese. Drizzle dressing over salad.

NUTRIENTS PER SERVING (2 CUPS):

CALORIES: 204, **TOTAL FAT:** 12 g, **SAT.**

FAT: 4 g, **MONOUNSATURATED FAT:** 6 g,

POLYUNSATURATED FAT: 1.5 g, **CARBS:** 19 g,

FIBER: 5 g, **SUGARS:** 11.5 g, **PROTEIN:** 8 g,

SODIUM: 331 mg, **CHOLESTEROL:** 9 mg





Grilled Asparagus Salad

with Feta Hazelnut Crumble

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

INGREDIENTS:

- ¼ small red onion, thinly sliced
- 2 tbsp fresh lemon juice
- 16 spears fresh asparagus (about 1 bunch), trimmed
- 3 tbsp olive oil, divided
- Sea salt and ground black pepper, to taste
- 2 cups baby arugula
- 2 cups grape tomatoes, halved

TOPPING (OPTIONAL)

- ½ cup crumbled feta cheese
- ¼ cup toasted unsalted hazelnuts

INSTRUCTIONS:

ONE: In a small bowl, soak onion in lemon juice for 10 to 15 minutes. Drain, reserving lemon juice.

TWO: Meanwhile, preheat a grill or grill pan to medium-high. In a large bowl, toss asparagus with 1 tbsp oil and season with salt and pepper. Add to grill and cook for 2 to 3 minutes per side. Remove from heat and cool to room temperature.

THREE: Prepare topping (if using): In a small food processor, pulse cheese and hazelnuts into rough crumbs.

FOUR: Prepare dressing: In a small bowl, whisk remaining 2 tbsp oil and reserved lemon juice. Season with salt and pepper.

FIVE: Divide arugula among plates and top with tomatoes, asparagus, onions and dressing, dividing evenly. Garnish with topping.

NUTRIENTS PER SERVING (¼ OF RECIPE):

CALORIES: 127, **TOTAL FAT:** 11 g, **SAT. FAT:** 1.5 g, **MONOUNSATURATED FAT:** 8 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 7 g, **FIBER:** 2 g, **SUGARS:** 4 g, **PROTEIN:** 2 g, **SODIUM:** 38 mg, **CHOLESTEROL:** 0 mg

- ¼ tsp ground black pepper
- 3 small pink and/or white grapefruit
- 2 small avocados
- 2 heads butter leaf lettuce, trimmed and torn into bite-size pieces
- ¼ cup chopped fresh mint leaves

INSTRUCTIONS:

ONE: Prepare dressing: In a small bowl, whisk together yogurt, buttermilk, honey, salt and pepper. Cover and set aside in the refrigerator.

TWO: Cut peel from grapefruit, including the white pith. Working over a bowl to catch juices, carefully cut between membranes and release segments. Set aside segments and any accumulated juices separately.

THREE: Peel, pit and thinly slice avocados, arranging slices in a bowl with grapefruit juice. (**NOTE:** Ensure that avocado slices are coated with juice to avoid browning.)

FOUR: Divide lettuce among individual plates (or arrange on a platter). Arrange grapefruit segments and avocado slices on top. Drizzle with dressing and sprinkle with mint just before serving.

NUTRIENTS PER SERVING (1 SALAD WITH 1 TBSP DRESSING):

CALORIES: 90, **TOTAL FAT:** 5 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 10 g, **FIBER:** 3 g, **SUGARS:** 7 g, **PROTEIN:** 2 g, **SODIUM:** 109 mg, **CHOLESTEROL:** 1 mg

Butter Leaf Salad

with Grapefruit, Avocado & Buttermilk Yogurt Dressing

SERVES 10.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- ½ cup whole-milk plain Greek yogurt
- 3 tbsp buttermilk
- 1 tbsp raw honey
- ½ tsp sea salt





Black Bean Patty Salad

MAKES 5 PATTIES AND 2 SERVINGS SALAD.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 1 15-oz BPA-free can unsalted black beans, drained, divided (**NOTE:** Do not rinse.)
- ½ cup water-packed roasted red pepper
- ½ cup chopped yellow onion
- ½ cup cooked quinoa
- ¼ cup oat flour
- ¼ cup chopped fresh cilantro
- Zest and juice of ½ lime
- 1 clove garlic
- 1 tsp each chile powder and ground cumin
- ½ tsp smoked paprika
- ¼ tsp sea salt
- 1 tbsp grape seed oil
- 4 cups field greens mix
- ½ cup all-natural corn salsa or pico de gallo (**TIP:** You can also make your own corn salsa by mixing corn kernels, chopped cilantro, onion and lime juice.)
- 12 grape tomatoes, halved
- 1 avocado, sliced

SAUCE

- ½ cup plain whole-milk Greek yogurt
- Zest and juice of ½ lime
- ½ chipotle pepper, plus 1 tbsp adobo sauce
- ⅛ tsp sea salt

INSTRUCTIONS:

ONE: To a food processor, add ⅔ cup beans, red pepper, onion, quinoa, oat flour, cilantro, lime zest and juice, garlic, chile powder, cumin, paprika and

¼ tsp salt. Pulse until almost smooth. Pour into a mixing bowl and fold in remaining black beans.

TWO: In a large nonstick pan on medium-high, heat oil. Use a ½ cup scoop to measure 5 patties; flatten slightly. To pan, add patties and cook for 4 minutes on each side, until golden.

THREE: Divide greens, salsa and tomatoes between 2 bowls. Top each with 1 black bean patty and half of the avocado slices.

FOUR: Whisk together all sauce ingredients. Place ¼ cup sauce over each salad.

NUTRIENTS PER SERVING (1 PATTY, 2½ CUPS SALAD, ¼ CUP SAUCE):
CALORIES: 539, **TOTAL FAT:** 25 g, **SAT. FAT:** 7 g, **MONOUNSATURATED FAT:** 12 g, **POLYUNSATURATED FAT:** 4.5 g, **CARBS:** 66 g, **FIBER:** 18 g, **SUGARS:** 20 g, **PROTEIN:** 16.5 g, **SODIUM:** 619 mg, **CHOLESTEROL:** 10 mg

NOTE: This recipe makes two full servings with salad plus three extra patties to freeze for later.

Rainbow Salad *with Beets, Kale & Avocado Dressing*

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 25 MINUTES.

INGREDIENTS:

- 2 large red and/or golden beets, peeled (**TIP:** If you'd like more color, use both red and golden beets.)
- 2 cups loosely packed finely chopped kale
- 2 tbsp shelled unsalted whole pistachios
- 2 tbsp soft goat cheese, crumbled
- 1 tsp unsalted sunflower seeds

AVOCADO DRESSING

- 2 cloves garlic
- 1 large avocado, peeled, pitted and chopped
- Juice of 1 lime

- 1½ tbsp extra-virgin olive oil
- 1½ tbsp apple cider vinegar (**TRY:** Bragg Organic Apple Cider Vinegar)
- 1 tbsp chopped fresh basil leaves, plus additional for garnish
- 2 tsp raw honey
- Pinch each sea salt and ground black pepper

INSTRUCTIONS:

ONE: Slice ends off beets. Working one at a time, secure beets in a spiral slicer and turn the crank to create noodles.

TWO: In a large bowl, combine beet noodles, kale, pistachios, cheese and seeds.

THREE: To a mini food processor or blender, add all dressing ingredients plus 1 tbsp water; process until smooth. Add more water, 1 tbsp at a time, and process until dressing reaches desired consistency.

FOUR: Pour dressing over kale and beet mixture; toss. Let sit for 5 minutes to allow dressing flavors to permeate the ingredients; toss again before serving. Garnish with additional basil (if using).

NUTRIENTS PER SERVING (1 CUP):
CALORIES: 244, **TOTAL FAT:** 18 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 12 g, **POLYUNSATURATED FAT:** 2.5 g, **CARBS:** 18 g, **FIBER:** 7 g, **SUGARS:** 8 g, **PROTEIN:** 5.5 g, **SODIUM:** 119 mg, **CHOLESTEROL:** 3 mg **CE**



Harvest Chicken Salad
with Pomegranate Seeds & Feta
(See recipe, p. 58)





Everyone's Favorites:

Chicken & Turkey

58 Harvest Chicken Salad

*with Pomegranate
Seeds & Feta*

58 Thai Mango Zucchini
Noodle Salad

59 Vietnamese Chicken
Lettuce Wraps

59 Chinese Chicken Salad
with Brussels Sprouts

61 Tangy Potato Salad
with Parmesan Chicken

61 Hearty Chicken Salad
*with Pomegranate
& Creamy Lemon Dressing*

62 Chicken BLT (Bean,
Lettuce & Tomato
with Smoky Tomato Dressing

62 Power-Spiced Chicken
in Collard Green Wraps
with Jicama Slaw

63 Portable
Southwest Salad
*with Whipped
Avocado Dressing*

63 Barley Salad
*with Chicken, Beets
& Goat Cheese*

64 Cherry Balsamic
Chicken Salad
with Quinoa

64 Tropical Mango
Chicken Salad
*with Grilled Pineapple
& Shredded Coconut*

65 Grilled Lemon
Fennel Chicken
Salad

65 Maple Sausage
Potato Salad
with Apples & Sage

66 Buffalo Chicken
Salad

66 Chicken & Edamame
Stir-Fry Slaw
*with Sriracha
Peanut Vinaigrette*

67 Hail Kale
Chicken Caesar
*with Creamy
Chive Dressing*

*The addition of popular chicken
and turkey turns these flavorful
veggie-filled salads into energizing
lunches and satiating mains.*



Harvest Chicken Salad

with Pomegranate Seeds & Feta

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES.

INGREDIENTS:

- 8 shallots, halved lengthwise
- 8 Brussels sprouts, trimmed and halved lengthwise
- 3 parsnips, peeled and cut into ½-inch chunks
- 2 sweet potatoes, peeled and cut into ½-inch chunks
- ¼ cup fresh lemon juice, divided
- 2 tsp chile powder
- 1 tsp ground cumin
- ¼ tsp ground cinnamon
- Sea salt and ground black pepper, to taste
- 10 oz cooked shredded, boneless chicken breasts, cooled
- 2 tbsp finely chopped fresh chives
- 1 tbsp olive oil
- ½ cup pomegranate seeds
- ½ cup crumbled feta cheese
- 3 tbsp toasted unsalted pumpkin seeds

INSTRUCTIONS:

ONE: Position oven racks in top and bottom thirds of oven and preheat to 425°F. In a large bowl, toss shallots, Brussels sprouts, parsnips and potatoes. Drizzle with 3 tbsp lemon juice and season with chile powder, cumin, cinnamon, salt and pepper; toss to coat. Arrange in a single layer on 2 parchment-lined baking sheets, and mist with cooking spray. Roast for about 45 minutes, until vegetables are lightly browned and fork-tender, switching and turning trays and tossing vegetables

halfway through. Set aside to cool for about 5 minutes, or until just warm.

TWO: Transfer vegetables to a large bowl and toss with remaining 1 tbsp lemon juice, chicken, chives and oil. Season with salt and pepper. Transfer to a platter and top with pomegranate, feta and pumpkin seeds.

NUTRIENTS PER SERVING (¼ OF RECIPE):

CALORIES: 392, **TOTAL FAT:** 12 g, **SAT.** **FAT:** 3 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 41 g, **FIBER:** 9 g, **SUGARS:** 15 g, **PROTEIN:** 32 g, **SODIUM:** 413 mg, **CHOLESTEROL:** 65 mg

Thai Mango Zucchini Noodle Salad

SERVES 6.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 40 MINUTES (PLUS COOLING TIME).

INGREDIENTS:

- 10 oz boneless, skinless chicken breasts (2 breasts)
- 1½ cups low-sodium chicken broth
- 1 clove garlic, thinly sliced
- 1½ tsp minced fresh ginger
- ½ avocado, pitted and peeled
- 2½ cups frozen mango chunks, thawed (**TRY:** Earthbound Farms Organic Frozen Mango Chunks)
- 6 tbsp loosely packed fresh cilantro leaves, divided
- 2 tbsp fresh lime juice
- 1 tsp reduced-sodium tamari sauce
- ¼ tsp sriracha sauce
- 3 large zucchini, ends trimmed
- 1 large carrot, ends trimmed and peeled
- ¼ cup raw unsalted cashews

INSTRUCTIONS:

ONE: In a small saucepan, place chicken in a single layer. Pour in broth, then add garlic and ginger. Cover and bring to a boil on medium-high. Reduce heat to a simmer, covered, until chicken is no longer pink, 8 to 10 minutes. Transfer to a cutting board. When cool enough to handle, shred or chop.

TWO: Meanwhile, increase heat to high and boil broth mixture, uncovered, until liquid is reduced to ¼ cup, 6 to 8 minutes. Let cool to room temperature.

THREE: In a blender, combine avocado, mango, 4 tbsp cilantro, lime juice, tamari, sriracha and broth mixture; blend on high speed until creamy and smooth.

FOUR: Working with 1 piece at a time, place zucchini into a spiral slicer and turn crank to create long strands that resemble spaghetti noodles. Repeat with carrot. (**NOTE:** Always read directions for your spiral slicer as instructions may vary by brand.) To a large bowl, add zucchini and carrot strands and toss with mango mixture to coat. Let stand for 5 minutes. Add chicken to bowl, tossing to coat. Sprinkle with cashews and remaining 2 tbsp cilantro.

TIP: No spiral slicer? Use a julienne peeler or vegetable peeler to make ribbons, then stack and thinly slice by hand.

NUTRIENTS PER SERVING (2 CUPS):

CALORIES: 205, **TOTAL FAT:** 7 g, **SAT.** **FAT:** 1 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 24 g, **FIBER:** 5 g, **SUGARS:** 16 g, **PROTEIN:** 16 g, **SODIUM:** 106 mg, **CHOLESTEROL:** 35 mg





Vietnamese Chicken Lettuce Wraps

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- $\frac{3}{4}$ cup quinoa, rinsed
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{3}$ cup chopped fresh mint
- $\frac{1}{4}$ cup low-sodium chicken broth
- $\frac{1}{4}$ cup rice vinegar
- $\frac{1}{4}$ cup fresh lime, juice plus 8 lime wedges for serving
- 2 tbsp raw honey
- 1 tbsp fish sauce
- $\frac{1}{2}$ tsp potato starch
- 1 stalk lemongrass, root end trimmed, tough outer layers discarded
- 1 lb ground chicken breast
- 1 large shallot, sliced
- 3 cloves garlic, chopped
- $\frac{1}{4}$ tsp red pepper flakes, or to taste
- $\frac{1}{4}$ cup roasted unsalted peanuts, chopped
- 1 $\frac{1}{3}$ packed cups grated carrot
- 1 to 2 mangos, peeled and cut into small wedges
- 16 to 20 large Bibb or Boston lettuce leaves (from 2 heads)

INSTRUCTIONS:

ONE: Cook quinoa according to package directions using $\frac{1}{4}$ tsp salt. Stir in mint.

TWO: Meanwhile, in a medium bowl, whisk together broth, vinegar, lime juice, honey and fish sauce. To a small bowl, add potato starch and 2 tsp water and stir well. Keep both mixtures close at hand. Cut a 2½- to 3-inch piece from bottom of lemongrass stalk and discard rest. Cut in half lengthwise, then chop

as finely as possible; set aside. (**NOTE:** You should end up with about 2 tbsp chopped lemongrass.)

THREE: Mist a large nonstick skillet with cooking spray and heat to medium-high. Add chicken and shallot and cook, stirring occasionally and breaking up meat with a spoon, until chicken is no longer pink in center, 6 to 8 minutes. Add garlic, pepper flakes and lemongrass and cook, stirring constantly, for 1 minute. Add broth mixture and bring to a simmer; reduce heat to low. Add potato starch mixture and stir to combine. Simmer just until slightly thickened, 1 to 2 minutes. Remove from heat and stir in peanuts. If serving immediately, divide chicken mixture, quinoa, carrot and mangos evenly among lettuce leaves and squeeze lime wedges over top.

MAKE IT TO GO: Use a bento box with 4 separate compartments, or use 4 small containers. For each serving, separate ingredients into compartments or containers as follows: $\frac{3}{4}$ cup chicken mixture; $\frac{1}{2}$ cup quinoa; 4 to 5 lettuce leaves and $\frac{1}{4}$ of mango wedges; and $\frac{1}{3}$ cup carrot and 2 lime wedges. Serve hot or cold.

NUTRIENTS PER SERVING ($\frac{3}{4}$ CUP CHICKEN, $\frac{1}{2}$ CUP QUINOA, $\frac{1}{2}$ MANGO):

CALORIES: 473, **TOTAL FAT:** 16 g, **SAT.**

FAT: 3 g, **MONOUNSATURATED FAT:** 3 g,

POLYUNSATURATED FAT: 3 g, **CARBS:** 58 g,

FIBER: 7 g, **SUGARS:** 27 g, **PROTEIN:** 27 g,

SODIUM: 569 mg, **CHOLESTEROL:** 75 mg

Chinese Chicken Salad

with Brussels Sprouts

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

INGREDIENTS:

- 1 lb Brussels sprouts, damaged outer leaves discarded, ends trimmed and shredded using a food processor (**TIP:** When processing Brussels

sprouts, the S-shaped blade tends to work better than the shredding disk.)

- 12 oz (2½ packed cups) shredded or chopped cooked chicken breast
- 6 to 8 radishes, trimmed and thinly sliced
- 6 scallions, thinly sliced
- 4 clementines or tangerines, peeled and sectioned
- $\frac{1}{4}$ cup toasted sliced unsalted almonds
- 3 tbsp rice vinegar
- 2 tbsp reduced-sodium tamari
- 1½ tsp raw honey
- 1 tbsp safflower oil
- 1½ tsp toasted sesame oil (**NOTE:** Toasted sesame oil is also referred to as Asian sesame oil.)
- 1 tbsp finely chopped fresh ginger

INSTRUCTIONS:

ONE: To a large bowl, add Brussels sprouts, chicken, radishes, scallions, clementines and almonds. Toss to combine.

TWO: In a small bowl, whisk together vinegar, tamari, honey, safflower oil and sesame oil until combined. Whisk in ginger. Pour over salad and toss well.

(**MAKE AHEAD:** You can easily take this salad to go for easy lunches. Dressing can be made up to 2 days in advance and refrigerated in an airtight container or jar. Pack salad and dressing separately and toss together when ready to eat.)

NUTRIENTS PER SERVING (2¼ CUPS):

CALORIES: 341, **TOTAL FAT:** 11 g, **SAT.**

FAT: 2 g, **MONOUNSATURATED FAT:** 6 g,

POLYUNSATURATED FAT: 3 g, **CARBS:** 30 g,

FIBER: 7 g, **SUGARS:** 17 g, **PROTEIN:** 33 g,

SODIUM: 102 mg, **CHOLESTEROL:** 72 mg





Potent herbs: Fresh rosemary and thyme deliver more than delicate flavor to this dish - both herbs contain natural oils with anti-inflammatory, antibacterial and immune-boosting properties.

Tangy Potato Salad

with *Parmesan Chicken*

SERVES 4.

HANDS-ON TIME: 45 MINUTES.

TOTAL TIME: 45 MINUTES.

INGREDIENTS:

- 2 tbsp plus 1¼ tsp olive oil, divided
- 2 oz grated Parmesan cheese
- 2 tbsp fresh rosemary leaves
- 2 tbsp fresh thyme leaves
- 4 4-oz boneless, skinless chicken breasts
- ¼ tsp each sea salt and ground black pepper, divided
- 1 lb redskin potatoes, scrubbed and cut into ½-inch cubes
- 1 lb green beans, trimmed and cut into 1-inch lengths
- 8 oz white button mushrooms, thinly sliced
- 1½ tsp balsamic vinegar
- 1½ tsp Dijon mustard

EQUIPMENT:

- Butcher's twine

INSTRUCTIONS:

ONE: Preheat oven to 375°F. Arrange a wire rack over a baking sheet and brush rack with ¼ tsp oil.

TWO: In a small food processor, pulse cheese, rosemary and thyme until finely chopped.

THREE: Butterfly chicken: Place 1 chicken breast smooth side up on a cutting board. With one hand pressed firmly on top of chicken, hold a chef's knife parallel to cutting board, halfway through thickness of chicken. Slice through chicken within 1 inch of opposite edge; do not cut entirely through. Repeat with remaining chicken.

FOUR: Open up each chicken breast like a book and sprinkle herb mixture over inside of each. Fold in one long end and roll tightly; secure with butcher's twine. Season chicken with ½ tsp each salt and pepper. Transfer to wire rack and bake until an instant-read thermometer

registers 165°F when inserted in center, 25 to 30 minutes.

FIVE: Meanwhile, to a large pot, add potatoes and enough water to cover by 1 inch. Cover and bring to a boil. Reduce heat to a simmer and cook for 3 minutes. Add beans to pot and return to a boil, uncovered. Cook uncovered for 5 minutes, until potatoes are tender and beans are tender-crisp. With tongs, remove beans and transfer to a bowl of ice water. Drain potatoes.

SIX: Meanwhile, in a medium skillet, heat 1 tsp oil on medium. Add mushrooms and sauté, stirring often, until soft, 7 to 10 minutes.

SEVEN: In a large bowl, whisk remaining 2 tbsp oil, vinegar, Dijon and remaining ¼ tsp each salt and pepper. Add potatoes, beans and mushrooms and toss to coat. Slice chicken and serve with potato mixture.

NUTRIENTS PER SERVING (1 STUFFED CHICKEN BREAST AND ¼ OF POTATO MIXTURE): **CALORIES:** 402, **TOTAL FAT:** 14 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 31 g, **FIBER:** 7 g, **SUGARS:** 5 g, **PROTEIN:** 37 g, **SODIUM:** 267 mg, **CHOLESTEROL:** 77 mg

Hearty Chicken Salad

with *Pomegranate & Creamy Lemon Dressing*

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 4 5-oz boneless, skinless chicken breasts
- 3 tbsp plus ¼ cup fresh lemon juice, divided
- 1½ tsp ground black pepper, divided
- ½ tsp sea salt, divided
- ¼ tsp ground cayenne pepper
- ¼ cup plain Greek yogurt
- 2 tsp extra-virgin olive oil
- 8 oz fresh baby spinach

- ½ red onion, cut into paper-thin wedges
- ½ cup pomegranate arils
- 1 oz shelled raw unsalted pistachios
- 1 avocado, pitted, peeled and diced

INSTRUCTIONS:

ONE: In a large, shallow bowl, add chicken and 3 tbsp lemon juice. Turn to coat. Sprinkle ½ tsp black pepper, ¼ tsp salt and cayenne on all sides of chicken, dividing evenly. Set aside.

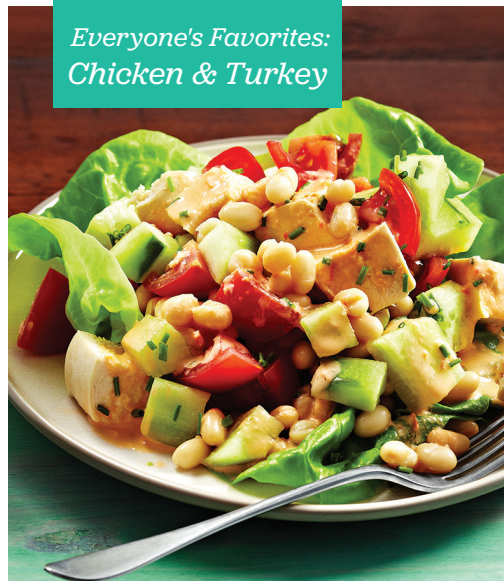
TWO: Place a grill pan on medium-high and mist with cooking spray. Add chicken and grill, turning once, until cooked through, about 5 minutes per side. If necessary, work in batches to avoid overcrowding pan. Transfer to a cutting board and set aside until cool enough to handle, about 5 minutes. Cut each chicken breast crosswise into thin slices.

THREE: Meanwhile, prepare dressing: In a small bowl, whisk remaining ¼ cup lemon juice, yogurt, oil, remaining ¼ tsp salt and 1 tsp black pepper. Set aside.

FOUR: In a large bowl, toss spinach, onion, pomegranate and pistachios and divide among plates. Top with chicken and avocado and drizzle with dressing, dividing evenly.

NUTRIENTS PER SERVING (1 CHICKEN BREAST, 1½ CUPS SALAD, ¼ AVOCADO): **CALORIES:** 337, **TOTAL FAT:** 13 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 7 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 19 g, **FIBER:** 6 g, **SUGARS:** 4 g, **PROTEIN:** 38 g, **SODIUM:** 433 mg, **CHOLESTEROL:** 82 mg





Chicken BLT (Bean, Lettuce & Tomato) with Smoky Tomato Dressing

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 2 boneless, skinless chicken breasts (12 to 16 oz total)
- 2 12-oz hothouse or beefsteak tomatoes, divided
- 1 cup plain Greek yogurt
- 1 tbsp olive oil
- 1 tbsp white wine vinegar
- ½ tsp natural smoked sea salt (**TIP:** If you don't have smoked sea salt, substitute with a combination of ¼ tsp smoked paprika and ½ tsp sea salt.)
- ¼ tsp ground black pepper
- ¼ cup chopped chives
- 1 large head Bibb lettuce, washed and dried well
- 1 large cucumber, peeled, quartered and sliced into ½-inch-thick pieces
- 1 15-oz BPA-free can unsalted white beans (cannellini, great northern or navy), drained and rinsed, or 1½ cups cooked white beans

INSTRUCTIONS:

ONE: In a medium covered saucepan, bring 2 cups water to a boil. Add chicken and reduce heat to low. Poach, covered, until cooked through, about 15 minutes. Remove chicken and set aside until cool

enough to handle, about 5 minutes. Cut into ½-inch cubes.

TWO: Prepare dressing: Quarter 1 tomato. Add to a blender with yogurt, oil, vinegar, salt and pepper and blend until smooth, about 30 seconds. Stir in chives.

THREE: Cut remaining tomato into 1-inch chunks. Divide lettuce, cucumber, beans, chicken and tomato chunks among 4 plates. Toss each salad with quarter of dressing.

NUTRIENTS PER SERVING (3 CUPS SALAD AND ½ CUP DRESSING):

CALORIES: 290, **TOTAL FAT:** 6 g, **SAT.**

FAT: 1 g, **MONOUNSATURATED FAT:** 3 g,

POLYUNSATURATED FAT: 1 g, **CARBS:** 27 g,

FIBER: 6 g, **SUGARS:** 9 g, **PROTEIN:** 32 g,

SODIUM: 400 mg, **CHOLESTEROL:** 60 mg

Power-Spiced Chicken in Collard Green Wraps

with Jicama Slaw

SERVES 4.

HANDS-ON TIME: 45 MINUTES.

TOTAL TIME: 45 MINUTES (PLUS MARINATING TIME).

INGREDIENTS:

- 3 tbsp extra-virgin olive oil, divided
- 1 tbsp rice vinegar
- 3 cloves garlic, chopped
- 1 tbsp each chopped fresh rosemary and oregano
- 1½ tsp each ground ginger and turmeric
- 4 5-oz boneless, skinless chicken breasts, pounded ¼ to ½ inch thick
- ½ tsp sea salt, divided
- 1½ cups plain yogurt
- 5 to 6 scallions, sliced
- 4 to 6 limes, juiced (about 7 tbsp)
- 2 tbsp raw honey
- 2 small carrots, shredded
- 1 small jicama, shredded
- 1 small zucchini, shredded
- 12 leaves collard greens, thick ribs removed

INSTRUCTIONS:

ONE: To a small bowl, combine 2 tbsp oil, vinegar, garlic, rosemary, oregano, ginger and turmeric. In a shallow baking dish, arrange chicken and pour spice mixture over top. Rub spices all over chicken and cover dish. Refrigerate for at least 2 hours, or as long as 24 hours.

TWO: Preheat oven to 200°F. In a large skillet on medium, heat 1½ tsp oil. Season chicken with ¼ tsp salt. To skillet, add 2 chicken breasts and cook until golden brown and opaque in the center, 6 to 9 minutes per side. Transfer to a large baking sheet and keep warm in oven. Repeat with remaining 1½ tsp oil and chicken.

THREE: In a medium bowl, stir together yogurt, scallions, lime juice and honey. To a large bowl, add carrots, jicama, zucchini and remaining ¼ tsp salt; stir to combine. Just before serving, add about ¾ cup of yogurt mixture to vegetable mixture and toss to combine. Slice chicken. Divide collard greens among 4 plates, then top each green with chicken and slaw. Wrap collard greens around chicken and slaw and serve with remaining yogurt mixture as a dipping sauce.

NUTRIENTS PER SERVING (3 COLLARD WRAPS): **CALORIES:** 410, **TOTAL FAT:** 17 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 10 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 30 g, **FIBER:** 7 g, **SUGARS:** 18 g, **PROTEIN:** 35 g, **SODIUM:** 393 mg, **CHOLESTEROL:** 89 mg





Portable Southwest Salad with Whipped Avocado Dressing

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 40 MINUTES.

INGREDIENTS:

- 2 5-oz boneless, skinless chicken breasts
- 1½ tsp all-natural low-sodium barbecue seasoning blend
- 4 1-oz slices all-natural nitrate- and nitrite-free turkey bacon
- 2 6-inch corn tortillas, cut in half and then into ¼-inch strips
- ½ avocado, peeled and pitted
- ½ cup chopped fresh cilantro
- ¼ cup plain whole-milk Greek yogurt
- 2 tbsp fresh lime juice
- 1 clove garlic, peeled
- ¼ tsp sea salt
- ½ tsp ground black pepper
- 6 cups chopped romaine lettuce
- 2 plum tomatoes, seeded and diced
- 1½ cups chopped cucumber
- ¾ cup fresh or frozen and thawed corn kernels (blanched, if desired)
- ½ cup chopped red onion
- 1 cup cooked or BPA-free canned black beans
- 2 oz shredded or chopped cheddar cheese

INSTRUCTIONS:

ONE: Preheat a greased grill to medium. Rub chicken with barbecue seasoning. Grill for 12 to 15 minutes, turning once,

until cooked through. Remove from heat, cover with foil and set aside.

TWO: Meanwhile, heat a medium skillet on medium. Cook bacon, turning once, until browned and crisp. Set aside on paper towels.

THREE: Preheat oven to 400°F. In a single layer, arrange tortilla strips and mist with cooking spray. Bake for 6 to 7 minutes, until crisp and just beginning to brown.

FOUR: In a small blender or food processor, blend avocado, cilantro, yogurt, lime juice, garlic, salt, pepper and ½ cup water until smooth.

FIVE: In a large bowl, toss together lettuce, tomatoes, cucumber, corn, onion, beans and cheese. Chop chicken and bacon; add to salad. Divide among bowls and top with dressing and tortilla strips. (Alternatively, arrange in layers in a glass jar as shown here, starting with dressing and keeping lighter ingredients such as lettuce at top.)

NUTRIENTS PER SERVING (¾ CUPS):

CALORIES: 362, **TOTAL FAT:** 14 g, **SAT. FAT:** 6 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 32 g, **FIBER:** 9.5 g, **SUGARS:** 6 g, **PROTEIN:** 29 g, **SODIUM:** 485 mg, **CHOLESTEROL:** 67 mg

Barley Salad with Chicken, Beets & Goat Cheese

SERVES 4.

HANDS-ON TIME: 35 MINUTES.

TOTAL TIME: 45 MINUTES.

INGREDIENTS:

- ¾ cup barley, rinsed
- 3 beets
- 1 carrot, peeled and chopped
- 1 lb boneless, skinless chicken breasts
- ¼ tsp coarse sea salt, divided
- Juice of 2 lemons
- 4 tsp extra-virgin olive oil
- 2 tsp raw honey
- 1 large bunch kale, ribs removed and leaves roughly chopped
- 2 oz goat cheese, crumbled
- ¼ cup roasted unsalted hazelnuts, chopped

INSTRUCTIONS:

ONE: Cook barley according to package directions.

TWO: Meanwhile, fill a medium pot with water and bring to a boil. Add beets, reduce to a simmer and cook until fork-tender, 25 to 30 minutes. Drain, cool then peel and cut into quarters. Fill same pot with water and bring to a boil; add carrot, reduce to a simmer and cook until tender, 5 to 10 minutes; drain. Transfer beets and carrots to a bowl and cover to keep warm.

THREE: Meanwhile, fill a large pot with water. Add chicken and ½ tsp salt and bring to a boil. Reduce heat to a gentle simmer, cover and cook for 5 minutes. Turn off heat and let stand, covered, until chicken is cooked through, 12 to 14 minutes. Remove chicken and let cool slightly. With two forks, shred chicken.

FOUR: Meanwhile, in a small bowl, whisk lemon juice, oil, honey, 1 tsp water and remaining ½ tsp salt; set aside.

FIVE: Fill a large, deep skillet with ½ inch water and bring to a simmer. Reduce heat to medium, add kale and cook, stirring, until bright green and wilted, 5 minutes.

SIX: In a large bowl, combine barley, chicken, kale, beets and carrot. Drizzle lemon mixture over top and toss to coat. Garnish with goat cheese and hazelnuts.

NUTRIENTS PER SERVING

(2 CUPS): **CALORIES:** 441, **TOTAL FAT:** 16 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 9 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 42 g, **FIBER:** 8 g, **SUGARS:** 8 g, **PROTEIN:** 36 g, **SODIUM:** 260 mg, **CHOLESTEROL:** 74 mg





Cherry Balsamic Chicken Salad *with Quinoa*

SERVES 4.

HANDS-ON TIME: 12 MINUTES.

TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 1 lb boneless, skinless chicken breasts
- 1 tsp each ground allspice and cumin
- ½ cup quinoa, rinsed
- ½ cup balsamic vinegar (**TRY:** Bionaturae Organic Balsamic Vinegar)
- ½ cup diced red onion
- ¼ cup dried unsweetened cherries
- ⅛ tsp red pepper flakes, or as desired
- ¼ cup slivered toasted unsalted almonds
- 1 tbsp toasted sesame oil
- ½ tsp each sea salt and ground black pepper
- 1 packet stevia
- 4 cups arugula

INSTRUCTIONS:

ONE: Sprinkle chicken with allspice and cumin and mist with cooking spray. Heat a large nonstick skillet on medium-high. Add chicken and cook for 5 to 6 minutes per side, until no longer pink in center. Transfer to a cutting board and set aside until cool enough to handle.

TWO: Meanwhile, cook quinoa according to package directions. Drain with a fine mesh sieve and immediately rinse with cold water, shaking sieve to remove excess water; set aside.

THREE: Return skillet to medium-high heat and add vinegar, onion, cherries and pepper flakes. Bring to a boil and continue to cook, constantly stirring and scraping up browned bits from bottom of skillet, for 2 to 3 minutes, until mixture is reduced to about ¼ cup; set aside to cool.

FOUR: Cut chicken into bite-size pieces and transfer to a medium bowl. Stir in quinoa, balsamic mixture, almonds, sesame oil, salt, black pepper and stevia. Divide arugula among plates. Top with chicken mixture, dividing evenly.

NUTRIENTS PER SERVING (1 CUP ARUGULA AND 1 CUP CHICKEN MIXTURE):

CALORIES: 347, **TOTAL FAT:** 10 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 30 g, **FIBER:** 6 g, **SUGARS:** 10 g, **PROTEIN:** 32 g, **SODIUM:** 330 mg, **CHOLESTEROL:** 66 mg

Headache help: Do you suffer from migraines? A 1-cup serving of quinoa contains 30% of your daily value (DV) of magnesium, a mineral that helps relax blood vessels. Increasing your intake of magnesium may reduce the frequency of headaches.

Tropical Mango Chicken Salad *with Grilled Pineapple & Shredded Coconut*

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 25 MINUTES.

INGREDIENTS:

- ¼ cup shredded unsweetened coconut
- 4 4-oz boneless, skinless chicken breasts
- 4 1-inch slices peeled pineapple
- 1 mango, peeled, pitted and diced
- 2 tbsp chopped fresh mint
- 1 tsp extra-virgin olive oil
- Sea salt and ground black pepper, to taste
- 12 radicchio leaves

INSTRUCTIONS:

ONE: Heat a small skillet on medium-high. Add coconut and toast for 2 to 3 minutes, until golden brown; set aside.

TWO: Heat a large stove-top grill pan or griddle on medium-high and mist with cooking spray. Arrange chicken in half of pan and grill until cooked through and no longer pink inside, 5 to 6 minutes per side. Add pineapple alongside chicken and grill for 1 to 2 minutes per side, until golden brown. Set chicken and pineapple aside to cool; cut both into 1-inch chunks and transfer to a large bowl.

THREE: To bowl, add mango, coconut, mint, oil, salt and pepper; mix well to combine. Divide radicchio leaves among plates and spoon chicken mixture into leaves, dividing evenly.

NUTRIENTS PER SERVING (1½ CUPS CHICKEN MIXTURE AND 3 RADICCHIO LEAVES): **CALORIES:** 221, **TOTAL FAT:** 5 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 1 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 17 g, **FIBER:** 2 g, **SUGARS:** 12 g, **PROTEIN:** 28 g, **SODIUM:** 125 mg, **CHOLESTEROL:** 66 mg

Maintain healthy vision:

Regular intake of both fruit and vegetables may decrease your risk of age-related macular degeneration. At less than 250 calories per serving, this island-inspired chicken salad contains pineapple, mango and radicchio leaves – a triple whammy of vision-boosting produce!





Grilled Lemon Fennel Chicken Salad

SERVES 6.

HANDS-ON TIME: 45 MINUTES.

TOTAL TIME: 50 MINUTES.

INGREDIENTS:

- 2 lemons
- ¼ cup olive oil
- 4 cloves garlic, minced
- 1 tsp each sea salt and ground black pepper, divided
- 3 6-oz boneless, skinless chicken breasts
- 2 tsp fennel seeds
- 3 heads romaine hearts, halved through the core
- 1 small red onion, cut into 6 wedges, keeping root end intact
- 1 red bell pepper, quartered, cored and seeded
- 1 bulb fennel, quartered through core
- 3 tbsp crumbled feta cheese
- 1 tbsp chopped fresh dill

INSTRUCTIONS:

ONE: Prepare dressing: Zest lemons, then squeeze to yield ¼ cup juice. In a small bowl, combine zest, ¼ cup juice, oil, garlic and ½ tsp each salt and pepper. Set aside.

TWO: Sprinkle skinned side of chicken with fennel seeds and remaining ½ tsp each salt and pepper, pressing seeds into chicken.

THREE: Arrange romaine, onion, bell pepper and fennel on a large platter and brush both sides with about half of dressing.

FOUR: Prepare a grill to medium-high and lightly oil grate. Grill chicken, seeded side first, until cooked through, 4 to 5 minutes per side. Grill onion, bell pepper and fennel until softened and lightly charred, 4 to 5 minutes per side. Grill romaine until lightly charred, 3 to 4 minutes per side. Set chicken aside to rest for 5 minutes. Set onion, bell pepper, fennel and romaine aside until cool enough to handle, about 3 minutes.

FIVE: Cut core from romaine and arrange leaves on plates or a platter. Cut root ends from onion, slice or dice bell peppers and slice and core fennel; arrange vegetables on top of romaine. Slice chicken and arrange on top of vegetables. Sprinkle with cheese and dill, drizzle with remaining dressing.

NUTRIENTS PER SERVING (% OF SALAD):

CALORIES: 268, **TOTAL FAT:** 13 g, **SAT.**

FAT: 3 g, **MONOUNSATURATED FAT:** 8 g,

POLYUNSATURATED FAT: 2 g, **CARBS:** 18 g,

FIBER: 9 g, **SUGARS:** 7 g, **PROTEIN:** 23 g,

SODIUM: 452 mg, **CHOLESTEROL:** 51 mg

Vitamins galore: *With an array of vegetables in this salad, you're getting a wealth of nutrients in every bite. Romaine lettuce contains both bone-supportive vitamin K as well as folate, also known as vitamin B₉, a key player in nervous-system health. Meanwhile, bell peppers and fennel provide immune-boosting vitamin C.*

Maple Sausage Potato Salad *with Apples & Sage*

SERVES 6.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 1 lb baby redskin potatoes, scrubbed and quartered
- 2 4-oz all-natural Italian turkey sausages, casings removed
- 1 green bell pepper, seeded and cut into 1-inch chunks
- 1½ Gala apples, cut into 1-inch chunks

- 1 tsp each minced fresh sage and thyme, plus additional for garnish

VINAIGRETTE

- 2 tbsp extra-virgin olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp pure maple syrup
- ½ tsp Dijon mustard
- Pinch sea salt and ground black pepper

INSTRUCTIONS:

ONE: Fill a medium pot with 1 to 2 inches water and fit with a steamer basket. Bring to a boil. To basket, add potatoes and steam until tender, 10 to 15 minutes. Transfer to a colander until slightly cooled, about 5 minutes.

TWO: Meanwhile, mist a large nonstick skillet with cooking spray and heat on medium. Add sausages and cook, breaking up into bite-size pieces, until cooked through, 4 to 5 minutes. Transfer to a bowl and set aside.

THREE: Mist skillet with additional cooking spray and return to medium heat. Add bell pepper and sauté, stirring frequently, until tender-crisp, 3 to 4 minutes. Add apples and sauté until soft, 3 to 4 more minutes. Add sage and thyme and sauté for 30 more seconds. Transfer to a large bowl.

FOUR: Meanwhile, in a small bowl, whisk all vinaigrette ingredients; set aside. To apple mixture, add potatoes, sausage and vinaigrette. Toss gently and garnish with additional sage and thyme.

NUTRIENTS PER SERVING (1 CUP):

CALORIES: 202, **TOTAL FAT:** 8 g, **SAT.**

FAT: 2 g, **MONOUNSATURATED FAT:** 5 g,

POLYUNSATURATED FAT: 1 g, **CARBS:** 25 g,

FIBER: 3 g, **SUGARS:** 11 g, **PROTEIN:** 8 g,

SODIUM: 262 mg, **CHOLESTEROL:** 31 mg





Buffalo Chicken Salad

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 25 MINUTES.

INGREDIENTS:

- 1 lb boneless, skinless chicken breasts
- 1 tsp each smoked paprika and chile powder
- ½ tsp sea salt
- ½ sweet onion, chopped (about ½ cup)
- ½ cup plain Greek yogurt
- 5 tbsp buttermilk
- 1 to 1½ tsp hot sauce
- 1 head romaine lettuce, thick spines removed, chopped
- 1 head red leaf lettuce, thick spines removed, chopped
- 1 yellow bell pepper, thinly sliced
- 1 pint grape tomatoes, halved
- 1 cup peeled and shredded carrots
- 2 oz blue cheese, crumbled (about ½ cup)

INSTRUCTIONS:

ONE: Preheat broiler to high. Place chicken on a baking sheet misted with cooking spray. Lightly mist chicken with cooking spray and sprinkle evenly on both sides with paprika, chile powder and salt. Broil 6 to 8 inches from heat until center of chicken is no longer pink, about 6 minutes per side. Transfer chicken to a cutting board and let rest for 3 to 5 minutes before cutting into bite-size chunks.

TWO: In a blender, purée onion, yogurt, buttermilk and 1 tbsp hot sauce. Taste and add remaining hot sauce if you want more heat. Divide romaine and red leaf lettuces among 4 plates and top with bell pepper, tomatoes, carrots and chicken, dividing each evenly. Serve yogurt mixture on the side or drizzle evenly over each plate. Sprinkle with blue cheese.

TIP: You can also cook the chicken on an outdoor or countertop grill. While the cooking time should be about the same, always check doneness by making sure the thickest part of the meat is no longer pink in the center.

NUTRIENTS PER SERVING (2½ CUPS VEGETABLES, ⅔ CUP CHICKEN, ¼ CUP DRESSING, 2 TBSP BLUE CHEESE):
CALORIES: 258, **TOTAL FAT:** 6 g,
SAT. FAT: 3 g, **CARBS:** 13 g, **FIBER:** 4 g,
SUGARS: 6 g, **PROTEIN:** 35 g,
SODIUM: 416 mg, **CHOLESTEROL:** 76 mg

Chicken & Edamame Stir-Fry Slaw with Sriracha Peanut Vinaigrette

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 2 stalks celery, thinly sliced
- 1 napa cabbage, cored and sliced crosswise into thin ribbons
- 1 large carrot, sliced into thin coins
- 5 scallions, thinly sliced, white and green parts divided
- 2 tbsp natural unsalted crunchy peanut butter
- 2 tsp reduced-sodium soy sauce
- 2 tsp sriracha
- ½ tsp raw honey
- 4 tbsp rice vinegar
- 1 cup frozen edamame
- 2 tsp safflower oil
- 2 large cloves garlic, minced

- 1 lb boneless, skinless chicken breasts, cut into thin pieces (**TIP:** Cut breast in half lengthwise and then slice crosswise into ⅛-inch-thick pieces.)
- ¼ cup roasted unsalted peanuts, chopped

INSTRUCTIONS:

ONE: In a large wide bowl, toss together celery, cabbage, carrot and green parts of scallions. Set aside.

TWO: In a small bowl, whisk together peanut butter, soy sauce, sriracha and honey. Add vinegar a little at a time, whisking constantly, until smooth. Set aside.

THREE: Set a wok or large deep skillet on high. Add edamame and 1 tbsp water and stir-fry for 2 minutes, until edamame is hot and bright green.

FOUR: Add oil, white parts of scallions, and garlic; sauté for 30 seconds. Add chicken and stir-fry for 2 minutes, until cooked through. Add wok ingredients to bowl with cabbage mixture, drizzle with vinaigrette and toss to combine. Sprinkle peanuts over top.

MAKE AHEAD: Prepared salad can be refrigerated in an airtight container for up to 3 days.

NUTRIENTS PER SERVING (¼ OF SALAD):
CALORIES: 359 g, **TOTAL FAT:** 15 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 18 g, **FIBER:** 6 g, **SUGARS:** 9 g, **PROTEIN:** 36 g, **SODIUM:** 255 mg, **CHOLESTEROL:** 83 mg





A salad with benefits: Our robust kale salad with seasoned poached chicken uses yogurt as the base for its creamy dressing, adding beneficial bacteria to every bite. We suggest looking for organic, grass-fed yogurt options. Anchovy fillets are optional here but highly recommended - they contain omega-3 fatty acids, while being low in mercury and other toxins because they are a small fish.

Hail Kale Chicken Caesar with Creamy Chive Dressing

SERVES 6. HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 40 MINUTES.

INGREDIENTS:

- 3 lemons (**NOTE:** Slice 1 and juice the remaining 2 to yield about ¼ cup), divided
- 3 sprigs each fresh thyme and rosemary
- ½ white onion, peeled and cut in half
- 1½ lb boneless, skinless chicken breasts
- 1½ cups plain yogurt (**TRY:** Stonyfield Organic 100% Grassfed Plain Whole Milk Yogurt)
- 2 tbsp extra-virgin olive oil
- 4 anchovy fillets (jar-packed in olive oil), finely chopped, optional
- 2 tbsp chopped fresh chives, divided
- 1 tsp onion powder

- 1¼ lb Lacinato kale (aka Tuscan or dinosaur kale), stems and thick ribs discarded, cut into thin ribbons
- 2 cups grape tomatoes, halved
- ½ tsp ground black pepper
- ¼ tsp sea salt
- ¾ cup unsalted walnuts, toasted and chopped into large pieces (3 oz)

INSTRUCTIONS:

ONE: To a large saucepan, add sliced lemon, herb sprigs, onion and 4 to 5 inches of water (enough to cover chicken by about 1 inch). Cover and bring to a boil. Add chicken. As soon as water starts bubbling, reduce heat to medium to maintain a slow simmer. Simmer, uncovered, until chicken is no longer pink in thickest part and temperature registers 165°F on an instant-read thermometer, 10 to 14 minutes, turning chicken halfway through. Transfer chicken to a cutting


board to cool. (**NOTE:** Chicken may be cooked up to 2 days ahead. Cool and refrigerate in an airtight container. Chicken may be served warm, cold or at room temperature.)

TWO: To a large bowl, add yogurt, lemon juice, oil, anchovies (if using), 1 tbsp chives and onion powder; stir to combine. Add kale, tomatoes, pepper and salt. Toss well to combine.

THREE: When chicken is cool enough to handle, slice against the grain. Divide salad among 4 plates. Top each plate evenly with chicken, walnuts and remaining 1 tbsp chives.

NUTRIENTS PER SERVING

(2 CUPS SALAD AND 1 CUP CHICKEN):

CALORIES: 353, **TOTAL FAT:** 19 g, **SAT.** 4 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 8 g, **CARBS:** 16 g, **FIBER:** 4 g, **SUGARS:** 5 g, **PROTEIN:** 33 g, **SODIUM:** 203 mg, **CHOLESTEROL:** 75 mg 



Salads from Under the Sea

**Seared Scallops
& Fennel Salad**
with Pink Grapefruit
(See recipe, p. 70)

70 Seared Scallops
& Fennel Salad
with Pink Grapefruit

70 Sushi Salad

71 Shredded Beet Salad
with Broiled Figs & Scallops

71 Baby Spinach
& Tomato Salad
with Grilled Prawns

73 Grilled Calamari Salad
with Red Chile Vinaigrette

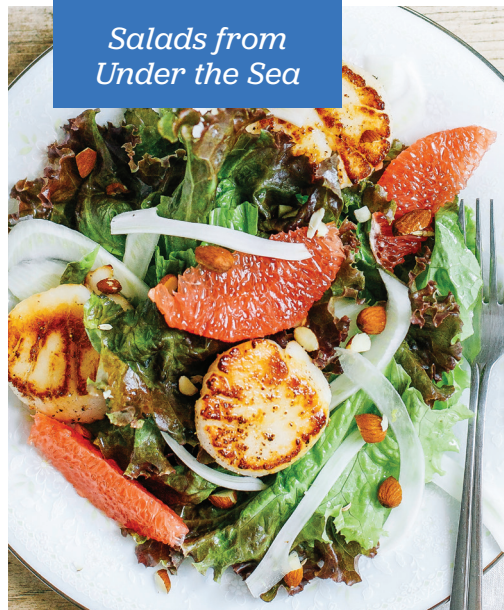
73 Shrimp, Mango
& Black Bean Salad
with Orange Vinaigrette

74 Salmon & Blood
Orange Salad
with Greens

74 Roasted Cauliflower
& Tuna Salad
*with Smoked
Paprika Vinaigrette*

75 Roasted Salmon
& Summer Vegetable
Farro Salad

Succulent seafood like salmon, scallops and even calamari can elevate any salad to a gorgeous and filling protein-packed main.



Seared Scallops & Fennel Salad

with Pink Grapefruit

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 1 large pink grapefruit
- 1 tbsp olive oil, divided
- 1 tsp raw honey
- ½ tsp plus ⅛ tsp ground fennel
(**NOTE:** You can purchase ground fennel, but we suggest grinding your own in a spice grinder as it tends to be more flavorful.)
- ¼ tsp sea salt, divided
- Pinch ground black pepper
- 12 fresh sea scallops (about 1 lb), muscle removed, room temperature
- ¾ head red leaf lettuce, cored and torn into bite-size pieces
- ½ large fennel bulb, halved, cored and thinly sliced
- 12 unsalted almonds, coarsely chopped and lightly toasted

INSTRUCTIONS:

ONE: Working over a bowl to catch the juices, peel then segment grapefruit. Strain grapefruit juice into a cup.

TWO: Prepare dressing: Transfer 3 tbsp juice to a small bowl and whisk in 2 tsp oil, 2 tsp water, honey, ⅛ tsp ground fennel, ⅛ tsp salt and pepper. Set aside.

THREE: Pat scallops dry on all sides. Season scallops evenly with remaining ½ tsp ground fennel and remaining ⅛ tsp salt.

FOUR: Heat a medium nonstick skillet on medium and brush with remaining 1 tsp oil. Cook half of scallops for about 5 minutes, flipping halfway, until just slightly firm when touched and very lightly golden brown on both sides. Transfer to a plate and cover to keep warm. Repeat with remaining scallops.

FIVE: Set aside 1 tbsp dressing. In a large bowl, toss lettuce and fennel with remaining dressing. Divide salad among plates. Top each with grapefruit segments and scallops. Drizzle reserved dressing over scallops and top with almonds.

NUTRIENTS PER SERVING (¼ OF SALAD):

CALORIES: 175, **TOTAL FAT:** 6 g, **SAT:** 1 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 15 g, **FIBER:** 3 g, **SUGARS:** 8.5 g, **PROTEIN:** 16 g, **SODIUM:** 591 mg, **CHOLESTEROL:** 27 mg

Sushi Salad

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 50 MINUTES.

INGREDIENTS:

- 1 cup short-grain brown rice (**TRY:** Lundberg Family Farms Organic Brown Short Grain Rice)
- ¾ cup rice wine vinegar
- 2 tbsp reduced-sodium soy sauce
- 1 tbsp wasabi paste
- ½ tsp raw honey
- 4 nori sheets, quartered and cut into ¼-inch strips
- 1 English cucumber, cut into ¼-inch chunks
- 1 large carrot, peeled and thinly sliced (or julienned)
- 8 oz crab meat (claw or jumbo lump)
- 4 cups baby spinach
- 1 avocado, pitted, peeled and sliced

TIP: If you can't find prepared wasabi paste at your local market, make your own by whisking 1 tbsp all-natural wasabi powder with 1 tbsp water.

INSTRUCTIONS:

ONE: Cook rice according to package directions. Spread on a baking sheet to cool to room temperature, about 15 minutes.

TWO: In a small bowl, whisk vinegar, soy sauce, wasabi and honey. Set aside.

THREE: In a large bowl, mix rice, nori, cucumber and carrot. Drizzle with wasabi-honey mixture and stir to combine. With a rubber spatula, gently fold in crab.

FOUR: Divide spinach evenly among bowls or plates and top each with rice-crab mixture and avocado.

NUTRIENTS PER SERVING (1 CUP SPINACH,

1½ HEAPING CUPS RICE-CRAB MIXTURE, ¼ AVOCADO): **CALORIES:** 360, **TOTAL FAT:** 10 g, **SAT:** 1.5 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 54 g, **FIBER:** 9 g, **SUGARS:** 4 g, **PROTEIN:** 18 g, **SODIUM:** 490 mg, **CHOLESTEROL:** 55 mg

Energy booster: This salad contains all the benefits of a good sushi roll. The combination of complex carbs, complete proteins and a healthy dose of vitamin B₁₂ (69% DV) helps maintain normal metabolism and regulate energy levels.





Shredded Beet Salad

with Broiled Figs & Scallops

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 3 beets, trimmed, peeled and quartered
- 1 tbsp walnut oil or extra-virgin olive oil
- 1 tbsp red or white wine vinegar
- 1 tsp raw honey
- ½ tsp sea salt, divided
- Ground black pepper, to taste
- 1 lb sea scallops
- 10 fresh figs, trimmed and halved
- 1 oz unsalted walnuts, chopped and toasted
- 2 tbsp chopped fresh mint

INSTRUCTIONS:

ONE: In a food processor, shred beets, then transfer to a large bowl. In a small bowl, whisk oil, vinegar and honey. Pour mixture over beets, season with ¼ tsp salt and pepper; mix well. (**TIP:** If you don't have a food processor, shred the beets on the large holes of a box grater.)

TWO: Preheat broiler. Mist a rimmed baking sheet with cooking spray. Season scallops on both sides with remaining ¼ tsp salt and pepper, then place on baking sheet in a single layer. Arrange figs, cut side up, around scallops and season lightly with pepper. Mist scallops and figs with cooking spray. Broil 6 to 8 inches from heat until tops of scallops appear opaque and figs are juicy and tender, 4 to 5 minutes. Transfer figs to a plate and set aside. Flip scallops and return to broiler,

cooking until firm to the touch and opaque in the center, 2 to 3 minutes.

THREE: Divide beet mixture among 4 plates. Arrange figs and scallops over top, dividing evenly, and sprinkle with walnuts and mint.

NUTRIENTS PER SERVING (¾ CUP BEETS, 3 TO 4 SCALLOPS, 1 TBSP WALNUTS, 5 FIG HALVES): **CALORIES:** 310, **TOTAL FAT:** 9 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 6 g, **CARBS:** 34 g, **FIBER:** 5 g, **SUGARS:** 15 g, **PROTEIN:** 22 g, **SODIUM:** 471 mg, **CHOLESTEROL:** 37 mg

Functional fats: *The small amount of walnuts here contribute 640 mg of omega-3 fatty acids per serving. Along with its connection to a reduced risk of cardiovascular disease, this healthy fat may also help relieve joint pain in people with rheumatoid arthritis and inflammatory bowel disease, according to an analysis of 17 clinical studies.*

Baby Spinach & Tomato Salad

with Grilled Prawns

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 1 cup plus 1 tbsp balsamic vinegar, divided
- 1 shallot, minced
- 1 clove garlic, minced
- ¼ cup fresh basil, chopped
- ½ tsp red pepper flakes
- 3 tbsp extra-virgin olive oil
- Sea salt and ground black pepper, to taste
- 1 lb prawns or shrimp, peeled and deveined
- 8 10-inch sprigs fresh rosemary

SALAD

- 4 cups baby spinach
- 1 cup cherry or grape tomatoes, halved

INSTRUCTIONS:

ONE: In a small saucepan, heat 1 cup vinegar on medium. Bring to a gentle simmer and cook until syrupy and reduced by about three-quarters. Remove from heat and set aside.

TWO: Meanwhile, prepare marinade: In a medium bowl, whisk shallot, garlic, basil, pepper flakes and remaining 1 tbsp vinegar until well blended. Slowly whisk in oil until blended. Season with salt and black pepper. Remove 2 tbsp marinade, transfer to a small bowl and set aside; add prawns to remaining marinade and toss to coat.

THREE: Heat an outdoor grill on medium-high. Pinch rosemary sprigs one-quarter of the way up from bottom stem and pull down with your fingers to remove bottom leaves. Carefully thread prawns onto bare ends of rosemary sprigs. Season with salt and black pepper and add to grill. Cook for 2 minutes per side, until just cooked through. Remove from grill and let rest for 1 minute.

FOUR: In a large bowl, toss spinach and tomatoes with reserved 2 tbsp marinade. Season with salt and black pepper. Serve rosemary-prawn skewers over salad and drizzle with reduced vinegar.

NUTRIENTS PER SERVING (2 SKEWERS AND 1 CUP SALAD): **CALORIES:** 255, **TOTAL FAT:** 12 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 8 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 12 g, **FIBER:** 2 g, **SUGARS:** 2 g, **PROTEIN:** 23 g, **SODIUM:** 42 mg, **CHOLESTEROL:** 0 mg





Superhero squid: Squid is the star of this recipe, bringing a wealth of vitamins and minerals such as selenium, vitamin B₁₂ and copper to your plate. Selenium is an important trace mineral for the health of your thyroid; vitamin B₁₂ is necessary for converting fats and protein into energy; and copper aids in absorbing the iron from the spinach in this dish.



Grilled Calamari Salad

with Red Chile Vinaigrette

SERVES 6.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES (PLUS MARINATING TIME).

INGREDIENTS:

- 2 shallots, diced
- 1 to 2 red finger chile peppers (or your favorite hot chile pepper), seeded and finely chopped
- ½ red bell pepper, finely diced
- ⅓ cup fresh lemon juice
- ¼ cup olive oil, divided
- 2 tbsp chopped fresh oregano
- 2 tbsp Dijon mustard
- ¼ tsp sea salt
- ½ tsp ground black pepper, divided
- 1½ lb whole squid tubes (6 pieces), cleaned
- 6 cups chopped fresh spinach
- 6 cups chopped frisée
- 4 cups chopped radicchio
- 18 asparagus spears, trimmed
- ⅓ cup white wine vinegar

INSTRUCTIONS:

ONE: In a medium bowl, combine shallots, finger chile, bell pepper, lemon juice, all but 2 tsp oil, oregano, Dijon, salt and ¼ tsp black pepper.

TWO: Ensure that hard plastic-like piece is removed from center of each squid tube. Place squid on a cutting board and create slits three-quarters of the way through each tube, every ½ inch (leaving 1 side of tube intact; do not cut into separate rings). This will keep squid from curling when grilling.

THREE: Place squid in a large sealable plastic bag and pour in pepper-shallot marinade. Seal bag, removing all air, and refrigerate for 30 minutes.

FOUR: In a large bowl, mix spinach, frisée and radicchio. Set aside.

FIVE: Preheat grill to medium-high.

SIX: In a large bowl, toss asparagus with remaining 2 tsp oil and ¼ tsp

black pepper. Grill asparagus for 2 to 3 minutes, turning once, until lightly charred and tender. Transfer back to large bowl.

SEVEN: Remove squid from marinade, reserving marinade, and grill for 1 to 2 minutes, turning once, until lightly charred. (Do not overcook or squid will become rubbery and tough.) Remove from grill and place into bowl with asparagus. Heat a sauté pan on medium-high (you may also place it on the grill or on side-burner of grill, if you have one). Carefully pour reserved marinade into pan and bring to a boil. Add vinegar and remove from heat. Reserve 2 tbsp vinaigrette and pour remaining over calamari-asparagus mixture.

EIGHT: Divide radicchio mixture among 4 bowls. Top each with 1 tube calamari and 3 spears asparagus. Drizzle 2 tbsp reserved vinaigrette over top.

NUTRIENTS PER SERVING

(1 PIECE CALAMARI, 2½ CUPS SALAD, 2 TBSP VINAIGRETTE): **CALORIES:** 246, **TOTAL FAT:** 11 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 7 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 16 g, **FIBER:** 4 g, **SUGARS:** 4 g, **PROTEIN:** 21 g, **SODIUM:** 250 mg, **CHOLESTEROL:** 264 mg

Shrimp, Mango & Black Bean Salad

with Orange Vinaigrette

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 1 15-oz BPA-free can unsalted black beans, drained and rinsed
- 1 large mango, peeled and chopped
- ½ small red onion, thinly sliced
- 4 cups packed chopped romaine lettuce
- 2 cups packed shredded red cabbage (**TIP:** Buy pre-chopped and shredded veggies.)
- 1 lb frozen cooked medium shrimp, thawed

VINAIGRETTE

- 3 tbsp safflower oil
- 2 tbsp fresh orange juice
- 4 tsp white wine vinegar
- 1 tsp Dijon mustard
- 1 tsp raw honey (**TRY:** Wholesome! Organic Raw Honey)
- ¼ tsp sea salt

INSTRUCTIONS:

ONE: Prepare vinaigrette: In a small jar with a tight-fitting lid, combine all vinaigrette ingredients. Shake vigorously, until emulsified. (Alternatively, whisk ingredients together in a medium bowl.)

TWO: In a large bowl, combine beans, mango, onion, lettuce and cabbage. Add dressing and toss well. Divide among plates and top evenly with shrimp.

NUTRIENTS PER SERVING (¼ OF SALAD):

CALORIES: 381, **TOTAL FAT:** 11 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 8 g, **CARBS:** 38.5 g, **FIBER:** 8.5 g, **SUGARS:** 18 g, **PROTEIN:** 35 g, **SODIUM:** 303 mg, **CHOLESTEROL:** 214 mg





Salmon & Blood Orange Salad *with Greens*

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES
(INCLUDES MARINATING).

INGREDIENTS:

SALMON

- 2 cups fresh orange juice
- 2 tbsp extra-virgin olive oil
- 1 tsp each dried thyme and rosemary
- 3 cloves garlic, roughly chopped
- 4 4-oz boneless, skin-on wild salmon fillets
- ¼ tsp sea salt
- Ground black pepper, to taste

SALAD

- 2 blood oranges
- 3 small Belgian endive, trimmed and sliced crosswise (about 2 cups)
- 2 small heads radicchio, cored and shredded (about 4 cups)
- 1 head frisée, torn into bite-size pieces (about 4 cups)
- 5 tbsp fresh orange juice
- 2 tbsp extra-virgin olive oil
- 2 tsp Dijon mustard
- 1 tbsp finely chopped fresh herbs (such as basil, thyme, rosemary, parsley or mint)
- Sea salt and ground black pepper, to taste

INSTRUCTIONS:

ONE: Prepare salmon: In a 1-gallon zip-top bag, combine juice, oil, thyme, rosemary and garlic; seal well and shake gently to blend. Add salmon to bag so

fillets rest in a single layer, skin side up. Seal and refrigerate for at least 30 minutes or up to 2 hours.

TWO: Mist a large skillet with cooking spray and heat on medium-high. Transfer salmon to a paper-towel-lined plate and discard marinade. Pat salmon dry and season with salt and pepper. Add salmon to skillet, skin side up, and cook without moving fillets until flesh is lightly browned, about 4 minutes. Flip and cook until flesh is opaque in the center, 4 to 5 minutes. Transfer salmon to a cutting board.

THREE: Prepare salad: Cut a slice from both ends of 1 orange, exposing the inner fruit. With orange standing upright on a cutting board, use a sharp paring knife to remove the peel in vertical strips, following the curve of the fruit with your knife, making sure none of the bitter white pith remains. Turn orange on its side and slice into rounds or segments. Repeat with remaining orange; set aside.

FOUR: In a large bowl, combine endive, radicchio and frisée. In a small bowl, whisk together remaining salad ingredients to make the dressing. Pour dressing over greens and toss well. Divide greens and orange slices evenly among 4 plates. Top with salmon fillets and serve.

NUTRIENTS PER SERVING (2½ CUPS

SALAD AND 1 SALMON FILLET):

CALORIES: 305, **TOTAL FAT:** 15 g, **SAT.**

FAT: 2 g, **MONOUNSATURATED FAT:** 9 g,

POLYUNSATURATED FAT: 4 g, **CARBS:** 16 g,

FIBER: 3 g, **SUGARS:** 10 g, **PROTEIN:** 25 g,

SODIUM: 267 mg, **CHOLESTEROL:** 62 mg

Roasted Cauliflower & Tuna Salad *with Smoked Paprika Vinaigrette*

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 1 HOUR.

INGREDIENTS:

- 1 large head cauliflower, cut into small florets



- ¼ cup fresh lemon juice, divided
- Sea salt and ground black pepper, to taste
- 1 tbsp olive oil
- 1 tbsp raw honey
- 1 tsp smoked sweet paprika
- ¼ tsp ground cayenne pepper, or to taste
- 3 to 4 carrots, peeled and grated
(**TIP:** If heirloom carrots are available, you can substitute 8 heirloom carrots, any color, scrubbed and grated.)
- 6 oz unsalted pouched albacore tuna
(**TRY:** Wild Planet Wild Albacore Tuna Single-Serve Pouch)
- ½ cup pitted Kalamata olives, coarsely chopped
- 3 tbsp sultana raisins
- ¼ cup each coarsely chopped fresh basil and mint
- ¼ cup toasted and coarsely chopped unsalted almonds

INSTRUCTIONS:

ONE: Position oven racks in top and bottom thirds of oven and preheat to 425°F. Toss cauliflower with 2 tbsp lemon juice and season with salt and pepper. Arrange in a single layer on a parchment-lined baking sheet and mist with cooking spray. Roast for about 45 minutes, until lightly browned and fork-tender, tossing once and turning tray halfway through. Set aside to cool to room temperature.

TWO: Meanwhile, prepare vinaigrette: Combine remaining 2 tbsp lemon juice,

oil, honey, paprika and cayenne. Season with salt and pepper and set aside.

THREE: Transfer cauliflower to a large bowl and toss with carrots, tuna, olives, raisins, basil and mint. Add vinaigrette and toss to coat evenly. Arrange on a platter and top with almonds.

NUTRIENTS PER SERVING (¼ OF RECIPE):
CALORIES: 316, **TOTAL FAT:** 15 g, **SAT.** FAT: 2 g, **MONOUNSATURATED FAT:** 9 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 31 g, **FIBER:** 8 g, **SUGARS:** 17 g, **PROTEIN:** 19 g, **SODIUM:** 408 mg, **CHOLESTEROL:** 11 mg

Roasted Salmon & Summer Vegetable Farro Salad

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 1 HOUR.

INGREDIENTS:

- 1 cup farro, rinsed
- 1 pint grape tomatoes
- 1 small head cauliflower, stemmed and cut into florets
- 2 yellow bell peppers, cut into ½-inch chunks
- 1 small red onion, halved and thinly sliced
- 4 cloves garlic, sliced
- 3 tbsp balsamic vinegar
- 2 tsp mustard
- 1 tbsp olive oil
- ½ tsp ground black pepper
- 2 heads kale (about 1½ lb), tough stems trimmed, leaves torn into 2-inch pieces
- 8 oz boneless, skinless wild salmon fillet
- ½ cup crumbled feta cheese

INSTRUCTIONS:

ONE: In a medium saucepan on medium-high, bring farro and 3 cups water to a boil. Reduce heat to medium-low, cover and simmer until tender, about 30 minutes. Drain, then

spread farro onto a baking sheet and let cool to room temperature.

TWO: Preheat oven to 375°F. In a 9 x 13-inch glass or ceramic baking dish, toss tomatoes, cauliflower, bell peppers, onion and garlic. In a small bowl, whisk vinegar, mustard, oil and black pepper. Drizzle mustard mixture over top of vegetables and toss to coat. Cover dish with foil and transfer to lowest oven rack. Roast for 15 minutes, then remove foil and roast for an additional 15 minutes, until vegetables are soft and tender yet slightly crunchy.

THREE: On a 9 x 13-inch baking sheet, spread out kale. In a separate small glass or ceramic baking dish, place salmon. Bake kale and salmon on top

oven rack for 15 minutes, until kale is crisp and salmon is cooked through. Remove from oven and break salmon into large flakes.

FOUR: Add farro and feta to roasted tomato-cauliflower mixture and stir gently to combine farro with juices from vegetables. Divide among wide, shallow bowls and top each with kale and salmon, dividing evenly.

NUTRIENTS PER SERVING
(2 CUPS FARRO-VEGETABLE MIXTURE, 2 OZ SALMON, 1 CUP KALE):
CALORIES: 349, **TOTAL FAT:** 11 g, **SAT.** FAT: 2 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 42 g, **FIBER:** 9 g, **SUGARS:** 8 g, **PROTEIN:** 25 g, **SODIUM:** 409 mg, **CHOLESTEROL:** 35 mg





Thai Rice Noodle Salad
with Coconut Lime Dressing

(See recipe, p. 86)

Energizing Grain & Pasta Salads

78 Cucumber & Kimchi
Noodle Salad
with Shrimp

78 Sushi-Style Black
Rice Salad
with Wasabi Vinaigrette

79 Quinoa & Veggie
Chop Salad

79 Kamut Salad
*with Roasted Grapes,
Butternut Squash
& Brussels Sprouts*

81 Mason Jar Harvest
Squash & Quinoa Salad

81 Make & Take
Thai Rice Salad
with Peanut Ginger Dressing

82 Asian Soba Salad
with Sesame Lime Steak

82 Mason-Jar Tri-Color
Pasta Salad
with Tuna

83 Mango Black Rice Salad
with Wild Salmon

84 Spring Romaine Boats
with Chicken & Quinoa

84 Green Goddess
Pasta Salad
with Chicken

85 Soba Noodle Salad
*with Julienned Vegetables
& Fried Egg*

85 Pistachio Pesto
& Spiralized Zucchini
Noodle Salad

86 Thai Rice Noodle Salad
with Coconut Lime Dressing

86 Portable Moroccan
Chicken & Carrot Salad
*with Couscous
& Harissa Dressing*

87 Maple Balsamic
Quinoa Salad

87 Curry Carrot Salad
with Sorghum

87 Arame Avocado
Salad Salad

88 Mixed Vegetable
Farro Salad
with Chile Mint Vinaigrette

88 Take-To-Go Asian
Stir-Fry Noodle Salad

When you combine oodles of veg with ancient grains or whole-grain noodles, salads can be the most unexpected comfort food.



Cucumber & Kimchi Noodle Salad *with Shrimp*

SERVES 8.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES (PLUS COOLING TIME).

INGREDIENTS:

- 12 oz brown rice spaghetti or soba (aka buckwheat) noodles
- 2 tbsp reduced-sodium tamari
- 2 tbsp rice vinegar (**TIP:** Look for brands that are unseasoned.)
- 2 tbsp toasted sesame oil
- 2 tbsp raw honey
- 12 oz frozen cooked large shrimp (peeled, deveined and tails on), thawed and drained
- 3 cups shredded green cabbage
- 2 cups julienned English cucumber
- ¾ cup all-natural kimchi, chopped, plus 2 tbsp brine (**TIP:** Look for brands that don't contain MSG or added preservatives.)
- Sea salt and ground black pepper, to taste
- 4 green onions, thinly sliced
- 2 tbsp toasted crushed unsalted peanuts

INSTRUCTIONS:

ONE: Cook noodles according to package directions. Drain, mist with cooking spray and cool to room temperature on a tray.

TWO: Meanwhile, prepare dressing: In a small bowl, combine tamari, vinegar, oil and honey. Remove 2 tbsp dressing and

transfer to a medium bowl; add shrimp and toss.

THREE: In a large bowl, combine noodles, cabbage, cucumber, kimchi with brine and remaining dressing, tossing until combined. Season with salt and pepper. Divide salad among bowls and top evenly with shrimp, onions and peanuts.

NUTRIENTS PER SERVING (⅓ OF RECIPE):

CALORIES: 283, **TOTAL FAT:** 5 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 41 g, **FIBER:** 2 g, **SUGARS:** 6 g, **PROTEIN:** 16 g, **SODIUM:** 315 mg, **CHOLESTEROL:** 80 mg

Kimchi is king: Loaded with lactobacilli, the same healthy bacteria found in sauerkraut and yogurt, kimchi is a powerful force for gut and digestive health. An antioxidant powerhouse, spicy-sour kimchi is brimming with vitamins A, B and C, which are important for immunity and vision, cell metabolism and collagen production, respectively. Add this versatile superfood to eggs, sandwiches, stews, stir-fries and grain bowls.

Sushi-Style Black Rice Salad *with Wasabi Vinaigrette*

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES.

INGREDIENTS:

- 1 cup black Japonica rice
- 1 cup frozen shelled edamame
- 6 radishes, trimmed and cut into wedges
- 2 scallions, sliced
- 3 cups lightly packed baby spinach leaves
- 2 cups seeded and chopped English cucumber
- ½ cup chopped avocado, optional
- ¼ cup pickled ginger, optional
- 1 sheet toasted nori, cut into matchstick-size strips
- 1 tbsp toasted sesame seeds

VINAIGRETTE

- 1 tbsp wasabi paste
- 1 tbsp olive oil mayonnaise
- 3 tbsp rice vinegar
- 2 tbsp reduced-sodium soy sauce
- 2 tsp sesame oil

INSTRUCTIONS:

ONE: Prepare vinaigrette: In a small bowl, whisk wasabi and mayonnaise until smooth; whisk in vinegar, soy sauce and oil. Set aside.

TWO: Cook rice according to package directions. Remove from heat and let stand, covered, for 10 minutes. Transfer to a large bowl and toss with half of vinaigrette. Let cool for 15 minutes.

THREE: Meanwhile, in a small pot of boiling water, add edamame and cook for 3 to 4 minutes, until tender. Drain and rinse with cold water; drain again.

FOUR: To bowl with rice, add radish, scallions, spinach, cucumber, edamame, avocado and ginger (if using); toss gently to combine. Divide evenly among plates and drizzle with remaining dressing. Garnish with nori and sesame seeds.

NUTRIENTS PER SERVING (2 CUPS):

CALORIES: 373, **TOTAL FAT:** 13 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 54 g, **FIBER:** 8 g, **SUGARS:** 6 g, **PROTEIN:** 16 g, **SODIUM:** 428 mg, **CHOLESTEROL:** 1 mg





Quinoa & Veggie Chop Salad

SERVES 8.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 2 cups quinoa, rinsed
- ¼ cup olive oil
- Juice of 1 lime
- 1 tbsp ground cumin
- Pinch red pepper flakes
- 3 cups frozen corn kernels, thawed
- 1 15-oz BPA-free can black beans, rinsed
- 1 each red and orange bell pepper, chopped
- 1 jalapeño chile pepper, seeded and chopped
- 1 cup fresh cilantro, chopped
- Sea salt and ground black pepper, to taste

INSTRUCTIONS:

ONE: In a medium saucepan, bring 4 cups water to a boil. Add quinoa, cover, and reduce to a simmer. Cook for 10 to 15 minutes until water is absorbed. Let cool.

TWO: Meanwhile, prepare dressing: In a small bowl, whisk oil, lime juice, cumin and pepper flakes until combined. Set aside.

THREE: In a large bowl, combine corn, beans, bell peppers, jalapeño and cilantro. Add quinoa and stir to combine. Top with dressing, season with salt and black pepper and mix well. Serve cold or at room temperature.

NUTRIENTS PER SERVING (½ OF SALAD):

CALORIES: 364, **TOTAL FAT:** 10.5 g, **SAT. FAT:** 1 g, **CARBS:** 56 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 2 g, **FIBER:** 10 g, **SUGARS:** 3 g, **PROTEIN:** 14 g, **SODIUM:** 46 mg, **CHOLESTEROL:** 0 mg

Kamut Salad

with Roasted Grapes, Butternut Squash & Brussels Sprouts

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR, 15 MINUTES
(PLUS OVERNIGHT SOAKING TIME AND COOLING TIME).

INGREDIENTS:

- 1 cup Kamut berries, soaked overnight and drained (**TRY:** Bob's Red Mill Organic Kamut Berries; If you don't have time to soak the Kamut in advance, cook it for an additional 10 to 15 minutes.)
- 1½ cups peeled and diced butternut squash
- 2 tbsp olive oil, divided
- ½ tsp sea salt, divided
- ¼ tsp ground black pepper, divided
- 2 cups trimmed and quartered Brussels sprouts (about 6 oz)
- 1 cup seedless red grapes
- 2 tbsp fresh orange juice
- 1 tbsp red wine vinegar
- 1 tbsp raw honey
- 2 tsp Dijon mustard
- ¼ cup coarsely chopped unsalted walnuts, lightly toasted
- ¼ cup finely chopped fresh flat-leaf parsley

INSTRUCTIONS:

ONE: Arrange 1 rack in lower third and another rack in upper third of oven; preheat to 400°F. In a medium saucepan, bring 3 cups water to a boil. Stir in Kamut, reduce heat to medium-low, cover and simmer until tender and slightly chewy, 45 to 50 minutes. Drain and set aside to cool to room temperature.

TWO: Meanwhile, line 2 large rimmed baking sheets with foil and mist with cooking spray. In a medium bowl, toss squash with 1 tsp oil, ⅛ tsp salt and pinch pepper. Spread squash evenly across half of 1 sheet. In same bowl, toss Brussels sprouts with 1 tsp oil, ⅛ tsp salt and pinch pepper. Spread Brussels sprouts in an even layer on other half of sheet with squash. Transfer to lower rack in oven and roast for 20 to 25 minutes, turning halfway, until vegetables are tender and Brussels sprouts are lightly golden brown. Meanwhile, in same bowl, toss grapes with 1 tsp oil, ⅛ tsp salt and pinch pepper. Spread grapes evenly on remaining baking sheet. Roast grapes on upper rack for 15 minutes. Let cool to room temperature.

THREE: Meanwhile, in a large bowl, whisk together remaining 1 tbsp oil, orange juice, vinegar, honey, mustard, remaining ⅛ tsp salt and remaining pinch pepper. Add Kamut, squash, Brussels sprouts, grapes, walnuts and parsley to bowl. Toss gently until evenly mixed.

NUTRIENTS PER SERVING (1½ CUPS):

CALORIES: 355, **TOTAL FAT:** 13 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 5 g, **CARBS:** 55 g, **FIBER:** 9 g, **SUGARS:** 16.5 g, **PROTEIN:** 10 g, **SODIUM:** 286 mg, **CHOLESTEROL:** 0 mg





Mason Jar Harvest Squash & Quinoa Salad

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES (PLUS COOLING TIME).

INGREDIENTS:

- 1 small butternut squash (about 1 lb) peeled, seeded and cut into ½-inch cubes
- ¼ tsp each sea salt, ground black pepper and ground cinnamon
- 1 beet, peeled and shredded
- ½ cup quinoa, rinsed (**TRY:** Ancient Harvest Organic Quinoa)
- 6 tbsp balsamic vinegar
- ¼ cup whole-grain mustard
- 2 tbsp pure maple syrup
- ¼ cup chopped unsalted walnuts
- 1½ cups pomegranate arils
- 2 oz crumbled goat cheese
- 6 cups packed chopped kale

EQUIPMENT:

- 4 1-qt jars

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Arrange squash on a large rimmed baking sheet. Mist with cooking spray, sprinkle with salt, pepper and cinnamon; toss to coat. Roast for 40 to 45 minutes, turning halfway, until tender. Cool to room temperature.

TWO: Meanwhile, in a small saucepan, bring 1 cup water to a boil. Add beet and quinoa. Cover, reduce heat to a simmer and cook for 15 minutes, until liquid is absorbed. Remove from heat and let stand, covered, for 5 minutes, before fluffing with a fork. Cool to room temperature.

THREE: Prepare dressing: In a small bowl, whisk together vinegar, mustard and maple syrup. Divide evenly among jars, about 3 tbsp per jar. Divide squash, quinoa mixture, walnuts, pomegranate arils, cheese and kale among jars. Cover jars and refrigerate until ready to serve, up to 5 days. When ready to serve, shake

in jar to distribute dressing or transfer to a bowl and toss.

NUTRIENTS PER SERVING (1 JAR):

CALORIES: 304, **TOTAL FAT:** 10 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 4.5 g, **CARBS:** 46.5 g, **FIBER:** 7 g, **SUGARS:** 17 g, **PROTEIN:** 10 g, **SODIUM:** 410 mg, **CHOLESTEROL:** 7 mg

Mega manganese: Quinoa is brimming with manganese, a key trace mineral that's required to make the antioxidant manganese superoxide dismutase (MnSOD), one of the body's most powerful defenses against oxidative damage.

Make & Take Thai Rice Salad with Peanut Ginger Dressing

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR (PLUS COOLING TIME).

INGREDIENTS:

- 1 cup black rice, rinsed
- 2 cups frozen shelled edamame
- 4 large carrots, peeled and diced
- 1 small bunch radishes (about 6), trimmed and sliced
- 4 cups chopped red cabbage
- 1 large red bell pepper, seeded and diced
- 6 scallions, sliced thinly (light green parts)

DRESSING

- 6 tbsp coconut milk
- ¼ cup packed fresh cilantro
- 2 tbsp natural unsalted creamy peanut butter (**TRY:** Once Again Organic Peanut Butter Creamy No Salt)
- 2 tbsp fresh lime juice
- 1 tbsp grated fresh ginger
- 1 tbsp reduced-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tbsp raw honey
- 1 tsp toasted sesame oil

EQUIPMENT:

- 6 32-oz glass jars with lids

INSTRUCTIONS:

ONE: Cook rice according to package directions. Spread cooked rice in an even layer on a large plate or rimmed baking sheet to cool completely. (**MAKE AHEAD:** Make rice up to 1 day before prepping the rest of the salad.)

TWO: Meanwhile, cook edamame according to package directions. Drain, rinse in cold water, and set aside to cool.

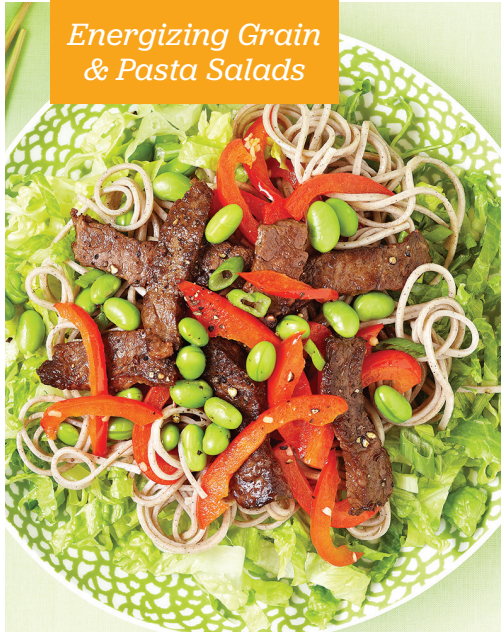
THREE: Prepare dressing: In a small blender or food processor, blend all dressing ingredients until smooth.

FOUR: Divide dressing among glass jars. Layer ingredients in the following order: carrots, radishes, cabbage, edamame, bell pepper, scallions and rice. Screw on lids and refrigerate for up to 5 days. When ready to serve, shake ingredients thoroughly and pour into a bowl. (Alternatively, package all the ingredients in a wide container and bring dressing separately.)

NUTRIENTS PER SERVING (1 JAR):

CALORIES: 435, **TOTAL FAT:** 15 g, **SAT. FAT:** 5.5 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 2.5 g, **CARBS:** 68 g, **FIBER:** 12 g, **SUGARS:** 17 g, **PROTEIN:** 16 g, **SODIUM:** 226 mg, **CHOLESTEROL:** 0 mg





Asian Soba Salad with Sesame Lime Steak

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 2 scallions, white/light green and dark green parts separated, divided
- Juice of 1 lime
- 3 tbsp reduced-sodium soy sauce, divided
- 1 tsp sesame oil, divided
- 8 oz top sirloin or flank steak, trimmed and thinly sliced against the grain
- 8 oz 100% buckwheat soba noodles
- 1 cup frozen shelled edamame
- ¼ cup brown rice vinegar
- 1 tsp minced fresh ginger
- 1 tsp olive oil
- 2 red bell peppers, thinly sliced
- 8 oz romaine lettuce, torn into bite-sized pieces

INSTRUCTIONS:

ONE: In a medium bowl, combine white/light green parts of scallions, lime juice, 1 tbsp soy sauce and ½ tsp sesame oil. Add steak, toss to coat and refrigerate for 10 minutes.

TWO: Bring a medium pot of water to a boil. Add noodles and edamame and cook for 8 to 10 minutes, until noodles are al dente. Meanwhile, in a small

bowl, whisk vinegar, remaining 2 tbsp soy sauce, ginger and remaining ½ tsp sesame oil and set aside. Drain noodles and edamame. Rinse with cool water until cold. Rinse pot with cool water until cold, then return noodles and edamame to pot. Add vinegar mixture and toss to combine.

THREE: In a large nonstick skillet, heat olive oil on medium-high. Transfer steak to skillet and discard marinade. Add peppers and sauté, stirring occasionally, until steak is cooked through, about 5 minutes.

FOUR: Divide lettuce, noodle-edamame mixture and steak-pepper mixture among plates. Garnish with reserved dark green parts of scallions, dividing evenly.

NUTRIENTS PER SERVING (1½ CUPS):

CALORIES: 401, **TOTAL FAT:** 9 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 55 g, **FIBER:** 7 g, **SUGARS:** 8 g, **PROTEIN:** 23 g, **SODIUM:** 498 mg, **CHOLESTEROL:** 28 mg

Mason Jar Tri-Color Pasta Salad with Tuna

SERVES 1.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 15 MINUTES.

INGREDIENTS:

- ¼ cup tri-color brown rice fusilli or rotini pasta
- 2 tbsp balsamic vinegar
- ¼ tsp dried Italian seasoning
- 2 tbsp finely chopped sun-dried tomatoes (dry-packed)
- 1 tsp olive oil
- Sea salt and ground black pepper, to taste
- 2 oz BPA-free unsalted canned wild tuna, in water
- ¼ cup mixed baby greens
- ½ cup grape or cherry tomatoes, halved
- ¼ cup loosely packed fresh basil

- 1 tbsp shredded mozzarella cheese, optional

EQUIPMENT:

- 1 2-cup glass jar with lid

INSTRUCTIONS:

ONE: Cook pasta according to package directions, until cooked slightly more than al dente. Drain and spread pasta on a small baking sheet to cool.

(NOTE: Spreading pasta on a baking sheet prevents it from becoming a solid mass.)

TWO: Meanwhile, prepare dressing: In a small saucepan, combine vinegar, Italian seasoning and 2 tsp water and bring to a boil. Remove from heat immediately and add sun-dried tomatoes. Whisk in oil and salt and pepper. Set aside to cool slightly.

THREE: Build salad: Add dressing to bottom of jar. Layer tuna, pasta, greens, tomatoes, basil and mozzarella (if using). Cover with lid and refrigerate. Just before serving, shake jar to distribute dressing. Make up to 1 day in advance.

NUTRIENTS PER SERVING (1 JAR):

CALORIES: 290, **TOTAL FAT:** 12 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 27 g, **FIBER:** 3 g, **SUGARS:** 10 g, **PROTEIN:** 20 g, **SODIUM:** 375 mg, **CHOLESTEROL:** 15 mg



Mango Black Rice Salad

with Wild Salmon

SERVES 4.

HANDS-ON TIME: 45 MINUTES.

TOTAL TIME: 1 HOUR, 15 MINUTES
(INCLUDES CHILLING TIME).

INGREDIENTS:

- 1 cup black rice
- Pinch sea salt, plus additional, to taste
- ¼ cup rice vinegar
- 1 tbsp olive oil
- Juice of 2 limes
- 3 tbsp reduced-sodium soy sauce
- 2 tbsp raw honey
- 2 tsp sesame oil
- 2 tsp sriracha sauce, optional
- 8 oz boneless, skinless wild salmon, cut into 2-oz fillets
- 1 mango, peeled, pitted and diced
- 1 red bell pepper, diced
- ½ cup roughly chopped fresh cilantro

- ½ cup roughly chopped fresh mint, plus whole leaves for garnish
- 4 green onions, thinly sliced
- Ground black pepper, to taste
- ¼ cup raw unsalted slivered almonds or chopped peanuts

INSTRUCTIONS:

ONE: Cook rice according to package directions, using pinch salt. Remove from heat and invert rice onto a large baking sheet, using a fork to spread out on sheet. Set aside.

TWO: Meanwhile, prepare dressing: In a small bowl, whisk vinegar, olive oil, lime juice, soy sauce, honey, sesame oil and sriracha (if using). In a large resealable bag, add salmon and ½ cup dressing. Seal and gently turn bag to coat; refrigerate for 30 minutes.

THREE: In a large bowl, combine mango, bell pepper, cilantro, mint and onions. Add rice and remaining

dressing. Toss to coat and season with salt and black pepper. Cover and refrigerate until needed.

FOUR: Heat a large nonstick skillet on medium-high and coat with cooking spray. Remove salmon from bag, discarding marinade. Add salmon to skillet and cook, turning once, until flesh flakes easily when tested with a fork, about 4 minutes. Remove from pan, transfer to a plate and set aside until completely cooled. Spoon mango-rice mixture into bowls and top with salmon and almonds, dividing evenly.

NUTRIENTS PER SERVING

(2 CUPS MANGO-RICE MIXTURE,
2 OZ SALMON, 1 TBSP ALMONDS):

CALORIES: 448, **TOTAL FAT:** 14 g,
SAT. FAT: 2 g, **MONOUNSATURATED**
FAT: 7 g, **POLYUNSATURATED FAT:** 4 g,
CARBS: 57 g, **FIBER:** 3 g, **SUGARS:** 11 g,
PROTEIN: 18 g, **SODIUM:** 516 mg,
CHOLESTEROL: 31 mg





Spring Romaine Boats with Chicken & Quinoa

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES.

INGREDIENTS:

- ¾ cup red quinoa, rinsed
- 1 tsp olive oil
- 8 oz boneless, skinless chicken breast, cut into ¼-inch strips
- 3 green onions, sliced
- Juice of ½ lemon
- 1 tsp dried dill (**TIP:** Substitute with 2 to 3 tsp chopped fresh dill, plus additional for garnish.)
- ½ tsp each sea salt and ground black pepper
- 2 cups frozen green peas, thawed, or fresh green peas, cooked
- 12 outer romaine lettuce leaves
- 4 radishes, halved and thinly sliced
- 3 oz herbed goat cheese, crumbled

INSTRUCTIONS:

ONE: Prepare quinoa according to package directions.

TWO: Meanwhile, in a large nonstick skillet, heat oil on medium. Add chicken and cook undisturbed for 3 minutes.

Stir in onions, lemon juice, dill, salt and pepper and sauté, stirring often and breaking up chicken into smaller pieces with spoon, until chicken is cooked through, about 3 more minutes.

THREE: Stir in peas and cook until heated through. Remove from heat and stir in quinoa. Spoon mixture into lettuce leaves and top with radishes and cheese, dividing evenly.

NUTRIENTS PER SERVING (3 LEAVES WITH TOPPINGS): **CALORIES:** 310, **TOTAL FAT:** 8 g, **SAT. FAT:** 3.5 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 0.5 g, **CARBS:** 33 g, **FIBER:** 5 g, **SUGARS:** 5 g, **PROTEIN:** 26 g, **SODIUM:** 445 mg, **CHOLESTEROL:** 43 mg

That's a wrap! By using lettuce leaves in place of flour tortillas in this recipe, you save nearly 100 calories, 4 grams of fat and 290 milligrams of sodium per serving! Plus, the cruciferous boats offer almost half of your recommended daily value (DV) of vitamin A, which helps protect eyesight and aids in healthy cell production.

Green Goddess Pasta Salad with Chicken

SERVES 8.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES (PLUS COOLING TIME).

INGREDIENTS:

- Sea salt and ground black pepper, to taste
- 2 cups chopped asparagus (**NOTE:** Trim and cut into 1-inch long pieces.)
- 12 oz whole-wheat or brown rice rotini or penne (**TIP:** For even more color, opt for tri-color pasta.)
- ½ cup unsweetened plain coconut yogurt or plain Greek yogurt
- ¼ cup coconut milk
- 1 tbsp fresh lemon juice
- 1 tbsp raw honey
- 1 clove garlic, minced

- 12 oz cooked and cooled shredded boneless, skinless chicken breast
- ¼ cup each coarsely chopped fresh flat-leaf parsley, cilantro, dill and mint
- 3 green onions, thinly sliced

INSTRUCTIONS:

ONE: Bring a large pot of salted water to a boil. Add asparagus and blanch for 1 minute, until tender-crisp. Remove asparagus from pot with a sieve or slotted spoon and transfer to ice water until cool. Drain and transfer to a large bowl.

TWO: Cook pasta according to package instructions. Drain, mist with cooking spray and cool to room temperature on a tray.

THREE: Prepare dressing: In a small bowl, whisk together yogurt, coconut milk, lemon juice, honey and garlic. Season with salt and pepper.

FOUR: To a large bowl with asparagus, add pasta, chicken, parsley, cilantro, dill, mint, onions and dressing and mix well. Season with additional salt and pepper.

NUTRIENTS PER SERVING (⅛ OF RECIPE):

CALORIES: 251, **TOTAL FAT:** 3 g, **SAT. FAT:** 1 g, **CARBS:** 37 g, **FIBER:** 5 g, **SUGARS:** 4 g, **PROTEIN:** 21 g, **SODIUM:** 114 mg, **CHOLESTEROL:** 36 mg





Soba Noodle Salad

*with Julienned Vegetables
& Fried Egg*

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 40 MINUTES.

INGREDIENTS:

- 9 oz soba noodles (**TIP:** Look for soba noodles that are 100% buckwheat, or use any noodle you like for this recipe such as brown-rice vermicelli, whole-wheat or brown-rice spaghetti.)
- 1 tbsp sesame oil
- ¼ cup fresh orange juice
- ¼ cup fresh lime juice
- 2 tbsp reduced-sodium tamari
- 1 tbsp raw honey
- 1 tsp sriracha sauce, plus additional to taste, optional
- 1 small clove garlic, minced
- 1 tsp minced fresh ginger
- 3 green onions, thinly sliced
- 2 carrots, peeled and julienned
- 1 each red and yellow bell pepper, julienned
- 2 cups snow peas, trimmed and julienned
- ¼ cup each coarsely chopped fresh cilantro and basil
- 4 small eggs
- ¼ cup toasted unsweetened shaved coconut, optional

INSTRUCTIONS:

ONE: Prepare noodles according to package directions, drain and rinse

with cold water. Toss with sesame oil and set aside to cool. (**TIP:** Spread noodles out on a baking tray so they cool faster.)

TWO: In a large bowl, whisk together orange juice, lime juice, tamari, honey, 1 tsp sriracha, garlic and ginger. Add onions, carrots, bell peppers, snow peas, noodles, cilantro and basil; toss to coat and set aside.

THREE: Mist a large nonstick skillet with cooking spray and heat to medium-high. Working one at a time, crack eggs into a small bowl and gently slide eggs into skillet. Cook until bottoms are golden brown and whites are just firm and opaque throughout, but yolks are still runny.

FOUR: Divide noodle mixture among bowls, top each with 1 egg and sprinkle with coconut (if using). Serve with additional sriracha on the side (if using).

NUTRIENTS PER SERVING (¼ OF RECIPE):

CALORIES: 394, **TOTAL FAT:** 9 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 67 g, **FIBER:** 6 g, **SUGARS:** 13 g, **PROTEIN:** 15 g, **SODIUM:** 462 mg, **CHOLESTEROL:** 141 mg

Pistachio Pesto & Spiralized Zucchini Noodle Salad

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 2 zucchini, trimmed (**TIP:** If you don't have a spiral slicer, try using 1 12-oz pkg kelp noodles or 3½ oz brown rice pasta of your choice, cooked)
- 2 cups spring or mesclun greens
- ½ cup raw unsalted shelled pistachios
- ½ tsp finely chopped garlic
- ¼ tsp sea salt
- 1 cup lightly packed fresh basil, plus additional chopped fresh basil for garnish, optional

- ¼ cup pitted, peeled and chopped avocado (about ¼ avocado)
- 1 tbsp extra-virgin olive oil (**TRY:** California Olive Ranch Arbequina Extra Virgin Olive Oil)
- 1½ tsp fresh lemon juice
- 12 cherry tomatoes, halved, optional
- ¼ cup julienned carrots, optional

INSTRUCTIONS:

ONE: Working 1 piece at a time, secure zucchini into spiral slicer and turn crank to create angel-hair noodles. (**NOTE:** Always read the directions for your spiral slicer as they vary by brand.) Transfer zucchini noodles to a large bowl. Add greens.

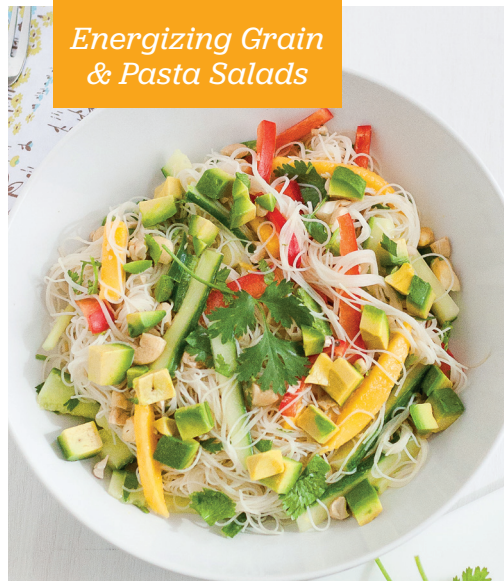
TWO: Prepare pesto: In a small food processor, process pistachios, garlic and salt until pistachios are finely ground. Add 1 cup basil, avocado, oil and lemon juice and process until well combined. Add 2 tbsp water and process until combined. Add additional 2 tbsp water and process until well combined. (**TIP:** If you prefer a thinner pesto, add water 1 tbsp at a time until desired consistency is reached.)

THREE: Add desired amount of pesto to zucchini and greens mixture and toss to coat. Divide among bowls. Garnish with tomatoes, carrots and chopped basil (if desired).

NUTRIENTS PER SERVING (1½ CUPS):

CALORIES: 165, **TOTAL FAT:** 12 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 7 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 12 g, **FIBER:** 4 g, **SUGARS:** 4 g, **PROTEIN:** 6 g, **SODIUM:** 195 mg, **CHOLESTEROL:** 0 mg





Thai Rice Noodle Salad

with Coconut Lime Dressing

SERVES 2.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 2 oz brown rice maifun noodles, aka brown rice vermicelli (**TRY:** Annie Chun's Maifun Brown Rice Noodles)
- 2½ tbsp coconut milk
- 2½ tsp fresh lime juice
- 1¼ tsp safflower oil
- Pinch sea salt
- ½ mango, peeled, pitted and thinly sliced into 2-inch lengths
- ½ red bell pepper, thinly sliced into 2-inch lengths
- ½ small English cucumber, seeded and thinly sliced into 2-inch lengths
- ½ avocado, peeled, pitted and chopped
- ½ jalapeño chile pepper, seeded and thinly sliced
- 2 tbsp roughly chopped fresh cilantro
- 1 tbsp chopped raw unsalted cashews (toasted, optional)

INSTRUCTIONS:

ONE: Prepare noodles according to package directions. Drain and rinse with cold water; set aside to dry.

TWO: Prepare dressing: In a small jar with a tight-fitting lid, combine coconut milk, lime juice, oil and salt; seal and shake well to combine.

THREE: Divide half each of noodles, mango, bell pepper, cucumber, avocado, jalapeño, cilantro and cashews among bowls. Shake dressing well and top each salad with dressing.

NUTRIENTS PER SERVING (½ RECIPE):

CALORIES: 329, **TOTAL FAT:** 16.5 g, **SAT. FAT:** 5 g, **MONUNSATURATED FAT:** 6.5 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 44 g, **FIBER:** 8 g, **SUGARS:** 14 g, **PROTEIN:** 6 g, **SODIUM:** 72 mg, **CHOLESTEROL:** 0 mg

Portable Moroccan Chicken & Carrot Salad

with Couscous
& Harissa Dressing

SERVES 1.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 15 MINUTES.

INGREDIENTS:

- ½ cup whole-wheat couscous
- ¼ red bell pepper, chopped
- 4 tsp fresh lemon juice
- 1 tsp extra-virgin olive oil
- ½ tsp ground cumin
- ½ tsp paprika
- ¼ tsp cracked black peppercorns
- 3 1-oz boneless, skinless chicken breast tenders or strips (**TIP:** Alternatively, use 3-oz chicken breast and increase cooking time to cook through.)
- ½ cup fresh flat-leaf parsley
- ¼ cup shredded carrot
- ¼ cup fresh mint
- 1 tbsp sliced dried unsweetened apricots
- 1 tbsp slivered raw unsalted almonds, optional

EQUIPMENT:

- 1 2-cup glass jar with lid

INSTRUCTION:

ONE: Cook couscous according to package directions. Fluff with a fork.

TWO: Meanwhile, prepare harissa: In a blender or food processor, combine

bell pepper, lemon juice, oil, cumin, paprika and peppercorns and blend until smooth; set aside.

THREE: In a medium bowl, combine chicken and one-quarter of harissa and toss to coat. Mist a medium sauté pan with cooking spray and heat on medium. Add chicken and cook, turning once, until no pink remains in center, about 5 minutes. Set aside until cool enough to handle. Cut into bite-size pieces.

FOUR: Build salad: Add remaining harissa to bottom of jar. Layer parsley, couscous, carrot, mint, apricots, chicken and almonds (if using). Cover with lid and refrigerate. Just before serving, shake jar to distribute harissa. Make up to 1 day in advance.

NUTRIENTS PER SERVING (1 JAR):

CALORIES: 432, **TOTAL FAT:** 8 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 62 g, **FIBER:** 13 g, **SUGARS:** 8 g, **PROTEIN:** 31 g, **SODIUM:** 102 mg, **CHOLESTEROL:** 49 mg

Vitamin A star: This salad is a vitamin A powerhouse with 200% of your daily need. An immune-supportive nutrient, vitamin A works by boosting white blood cell production.





Maple Balsamic Quinoa Salad

SERVES 8.
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 25 MINUTES (PLUS CHILLING TIME).

INGREDIENTS:

- 1½ cup quinoa, rinsed
- ½ cup extra-virgin olive oil
- ½ cup balsamic vinegar
- ½ cup pure maple syrup
- 1 cup dried cranberries or cherries
(**TIP:** Look for unsweetened or naturally sweetened varieties.)
- 1 cup raw unsalted chopped pecans
- 4 to 5 scallions, thinly sliced
- 1 tsp sea salt, plus additional, to taste

INSTRUCTIONS:

ONE: Cook quinoa according to package directions. Let cool completely and add to a large bowl.

TWO: Prepare dressing: In a small bowl, whisk oil, vinegar and maple syrup.

THREE: Add ¾ cup dressing to quinoa. Stir in cranberries, pecans, scallions and salt. Refrigerate overnight. Serve cold or at room temperature; before serving, stir in remaining dressing and season with salt.

NUTRIENTS PER SERVING (1 CUP):
CALORIES: 325, **TOTAL FAT:** 12 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 6.5 g, **POLYUNSATURATED FAT:** 4.5 g, **CARBS:** 49 g, **FIBER:** 5 g, **SUGARS:** 20 g, **PROTEIN:** 7 g, **SODIUM:** 247 mg, **CHOLESTEROL:** 0 mg

Curry Carrot Salad with Sorghum

SERVES 4 TO 6.
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 1 HOUR.

INGREDIENTS:

- 1 cup sorghum, rinsed (**TRY:** Bob's Red Mill Gluten-Free Sorghum Grain)
- 1 cup light coconut milk
- 3 tbsp rice vinegar
- 2 tbsp curry powder
- ½ tsp chile powder
- 2 cups shredded carrots
- ½ cup unsweetened raisins
- ¼ cup chopped green onions
- Sea salt, to taste

INSTRUCTIONS:

ONE: Cook sorghum according to package directions.

TWO: In a large bowl, whisk together milk, vinegar, curry and chile. To bowl, add cooked sorghum, carrots, raisins, onions and salt and toss to combine. Serve chilled or at room temperature.

NUTRIENTS PER SERVING (¼ OF RECIPE):
CALORIES: 307, **TOTAL FAT:** 6 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 1 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 62 g, **FIBER:** 7 g, **SUGARS:** 18 g, **PROTEIN:** 8 g, **SODIUM:** 85 mg, **CHOLESTEROL:** 0 mg



Arame Avocado Salad

SERVES 3.
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 5 tbsp dried arame
- 2 cups cooked quinoa
- 1 cup cooked or BPA-free canned adzuki beans, drained and rinsed
- 1 cup arugula or chopped kale
- 1 avocado, peeled, pitted and cubed

DRESSING

- 2 tbsp Bragg Liquid Aminos or reduced-sodium tamari
- ¼ cup raw apple cider vinegar
- 1 tbsp toasted sesame oil

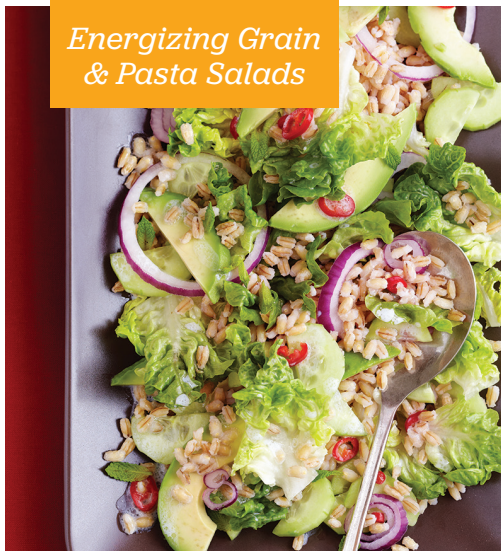
INSTRUCTIONS:

ONE: In a medium bowl, soak arame in ¾ cup water for about 15 to 20 minutes. Drain all excess liquid.

TWO: Prepare dressing: In a large bowl, whisk together liquid aminos, vinegar and oil.

THREE: To bowl with the dressing, add reconstituted arame, quinoa, beans and arugula; toss to coat. Top with avocado.

NUTRIENTS PER SERVING (½ OF RECIPE): **CALORIES:** 415, **TOTAL FAT:** 17 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 9 g, **POLYUNSATURATED FAT:** 5 g, **CARBS:** 53 g, **FIBER:** 15 g, **SUGARS:** 2 g, **PROTEIN:** 14 g, **SODIUM:** 522 mg, **CHOLESTEROL:** 0 mg



Mixed Vegetable Farro Salad with Chile Mint Vinaigrette

SERVES 8.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 55 MINUTES (PLUS COOLING AND CHILLING TIME).

INGREDIENTS:

FARRO

- 1½ cups farro, rinsed
- 1 tsp sea salt
- 2 tsp extra-virgin olive oil

VINAIGRETTE

- ½ Thai bird chile, thinly sliced
- 1 tsp chopped fresh mint
- 1 tbsp champagne vinegar
- 1½ tbsp buttermilk
- ¼ cup extra-virgin olive oil
- Sea salt, to taste

SALAD

- 1 red onion, sliced
- 1 cucumber, peeled and sliced into half moons
- Sea salt, to taste
- 2 heads butter lettuce, washed and leaves separated
- 2 avocados, pitted, peeled and sliced

INSTRUCTIONS:

ONE: Prepare farro: Cook farro according to package directions using 1 tsp salt. Drain farro and toss with oil. Spread out on a baking tray and let cool to room temperature.

TWO: Prepare vinaigrette: In a small bowl, combine ingredients and whisk together. Let rest in refrigerator for at least 30 minutes to meld flavors. (**NOTE:** Vinaigrette does not need to emulsify.)

THREE: Assemble salad: In a large mixing bowl, add farro, onion, cucumber, salt and vinaigrette. Toss until everything is well coated. Add lettuce and avocados and toss a few more times. Taste and adjust seasoning, if needed. Divide among 8 salad plates and serve.

NUTRIENTS PER SERVING (¾ CUP):

CALORIES: 269, **TOTAL FAT:** 15 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 11 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 28 g, **FIBER:** 6 g, **SUGARS:** 2 g, **PROTEIN:** 6 g, **SODIUM:** 642 mg, **CHOLESTEROL:** 0 mg

Take-To-Go Asian Stir-Fry Noodle Salad

SERVES 1.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 1½ oz brown rice maifun noodles, aka brown rice vermicelli
- ¼ red bell pepper, sliced
- ¼ cup peeled and chopped carrot
- ¼ cup sliced shiitake mushrooms
- 4 tsp fresh lime juice
- 1 clove garlic, minced
- 2 tsp rice vinegar
- 2 tsp reduced-sodium soy sauce
- 1 tsp sesame oil
- Sea salt and ground black pepper, to taste
- ¼ cup frozen and thawed edamame
- 1 tsp sesame seeds, lightly toasted
- 1 lime wedge

EQUIPMENT:

- 1 2-cup glass jar with lid

INSTRUCTIONS:

ONE: Prepare noodles according to package directions. Drain and rinse with

cold water; set aside to dry.

TWO: Mist a large sauté pan with cooking spray and heat on medium. Add bell pepper, carrot and mushrooms and sauté, stirring constantly, until tender-crisp, 2 minutes. Remove from heat and set aside to cool. (**TIP:** For added visual interest, try sautéing and layering each vegetable separately.)

THREE: Prepare dressing: In a small bowl, whisk lime juice, garlic, vinegar, soy sauce, oil, salt and black pepper.

FOUR: Build salad: Add dressing to bottom of jar. Layer edamame, noodles, vegetable mixture, sesame seeds and lime wedge. Cover with lid and refrigerate. Just before serving, squeeze lime wedge into jar and shake to distribute dressing. Make up to 1 day in advance.

NUTRIENTS PER SERVING (1 JAR):

CALORIES: 438, **TOTAL FAT:** 10 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 66 g, **FIBER:** 11 g, **SUGARS:** 5 g, **PROTEIN:** 20 g, **SODIUM:** 467 mg, **CHOLESTEROL:** 0 mg

