

A GUIDE TO FARMERS MARKET RECIPES



This is where various details about the recipe will go.

This is where a featured picture of the recipe will go.

This is where the estimated nutrition facts will go.

PREPARATION TIME: 30 MINS

COOK TIME: 30 MINS

SERVES: 6 TO 8

INGREDIENTS

- Item 1
- Item 2
- Item 3
- Item 4

This is where the ingredients for the recipe will go. When there is an ingredient listed in red, it means the item can be purchased at the Farmers Market.

DIRECTIONS

1. Step
2. Step
3. Step
4. Step

This is where the directions for the recipe will go.

NOTES

This is where the origin of the recipe will be stated and any additional comments about the recipe will go.

NUTRITION FACTS: CALORIES • FAT • CARBS • PROTEIN

BEVERAGES

Strawberry Pineapple Kale Smoothie

PREPARATION TIME: 5 MINS

COOK TIME: 0 MINS

SERVES: 2

INGREDIENTS

- 1 1/2 cups strawberries
- 1/2 cup milk
- 1 tablespoon honey
- 1 cup chopped kale or desired greens
- 1/2 cup chopped pineapple
- 1 banana
- 1/2 cup apple juice or 1 apple
- 1 T Chia seeds

DIRECTIONS

1. Combine strawberries, milk, honey and 1/2 cup ice in blender until smooth; set aside.
2. Combine kale, pineapple, banana, apple juice, chia seeds, and 1/2 cup ice in blender until smooth; set aside.
3. Serve strawberry mixture immediately, topped with kale mixture.

NOTES

Recipe adapted from: Damn Delicious

NUTRITION FACTS: 186 CALORIES • 1.6G FAT • 42G CARBS • 5.1G PROTEIN



Fresh Infused Water

PREPARATION TIME: 5 MINS

COOK TIME: 0 MINS

SERVES: 1

INGREDIENTS

- ½ lemon, cut into slices
- ½ cucumber, cut into slices
- 3 fresh mint leaves
- 32 ounces of water
- Ice

DIRECTIONS

1. Combine all ingredients into the water. Enjoy!

NOTES

Forget boring water! The great thing about infused water is you can throw in whatever fruits or vegetables you have. Try flavor combinations like strawberry-basil, raspberry-mint, and blueberry-lime! Throw in some chia seeds for added protein and fiber!

NUTRITION FACTS: N/A





Dandelion Root Detox Tea

PREPARATION TIME: 5 MINS

COOK TIME: 0 MINS

SERVES: 1

INGREDIENTS

- 1 teaspoon Chadzis Corner Dandelion root tea, placed into a tea ball
- 8 ounces water
- 2 tablespoons 100% cranberry juice
- 1 tablespoon fresh lemon juice
- $\frac{1}{4}$ teaspoon honey

DIRECTIONS

1. Bring water to a rolling boil.
2. Pour hot water over tea and let steep for 5 minutes. Remove tea.
3. Add cranberry juice, lemon juice, and honey to tea.
4. Serve hot or over ice. Enjoy!

NOTES

This is called a “detox” because the tea promotes liver function, increasing it’s ability to remove waste and breakdown fats during digestion. Try drinking once a day for 10 days.

NUTRITION FACTS: N/A



Thai Basil Limeade

PREPARATION TIME: 5 MINS

COOK TIME: 20 MINS

SERVES: 3 TO 4

INGREDIENTS

- $\frac{1}{2}$ cup pure maple syrup or honey
- $4\frac{1}{2}$ cups water, divided
- $\frac{1}{2}$ cup fresh Thai basil leaves, plus more to garnish
- Juice of 8 fresh limes

DIRECTIONS

1. In a saucepan over medium heat, combine the maple syrup/honey, $\frac{1}{2}$ cup of Thai basil, and $\frac{1}{2}$ cup of water. Heat for 3 minutes, and then remove from heat. Let steep for 15 minutes. Remove the basil leaves and discard, if desired.
2. Squeeze the lime juice into a tall glass container. Mix in the sugar syrup. Add in 1 quart of ice cold water. Garnish glasses with lime wedges and additional basil. Mix, pour, and enjoy!

NOTES

Recipe adapted from: Green Mountain Ranch

NUTRITION FACTS: N/A



Iced Kale Refresher

PREPARATION TIME: 5 MINS

COOK TIME: 0 MINS

SERVES: 1 TO 2

INGREDIENTS

- 1 ¼ cups water, plus more as desired
- 3-inch section of cucumber, with skin, sliced
- ½ apple, sliced and deseeded
- juice of one small-medium lemon
- 10-15 leaves mint
- handful (10-12 leaves) baby kale, spinach, or greens of choice
- 1 T honey
- 4 cubes ice, cracked

DIRECTIONS

1. Add water, cucumber, apple slices, mint, and greens and sweetener of choice into blender, and blend on high until completely smooth.
2. Strain through fine mesh strainer, nut milk bag, or no strainer at all (if you don't mind a heft of pulp), and drink immediately, or chill in refrigerator for up to 24 hours. You can play with this blend and up the mint, citrus, or greens as you like!

NOTES

Recipe adapted from: Kale & Caramel

NUTRITION FACTS: N/A



Mango Carrot Smoothie

PREPARATION TIME: 3 MINS

COOK TIME: 0 MINS

SERVES: 2

INGREDIENTS

- 1 ½ cups orange juice
- 1 medium banana
- 1 cup mango chunks
- 1 cup carrots, frozen

DIRECTIONS

1. Combine all ingredients in a blender in the order listed. Blend until smooth.

NOTES

Recipe from: Culinary Hill

NUTRITION FACTS: N/A



Fresh Green Smoothie

PREPARATION TIME: 5 MINS

COOK TIME: 0 MINS

SERVES: 2

INGREDIENTS

- 1 cup chopped kale
- 1 cup spinach
- 1 cup chopped mango, frozen
- 1 cup 100% apple juice

DIRECTIONS

1. Combine ingredients in a blender in the order listed then blend until very smooth and serve.

NOTES

Recipe from: Iowa Girl Eats

NUTRITION FACTS: N/A

SIDE DISHES &

SNACKS



Peach Sorbet

PREPARATION TIME: 10 MINS

COOK TIME: 0 MINS

SERVES: 2 TO 4

INGREDIENTS

- 3 or 4 peeled and sliced peaches, frozen
- $\frac{1}{4}$ cup milk or water

DIRECTIONS

1. In a food processor puree all the frozen peaches
2. Scrape down the sides and process again
3. Add the $\frac{1}{4}$ cup of liquid, and process until smooth and creamy. (Taste for sweetness, if your peaches aren't sweet enough you can substitute the $\frac{1}{4}$ cup of milk for either honey or maple syrup.)
4. You can serve right away or return back to the freezer.

NOTES

Recipe from: Living Sweet Moments

NUTRITION FACTS: N/A

Hazelnut Coconut Energy Bites

PREPARATION TIME: 10 MINS

COOK TIME: 0 MINS

SERVES: 20 MINI BITES

INGREDIENTS

- 2 tablespoons raw pistachios
- 1 cup oats
- ¼ cup reduced sugar dried cranberries
- 1 tablespoon chia seeds
- 4 dates, pitted
- ½ cup Stoneground Coco Hazelnut Butter
- 2 tablespoons honey
- 3 tablespoons unsweetened coconut flakes

DIRECTIONS

1. Put pistachios, oats, cranberries, chia seeds and dates into a food processor and blend until it creates a flour-like consistency.
2. While blending the dry ingredients, microwave the Coco Hazelnut Butter until it just starts to melt. (About 10 seconds)
3. Combine honey and Coco Hazelnut Butter in a separate bowl.
4. Slowly combine flour mixture into the bowl until it creates a dough like consistency. Add extra honey or coconut butter as needed.
5. Roll dough into small 1 inch balls. Finally, cover the balls in the coconut flakes. Enjoy!

NOTES

Recipe adapted from: Skinny Mom

NUTRITION FACTS: N/A





six sisters' *stuff*

Strawberry Granola Yogurt Bark

PREPARATION TIME: 10 MINS

COOK TIME: 0 MINS

SERVES: 10

INGREDIENTS

- 24 oz container of greek yogurt
- 2 teaspoons of honey
- 1 cup of strawberries, sliced
- 1 cup of granola

DIRECTIONS

1. In a small bowl (or even in the yogurt container), mix together honey and yogurt.
2. Spread the mixture into the bottom of a 9x13" pan that has been covered in aluminum foil.
3. Sprinkle the strawberries and the granola over the top of the yogurt, slightly pressing it into the yogurt with your hands.
4. Freeze for about 1 hour, or until completely frozen.
5. Remove from freezer, and cut into about 12 slices (I used a pizza cutter). Serve immediately, or keep in freezer in a freezer-safe bag or container for up to 30 days.

NOTES

Recipe from: Six Sisters' Stuff

NUTRITION FACTS: N/A

Strawberry Cheesecake Overnight Oats

PREPARATION TIME: 10 MINS

COOK TIME: 0 MINS

SERVES: 2

INGREDIENTS

- 1 cup rolled oats
- 1 cup strawberries, diced
- 1 tablespoon chia seeds
- pinch of salt
- ¼ cup almond milk, unsweetened
- ½ cup nonfat Greek yogurt, plain
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- graham crackers, crushed
- 1 tablespoon strawberry jam

DIRECTIONS

1. Place strawberries, almond milk, and Greek yogurt into a food processor and process on high until fruit is pureed.
2. Transfer into a large bowl and add the oats, chia seeds, salt, honey, and vanilla extract. Mix with a spoon until combined.
3. Cover and place in the refrigerator for at least 2 hours or overnight.
4. Top with crushed graham crackers and strawberry jam.

NOTES

Recipe from: Fit Foodie Finds

NUTRITION FACTS: 271 CALORIES • 44 G CARBS • 13 G PROTEIN • 5 G FAT • 6 G FIBER



Cucumber Melon Fruit Salad

PREPARATION TIME: 15 MINS

COOK TIME: 0 MINS

SERVES: 6

INGREDIENTS

For Salad:

- 3 cucumbers
- 3 cups watermelon, cubed
- 3 cups cantaloupe, cubed
- 2 green onions, chopped

For Lime-ginger dressing:

- ¼ c. white vinegar
- juice of 1 lime (about ¼ c.)
- grated peel of 1 lime (about 2 tsp.)
- 2 Tbsp. olive oil
- 1 Tbsp. grated fresh ginger root
- 2 cloves of garlic, minced
- ½ tsp. salt
- ½ tsp. pepper

DIRECTIONS

1. In a large bowl, combine the cucumbers, melons and onion. Toss to incorporate.
2. In a small bowl, whisk together the dressing ingredients (vinegar, lime juice and peel, oil, ginger, garlic, salt and pepper). Pour dressing over the melon mixture and toss to coat. Serve right away. Store any leftovers in an airtight container for up to 3 days.

NOTES

Recipe adapted from: DelightfulEMade

NUTRITION FACTS: N/A



Coconut Snicker Bites

PREPARATION TIME: 45 MINS

COOK TIME: 0 MINS

SERVES: 45 BITES

INGREDIENTS

For the nougat:

- 1 cup cashews, soaked overnight
- **½ cup Cocoprana coconut butter**
- ¼ cup melted coconut oil
- **2 Tbsp pure maple syrup**
- ½ tsp pure vanilla extract
- ⅔ cup almond flour or wheat flour

For the caramel:

- 2 cups medjool dates, pitted
- ½ cup 100% natural peanut butter
- **⅓ cup Cocoprana coconut butter**
- ½ cup melted coconut oil
- a pinch of himalayan salt
- 1½ cups roughly chopped unsalted peanuts

For the chocolate coating:

- **½ cup dark chocolate**

DIRECTIONS

1. Place all the ingredients for the nougat layer (except for the almond flour) in a high speed blender or food processor and blend until smooth. Then add the almond flour and mix until combined.
2. Line a baking tin with parchment paper and place the nougat layer inside. Spread the layer evenly and freeze for 2 hours or until set.
3. In the meantime, place all the caramel ingredients (except for the peanuts) in a blender and mix until you get a smooth layer. When the nougat is firm, spread ½ of the caramel layer on top.
4. Sprinkle half of the chopped peanuts over the caramel layer and use a spatula to press the peanut pieces into the caramel.
5. Repeat this step with the remaining caramel and peanuts and freeze for 1 hour or until set.
6. When ready, remove the slice from the tin, cut into desired shape (snickers bars size) and place back into the freezer.
7. Melt the dark chocolate and dip each bar into the melted chocolate until it's completely covered.
8. Let cool down (faster to let them chill in the fridge) and cut into small bite sized pieces.
9. Store in the freezer and let cool down a few minutes before eating!

NOTES

Recipe adapted from: The Tasty K

NUTRITION FACTS: 197 CALORIES • 14G FATS • 12G CARBS • 3G FIBER • 5G SUGARS • 4 G PROTEIN



Greek Yogurt Chocolate Mousse

PREPARATION TIME: 5 MINS

COOK TIME: 5 MINS

SERVES: 5

INGREDIENTS

- 1 cup milk
- 100g dark chocolate
- 2 cups greek yogurt
- 1 tbsp honey or maple syrup
- ½ tsp vanilla extract
-

DIRECTIONS

1. Pour the milk into a saucepan and add the chocolate, either grated or very finely chopped or shaved. Gently heat the milk until the chocolate melts, being careful not to let it boil. Once the chocolate and milk have fully combined, add the honey/maple syrup and vanilla extract and mix well.
2. Spoon the greek yogurt into a large bowl and pour the chocolate mixture on top. Mix together well before transferring to individual bowls, ramekins or glasses.
3. Chill in the fridge for 2 hours. Serve with a small spoonful of greek yogurt and some fresh raspberries.
4. The chocolate mousse will keep in the fridge for 2 days.

NOTES

Recipe from: My Fussy Eater

NUTRITION FACTS: N/A





Garlic Parmesan Roasted Cauliflower

PREPARATION TIME: 5 MINS

COOK TIME: 28 MINS

SERVES: 4 TO 6

INGREDIENTS

- 1 large head of cauliflower, cut into florets
- 4 large cloves of garlic, minced
- 1/4 C extra virgin olive oil
- 2 Tb fresh lemon juice
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 1/4 C freshly grated parmesan cheese

DIRECTIONS

1. Preheat oven to 450 degrees. In a large bowl, combine all the ingredients, except for the parmesan cheese. Mix well until all the seasonings are evenly distributed over the pieces of cauliflower. Pour the mixture evenly onto a large ungreased jelly roll pan and spread out so the cauliflower is in a single layer. This is very important so don't crowd your pan! Use two pans if you don't have a large enough pan to put it all on at once. Roast in the oven for 25 minutes.
2. Remove from the oven and sprinkle on the parmesan cheese. Put back into the oven for another 2-3 minutes. If you would like to serve this in a nice dish, transfer the cauliflower into a serving dish before adding the cheese, then put the pretty dish in the oven for the 2-3 minutes.

NOTES

Recipe from: My Kitchen Escapades

NUTRITION FACTS: N/A



Fruit Salsa with Cinnamon Chips

PREPARATION TIME: 10 MINS

COOK TIME: 10 MINS

SERVES: 6

INGREDIENTS

For Chips:

- 12 wonton wrappers, cut into quarters
- 1 tablespoon sugar
- 1/2 teaspoon cinnamon
- Cooking spray

For Salsa:

- 2 apples, diced
- 1 cup diced strawberries
- 1 lime, juiced
- 1/4 cup finely chopped red onion
- 1/4 cup chopped fresh cilantro

DIRECTIONS

1. Preheat the oven to 375°F.
2. Lightly coat a baking sheet with cooking spray, and spread the wonton wrappers on it. Spritz the tops of the wonton wrappers with cooking spray.
3. In a small bowl, mix together the sugar and cinnamon, and sprinkle it over the wonton wrappers.
4. Bake for 9–10 minutes until they are browned and crispy. Cool completely; they will crisp up a bit more as they cool.
5. Meanwhile, in a medium bowl, stir together the apples, strawberries, lime juice, onion and cilantro.
6. Cover tightly, and refrigerate until ready to eat.
7. Serve with the cinnamon wonton chips.

NOTES

Recipe from: Hello Healthy

NUTRITION FACTS: 130 CALORIES • 1G FAT • 30G CARBS • 3G PROTEIN



Smoked Salmon and Cream Cheese Cucumber Bites

PREPARATION TIME: 10 MINS

COOK TIME: 0 MINS

SERVES: 40 BITES

INGREDIENTS

- 2 Cucumbers, peeled and cut into 1" rounds
- 1 pound smoked salmon, cut into bite sized pieces
- (1) 8 ounce package cream cheese, softened
- 3 tablespoons fresh dill, chopped
- 1 tablespoon Horseradish (more or less to taste)
- 1 tablespoon heavy cream, optional
- Toothpicks or tiny party forks

DIRECTIONS

1. Peel cucumbers and slice them into 1" circles. Arrange on a platter as desired. Place in the refrigerator while preparing the cream cheese.
2. Place cream cheese, dill, horseradish, and cream in a large bowl. Beat until well combined (a handheld mixer really helps here.)
3. Spread 1 teaspoon of cream cheese on top each cucumber slice (more or less to taste), then top each slice with a bite sized piece of smoked salmon. Insert a toothpick down the center to keep in place.
4. Serve at once, or keep in the refrigerator until needed.

NOTES

Recipe adapted from: Baker by Nature

NUTRITION FACTS: N/A



Watermelon Cucumber Popsicles

PREPARATION TIME: 10 MINS

COOK TIME: 0 MINS

SERVES: 10 POPS

INGREDIENTS

- 1/2 English cucumber, peeled and cut into chunks
- 1 small watermelon (about 1 lb.), peeled and cut into chunks
- 1/3 cup pure maple syrup or honey
- 2 teaspoons fresh lime juice

DIRECTIONS

1. Add all ingredients to a blender or food processor and blend. Strain mixture through a fine mesh sieve into a bowl or large liquid measuring cup to remove solids. I recommend a measuring cup as this makes pouring easier.
2. Pour mixture into your popsicle mold, leaving a little room at the top for the mixture to expand. Freeze for 1 hour. Insert sticks and continue to freeze for another 4-5 hours, at least. Enjoy!

NOTES

Recipe from: The Comfort of Cooking

NUTRITION FACTS: N/A



Strawberry Yogurt Popsicles

PREPARATION TIME: 5 MINS

COOK TIME: 0 MINS

SERVES: 10 POPSICLES

INGREDIENTS

- 2 1/2 cups strawberries, chopped
- 1 1/2 cups Greek yogurt
- 1/4 cup honey
- 1 tablespoon fresh lemon juice
-

DIRECTIONS

1. Combine all ingredients in a blender, and process until smooth.
2. Divide the mixture between popsicle molds. Place the molds in the freezer for at least 4 hours, until the popsicles are completely frozen.
3. To remove the popsicles, run the molds under hot water for a few seconds.

NOTES

Recipe from: The Corner Kitchen

NUTRITION FACTS: N/A



Peach-Banana Smoothie Popsicles

PREPARATION TIME: 5 MINS

COOK TIME: 0 MINS

SERVES:10 POPSICLES

INGREDIENTS

- 3 medium ripe peaches, pitted and quartered (I leave the peel on)
- 1 medium banana
- 1 cup Chobani non-fat plain Greek yogurt
- 1/2 cup 1% lowfat milk
- 3 tbsp honey
- 1 tsp vanilla extract
- 1/4 tsp ground allspice, optional

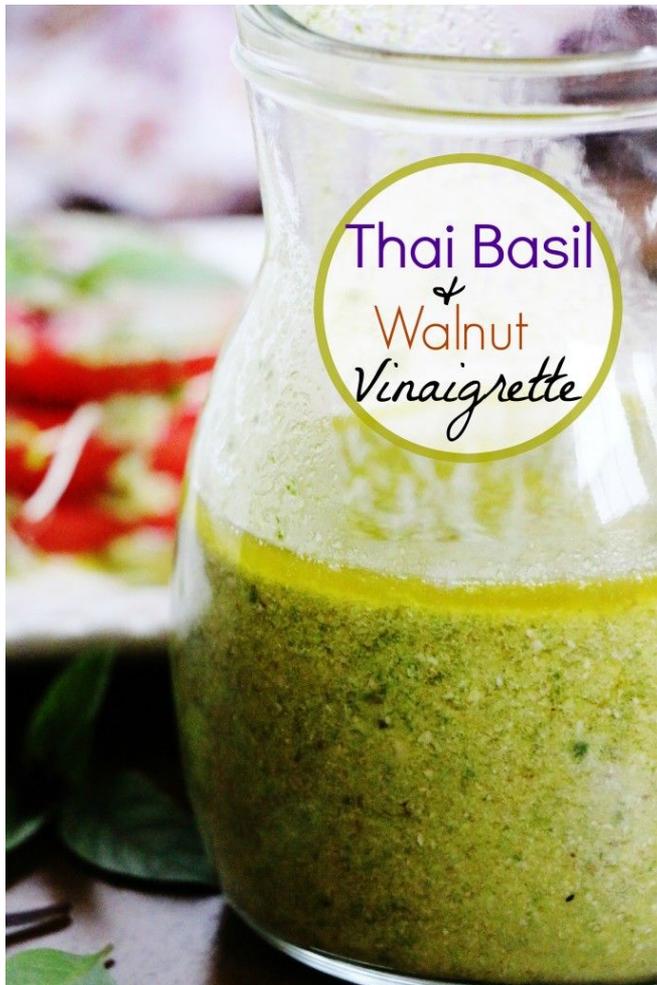
DIRECTIONS

1. Mix all ingredients together in a blender until smooth.
2. Pour into popsicle molds and freeze. If you don't have popsicle molds, you can freeze the mixture in ice cube trays or small paper cups. When your smoothie mixture is slightly frozen, just stick a plastic spoon or wooden popsicle stick in each serving and continue to freeze.
3. Remove popsicles from their mold. Serve and enjoy!

NOTES

Recipe from: Offbeat + Inspired

NUTRITION FACTS: N/A



Thai Basil & Walnut Vinaigrette

PREPARATION TIME: 10 MINS

COOK TIME: 0 MINS

SERVES: 2 TO 4

INGREDIENTS

- 1 Tablespoon of Dijon mustard
- $\frac{1}{3}$ cup of red wine vinegar
- 1 cup of coarsely chopped Thai basil leaves
- 1 cup extra virgin olive oil
- $\frac{1}{2}$ cup of walnut pieces
- salt and black pepper to taste

DIRECTIONS

1. In the bowl of your food processor, combine the mustard, vinegar and basil.
2. Process for a minute. Season with salt and pepper. And process for another 30 seconds.
3. With the motor running, add the oil in a slow, steady drizzle. Shut off the machine and add the walnuts. Pulse the machine in short bursts until the walnuts are chopped finely and evenly, but still discernible in the dressing.
4. Adjust seasoning, cover and refrigerate until you are ready to use it.

NOTES

Recipe from: Green Mountain Ranch

NUTRITION FACTS: N/A

MAIN COURSES



Farmer's Market Feta Bruschetta

PREPARATION TIME: 20 MINS

COOK TIME: 10 MINS

SERVES: 8 TO 10

INGREDIENTS

For Bruschetta:

- 2 ears fresh corn, husks and silk removed
- 1 small zucchini, diced in 1/4 inch pieces
- 1 medium diced bell pepper, about 1 cup
- 1 cup diced red onion, (about 1/4-inch dice)
- 4 medium scallions (green onions), thinly sliced
- 1 red tomato
- fine zest from one lemon
- 2 tablespoons lemon juice
- 3 tablespoons olive oil

- 1 package of Roasted Garlic and Chive Chevre or goat milk feta
- 1/4 teaspoon sea salt
- 2 tablespoons fresh thyme leaves
- freshly ground black pepper

For Crostini:

- 1 plain baguette
- 1 tablespoon olive oil
- 1/4 cup butter
- 3 cloves garlic

DIRECTIONS

1. Preheat oven to 375 degrees. Slice the baguette crosswise into 1/4 inch thick slices. In a small bowl, stir together the butter, olive oil, and chopped garlic. Spread the butter mixture onto each slice of the bread. Place the slices onto a cookie sheet buttered side up and bake for 8-10 minutes.
2. While waiting for crostinis to bake, wrap each ear of corn in plastic wrap and place in microwave on high power for 2 minutes. Remove and allow to cool slightly before unwrapping. Slice corn from cob.
3. Place corn, zucchini, pepper, green onions and lemon zest in a medium size bowl. Stir to combine.
4. Drizzle with lemon juice and olive oil. Sprinkle with black pepper, sea salt, and thyme. Stir again.
5. To serve, spread chevre cheese over a crostini, top with vegetable mixture, and enjoy!

NOTES

Recipe adapted from: The Café Sucre Farine

NUTRITION FACTS: N/A

Whole Food Breakfast Burritos

PREPARATION TIME: 30 MINS

COOK TIME: 75 MINS

SERVES: 16 BURRITOS

INGREDIENTS

- 4 Russet Potatoes or sweet potatoes
- 1 TBS butter
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 sweet onion, chopped
- salt and pepper, to taste
- ½ TBS taco seasoning
- 1-2 TBS olive oil
- Turkey Sausage
- 12 large eggs
- ½ cup whole milk
- 1 cup cheddar, shredded
- 16 large whole wheat tortillas

DIRECTIONS

1. Wash and poke holes in the potatoes. Bake at 375 for 45 minutes, or until fork tender. Dice warm potatoes into ½ inch cubes. In a large skillet, heat 1 T of butter and add peppers and onions. Season with salt and pepper. Sauté until onions begin to brown, about 5-7 minutes. Add potatoes, taco seasoning, and olive oil. Mix. Press potatoes firmly into the pan. Allow them to cook for 5-7 minutes until they become golden and crispy. Do not stir. Use a spatula to flip potatoes. Cook 5-7 additional minutes. Remove from heat. Set aside.
2. In the same skillet, brown the turkey sausage until no longer pink. In a medium sized mixing bowl, whisk together eggs and milk. Season with salt and pepper. Pour egg mixture over cooked sausage. Add cheddar cheese. Cook over medium heat until eggs are light and fluffy.
3. To assemble, warm tortillas in the microwave, add egg mixture and sprinkle with breakfast potatoes. Wrap em up and enjoy! Serve right away or freeze for later.

NOTES

Recipe from: Simply Sissom

NUTRITION FACTS: N/A



Sesame Teriyaki Salmon w/ Garlic Quinoa Stir-fry

PREPARATION TIME: 60 MINS

COOK TIME: 20 MINS

SERVES: 4

INGREDIENTS

- 4 tablespoons Honey Ginger Teriyaki Marinade & Grill Sauce, divided
- 1 pound salmon
- ¾ cup quinoa, rinsed
- 1 tablespoon olive oil
- 1 red bell pepper
- 1 yellow bell pepper
- 1 ½ cup snap peas
- 1 teaspoon grated ginger
- 2 cloves garlic
- ½ teaspoons red pepper flakes
- sesame seeds
- green onion, chopped
- salt and pepper to taste

DIRECTIONS

1. Marinate salmon with 4 tablespoons of Honey Ginger Teriyaki marinade in a ziploc bag for at least 1 hour.
2. Preheat oven to 400 degree F. Spray baking pan with nonstick cooking spray. Remove salmon from ziploc bag and place skin side down. Bake for 15-20 minutes or until salmon easily flakes with fork.
3. While salmon is cooking, prepare quinoa stir-fry. Bring 1 1/2 cups of water with garlic salt to a boil in a medium saucepan. Reduce heat to low, add quinoa and cover; simmering until all liquid is absorbed. Remove from heat and let stand another 5-10 minutes. Fluff the quinoa with a fork and set aside. While quinoa is cooking, heat 1 tablespoon of olive oil in large skillet over medium-high heat. Add minced garlic, ginger, and sliced bell peppers; cook for 1-2 minutes. Add sugar snap peas and cook for 2 minutes more. Add quinoa to vegetables, then add salt and pepper to taste and red pepper flakes if desired.
4. Spoon quinoa stir-fry evenly into 4 bowls or plates. Immediately place salmon on top. Sprinkle with sesame seeds and green onions. Glaze with more teriyaki sauce as desired.

NOTES

Recipe adapted from: Ambitious Kitchen

NUTRITION FACTS: N/A





Red and Yellow Pepper Sweet Potato Pasta

PREPARATION TIME: 35 MINS

COOK TIME: 10 MINS

SERVES: 6

INGREDIENTS

- 1 lb. Pappardelle's Sweet Potato pasta
- 2 tablespoons olive oil, divided
- 4 cloves garlic, minced
- 1 large red bell pepper, thinly sliced
- 1 large yellow bell pepper, thinly sliced
- 1 cup plum tomatoes, diced
- ½ cup water
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh tarragon or basil, chopped
- 1 tablespoon white-wine vinegar, or lemon juice
- Salt to taste
- Crumbled goat cheese or parmesan cheese

DIRECTIONS

1. Cook pasta in a pot of boiling salted water until al dente (about 10-12 minutes).
2. Meanwhile, place 1 tablespoon oil and garlic in a large skillet. Cook over medium heat, stirring occasionally, until the garlic is sizzling and fragrant, 2 to 5 minutes. Add red and yellow bell peppers, tomatoes, and water and cook, stirring occasionally, until the bell pepper is tender-crisp, 5 to 7 minutes. Remove from the heat; cover and keep warm.
3. Drain the pasta, reserving 1/2 cup of the cooking water. Return the pasta to the pot. Add the vegetable mixture, the remaining 1 tablespoon oil, parsley, tarragon, vinegar (or lemon juice), salt and cheese; toss to combine. Add the reserved pasta water, 2 tablespoons at a time, to achieve the desired consistency.

NOTES

Recipe adapted from: Pappardelle's Pasta

NUTRITION FACTS: N/A



Mexican Quinoa Stuffed Peppers

PREPARATION TIME: 15 MINS

COOK TIME: 40 MINS

SERVES: 4

INGREDIENTS

- 4 large bell peppers
- 3/4 cup dry quinoa
- 15 oz. can black beans
- 1 cup corn
- 2 green onions
- 2 tablespoons cilantro
- 2/3 cup salsa
- 1 1/2 tsp. cumin
- 1 tsp. smoked paprika
- 1 tsp. chili powder
- 1/2 tsp. garlic powder

DIRECTIONS

1. Cook quinoa according to package directions with 1 1/2 cups water/broth.
2. Meanwhile, halve bell peppers and remove stems, seeds and ribs.
3. Rinse and drain black beans, thaw corn, and slice green onions.
4. In a large mixing bowl, add cooked quinoa and all other ingredients except bell peppers. Stir to combine, and adjust taste if necessary (salt, more seasonings, nutritional yeast).
5. Preheat oven to 350.
6. In a lightly sprayed 9x13" baking dish, place pepper halves, and generously stuff them with the quinoa filling. Lightly press down to compact and fill all the crevices.
7. Cover with tin foil and bake for 35-40 minutes. Remove foil, and bake 10 minutes more.
8. Serve with any desired toppings. (like homemade guac, cheese, or more salsa!)

NOTES

Recipe adapted from: The Garden Grazer

NUTRITION FACTS: N/A



Mini Egg Frittatas

PREPARATION TIME: 10 MINS

COOK TIME: 25 MINS

SERVES: 6 TO 8

INGREDIENTS

- 10 large eggs
- 1 cup chopped bell peppers
- 1/2 cup chopped onion
- 1 cup cooked crumbled breakfast sausage, bacon or diced ham
- 1 cup chopped spinach
- 1/2 cup cheddar cheese, shredded
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

DIRECTIONS

1. Preheat oven to 350°F. Spray a non-stick or silicone muffin tin with nonstick cooking spray.
2. Heat olive oil into a non-stick frying pan over medium high heat. Add the bell pepper and onion and saute for 2 to 3 minutes. Stir in the meat and spinach and cook an additional 2 minutes. Place 1 heaping Tablespoon into each muffin cup.
3. Next whisk the eggs into a medium size bowl. Stir in the salt and pepper. Then pour over the meat mixture in the muffin tin, leaving 1/4" from the top. Sprinkle tops with cheese.
4. Cook for 23 to 25 minutes, or until the egg has puffed and comes clean with a toothpick.
5. Run a knife around the edges to pop the egg frittatas out. Enjoy while hot.
6. Store in the an air tight container in the refrigerator. Eat within 5 days.

NOTES

Recipe adapted from: [i heart naptime](#)

NUTRITION FACTS: N/A



Guacamole Pasta

PREPARATION TIME: 10 MINS

COOK TIME: 10 MINS

SERVES: 4 TO 6

INGREDIENTS

- 1 lb pasta
- 3 avocados - peeled, pitted and mashed
- 1 lime, juiced
- ½ cup diced onion
- 3 tbsp. chopped fresh cilantro
- 2 Roma tomatoes, seeded and chopped
- 3 Jive Talkin' Guac Mix packets
- Additional cilantro, for garnish
- Lime wedges, for garnish

DIRECTIONS

1. Cook spaghetti noodles according to package directions.
2. Meanwhile, mash the avocados and lime juice in a medium bowl. Mix in the onion, cilantro, tomatoes, and Guac Mix. Set aside.
3. Once the pasta is cooked, drain the water and noodles into a colander. Place the noodles back into the pan. Add the guacamole and mix well.
4. Serve immediately. Garnish with additional cilantro and lime wedges, if desired.

NOTES

Recipe adapted from: Love Bakes Good Cakes

NUTRITION FACTS: N/A



Springtime Veggie Pasta Primavera

PREPARATION TIME: 15 MINS

COOK TIME: 15 MINS

SERVES: 6 TO 8

INGREDIENTS

- 1 lb pasta of your choice
- 2 cups fresh broccoli florets
- 2 cups asparagus spears, trimmed and cut into 2-in pieces
- 1 large sweet pepper, diced
- 1 medium onion, diced
- 4 cloves garlic, minced
- 3 tablespoons olive oil
- 1 cup fresh spinach, roughly chopped
- 1 cup peas
- 1 cup cherry tomatoes, halved
- 1/4 cup lemon juice
- 2 tablespoons minced fresh basil
- Salt and pepper to taste
- Grated Parmesan cheese for topping

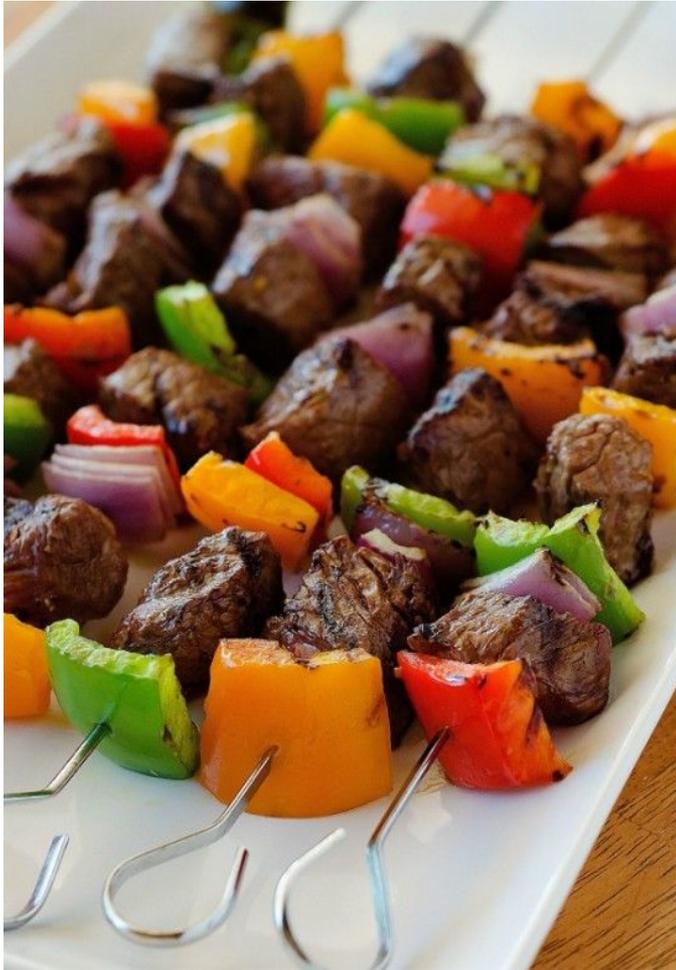
DIRECTIONS

1. Cook pasta according to package instructions, reserving 1/2 cup pasta cooking water. Set aside.
2. In a large skillet over medium-high heat, saute broccoli, asparagus, pepper, onion, and garlic in olive oil until veggies are just tender, about 7-10 minutes. Stir in spinach, peas, and cherries tomatoes and continue cooking an additional 5 minutes.
3. Remove cooked veggies from heat and stir in cooked pasta, 1/2 cup reserved pasta cooking water, lemon juice, and basil. Season with salt and pepper to taste and top pasta primavera with grated Parmesan cheese. Serve warm or refrigerate for leftovers.

NOTES

Recipe adapted from: Whole and Heavenly Oven

NUTRITION FACTS: N/A



Grilled Steak Kebabs

PREPARATION TIME: 60 MINS

COOK TIME: 15 MINS

SERVES: 4 TO 8

INGREDIENTS

- 1/2 cup olive oil
- 1/2 cup soy sauce
- 3 cloves garlic, minced
- 1 teaspoon black pepper
- 2 pounds sirloin steak, cut in 1-inch cubes
- 1 red bell pepper, seeded and cut in 1-inch pieces
- 1 orange bell pepper, seeded and cut in 1-inch pieces
- 1 green bell pepper, seeded and cut in 1-inch pieces
- 1 red onion, cut in 1-inch pieces
- 8 (12-inch) metal skewers

DIRECTIONS

1. In a medium bowl, whisk together olive oil, soy sauce, garlic and pepper. Add the cubed sirloin steak to marinade and toss to coat. Cover with plastic wrap and let marinate for 30 minutes or up to 1 hour.
2. Once the meat has marinated, thread it onto the skewers alternating with pieces of bell pepper and red onion.
3. Grill kebabs over medium heat, turning often, until all sides of the meat is well brown and vegetables are tender. (About 12 to 15 minutes)
4. Serve and enjoy!

NOTES

Recipe adapted from: Life in the Lofthouse

NUTRITION FACTS: N/A



Pasta

PREPARATION TIME: 30 MINS

COOK TIME: 30 MINS

SERVES: 4 TO 6

INGREDIENTS

- 12 oz spaghetti
- 1 medium red onion, peeled, halved, and sliced
- 1 small Japanese eggplant, halved lengthwise and sliced
- several stalks asparagus, cut in 2 inch pieces
- a handful of broccoli florets, cut in half
- 2 cups cherry tomatoes, halved
- 1 colorful bell pepper, chopped
- 2 cloves garlic peeled and minced
- 2 handfuls baby greens, I used baby kale and wild arugula
- 1 - 1-1/2 tsp salt and lots of fresh cracked pepper
- 1/2 tsp red pepper flakes (optional)
- 2 Tbsp olive oil
- 1 cup dry white wine
- 3 1/2 cups water
- 1 Tbsp white wine or sherry vinegar
- 1 cup shredded hard Italian cheese like parmesan
- halved cherry tomatoes
- 1/2 cups finely shredded basil leaves

DIRECTIONS

1. Put everything except the cheese, into a large pot. Add the wine and water (measure exactly since you will not drain the pasta) to the pot and bring up to a boil. If your pasta doesn't fit completely to the pot, nudge it down into the water as it softens. Cover the pot while it comes to a boil then uncover and boil for about 7-9 minutes, until the pasta is just al dente. Babysit the pan a little bit to ensure that the pasta doesn't stick. Don't over cook the pasta, there will still be some water left in the pan.
2. Toss the pasta with the cheese, and serve with the extra tomatoes and lots of fresh basil.

NOTES

Recipe from: the view from great island

NUTRITION FACTS: N/A



joyfulhealthyeats.com

Tomato Avocado Cucumber Salad

PREPARATION TIME: 5 MINS

COOK TIME: 0 MINS

SERVES: 6

INGREDIENTS

- 1 large cucumber, diced ¼" cubes
- 12 oz. cherry tomatoes (assorted colors if you can), halved
- 1 large avocado, diced
- ¼ cup fresh basil, chiffoned (thinly sliced)
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon honey
- salt & pepper

DIRECTIONS

1. In a small bowl add red wine vinegar, olive oil, honey, salt, and pepper. Whisk until combined.
2. To a large bowl add cucumber, tomatoes, avocado, fresh basil, and the dressing.
3. Gently toss everything together. Serve.

NOTES

Recipe from: Joyful Healthy Eats

NUTRITION FACTS: 110 CALORIES • 9G CARBS • 7G SUGAR • 2G FIBER • 2G PROTEIN



Easy Pesto Salad

PREPARATION TIME: 10 MINS

COOK TIME: 10 MINS

SERVES: 6 TO 8

INGREDIENTS

- 2 C fresh basil
- 1/4 C slivered almonds
- 1/4C parmesan cheese
- 1 clove garlic, minced
- ¼ C olive oil
- 1/2 tsp kosher salt
- 1/2 tsp pepper
- Parmesan or mozzarella cheese, cut into cubes
- 1 C grape tomatoes
- 1 lb pasta

DIRECTIONS

1. In a small food processor (I use the 3 C size) add 2/3 of the basil leaves, almonds, parmesan, garlic and half of the olive oil. Pulse several times to break down items and blend well. Add in salt and pepper and the remaining basil leaves. Pulse again and drizzle in remaining olive oil until pesto is getting smooth and the oil consistency meets your taste. If you accidentally add too much oil, add more basil and/or cheese and pulse again to soak it up.
2. Cook pasta to al dente in boiling water. Meanwhile, slice tomatoes in half. If you can find the it'sy bitsy mozzarella balls, simply leave them as is. If they're slightly larger slice them in half or quarters.
3. Drain noodles and rinse with cold water. Put pasta in a bowl and mix in pesto sauce. Add tomatoes and mozzarella. Stir gently until pesto is coating everything well. Taste it. If needed, sprinkle lightly with salt to bring out flavors, stirring salt in throughout. Serve warm or cold.

NOTES

Recipe from: Green Mountain Ranch

NUTRITION FACTS: N/A



Bacon Cheddar Quiche w/ a Sweet Potato Crust

PREPARATION TIME: 15 MINS

COOK TIME: 55 MINS

SERVES: 8

INGREDIENTS

- 1 tablespoon olive oil
- 2 medium sweet potatoes
- 6 ounces center cut bacon, cut into small pieces
- 1/2 cup diced onion (about 1 small yellow onion)
- 6 ounces spinach
- 1/2 cup whole milk
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 6 large eggs
- 1/2 cup (2 ounces) grated extra sharp white cheddar cheese

DIRECTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Cover a 9-inch pie plate with olive oil. Peel sweet potatoes and slice very thinly. Layer sweet potatoes into pie plate, overlapping to completely cover the bottom and sides of the pie plate. Bake sweet potato crust for 20 minutes at 350 degrees.
2. Meanwhile, fry bacon pieces in a large skillet over medium heat until browned and crispy. Remove bacon pieces to a paper towel lined plate, reserving 1 tablespoon of bacon grease in pan. Keeping heat on medium, add onion to bacon grease and cook until translucent. Add spinach, cover for 1-2 minutes, and then stir until spinach is wilted. Whisk eggs and milk in a bowl with salt and pepper until combined.
3. When crust is pre-baked, remove from oven, increase oven temperature to 400 degrees Fahrenheit.
4. Fill crust with spinach mixture, then bacon and cheese, and finally the egg mixture over it all. If you have too much egg mixture, discard.
5. Bake at 400 degrees Fahrenheit for 25 minutes or until eggs are set in the middle. Cool slightly before serving.

NOTES

Recipe from: Rachel Cooks

NUTRITION FACTS: 216 CALORIES • 9.4G CARBS • 10.8G PROTEIN • 15G FAT



Chicken and Broccoli Asian Stir fry

PREPARATION TIME: 70 MINS

COOK TIME: 20 MINS

SERVES: 4

INGREDIENTS

- 1 lb broccoli
- $\frac{1}{3}$ red pepper
- $\frac{1}{3}$ yellow pepper
- $\frac{1}{3}$ green pepper
- 12 oz chicken breast
- 2 cups cooked rice
- 2T and 2T Honey Ginger Teriyaki Marinade & Grill Sauce, divided

DIRECTIONS

1. Marinate chicken with 2T of Honey Ginger Teriyaki Marinade for at least one hour.
2. Cut flowerets from broccoli stems and separate flowerets into small pieces. Cut broccoli stems crosswise into 1/4-inch slices. Cut pepper into short, thin strips.
3. In a wok or large skillet heat 1 tablespoon of the cooking oil over medium-high heat. Cook and stir broccoli stems in hot oil for 1 minute. Add broccoli flowerets and sweet pepper; cook and stir for 3 to 4 minutes or until crisp-tender. Remove from wok; set aside.
4. Add remaining oil to wok or skillet. Add chicken; cook and stir for 2 to 3 minutes or until no longer pink. Push chicken from center of wok. Stir sauce; pour into center of wok. Cook and stir until thickened and bubbly. Return cooked vegetables to wok. Stir together to coat. Cook and stir 1 minute more or until heated through. Serve over chow mein noodles or rice. Garnish with sesame seeds and serve with additional sauce.

NOTES

Recipe adapted from: Better Homes and Gardens

NUTRITION FACTS: N/A



Chicken Mango Salsa Salad with Chipotle Lime Vinaigrette

PREPARATION TIME: 30 MINS

COOK TIME: 0 MINS

SERVES: 6

INGREDIENTS

- 1 mango - peeled, seeded and diced
- 2 roma tomatoes, chopped
- 1/2 onion, chopped
- 1 jalapeno pepper, seeded and chopped - or to taste
- 1/4 cup cilantro leaves, chopped
- 1 lime, juiced
- 1/2 cup olive oil
- 1/4 cup lime juice
- 1/4 cup honey
- 1/2 teaspoon ground chipotle chile powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 10 ounces spinach leaves
- 1 cup diced cooked chicken
- 3 tablespoons diced red bell pepper
- 3 tablespoons diced green bell pepper
- 2 tablespoons diced yellow bell pepper
- 2 tablespoons dried cranberries
- 2 tablespoons chopped pecans
- 2 tablespoons crumbled blue cheese

DIRECTIONS

1. Mix mango, tomatoes, onion, jalapeno pepper, cilantro, and juice of 1 lime in a large bowl; set aside.
2. Whisk olive oil, 1/4 cup lime juice, honey, chipotle chile powder, cumin, and garlic powder together in a bowl; set aside.
3. Toss spinach leaves, chicken, red, green, and yellow bell peppers, cranberries, and pecans together in a large bowl.
4. Spread mango salsa and blue cheese on top.
5. Drizzle lime dressing over salad and toss before serving.

NOTES

Recipe adapted from: Allrecipes

NUTRITION FACTS: 317 CALORIES • 22.3G FAT • 25G CARBS • 7.6G PROTEIN



Protein-Packed Breakfast Burritos

PREPARATION TIME: 5 MINS

COOK TIME: 15 MINS

SERVES: 4

INGREDIENTS

- 8 large eggs
- 2 tablespoons 2% milk
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 red bell pepper, minced
- 1/2 red onion, minced
- 4 slices thick-cut bacon, cooked until crispy
- Salt and pepper
- 4 multigrain flatbreads or tortillas
- 1/2 cup shredded cheddar cheese

DIRECTIONS

1. In a large bowl, whisk eggs and milk. Set aside.
2. Heat olive oil and garlic in a medium skillet set over medium-high heat.
3. Add red pepper and onion, and sauté 3–5 minutes, or until onions begin to turn translucent. Add eggs, reduce heat to medium and cook another 3–5 minutes, or until eggs are set.
4. Place 1/4 of the egg mixture and a piece of bacon on top of each flatbread. Sprinkle with cheese. Enjoy immediately, or wrap tightly in plastic wrap or foil to take on the go.

NOTES

Recipe from: Hello Healthy

NUTRITION FACTS: 371 CALORIES • 22G FAT • 21G CARBS • 27G PROTEIN

Tomato and Cucumber Salad w/ Peach Dressing

PREPARATION TIME: 25 MINS

COOK TIME: 0 MINS

SERVES: 8

INGREDIENTS

For Peach Dressing:

- 3 tablespoons red wine vinegar
- 1 tablespoon chopped fresh thyme
- 1 teaspoon sugar
- 1 very ripe peach, peeled and finely chopped (about 1/2 cup)
- 6 tablespoons olive oil

For Salad:

- 1 medium English cucumber
- 2 pounds multicolored heirloom tomatoes, cored and cut into 1/3-in.-thick slices
- 3/4 cup thinly vertically sliced red onion
- 1/2 cup small basil leaves, divided
- 1 teaspoon kosher salt, divided
- 3/8 teaspoon freshly ground black pepper

DIRECTIONS

1. Combine first four dressing ingredients, stirring with a whisk. Let stand 15 minutes, stirring occasionally. Add oil slowly, stirring with a whisk until blended.
2. Place 1 cup of Peach Dressing in a large bowl. Peel cucumber at 1/2-inch intervals, leaving some strips of peel; halve lengthwise. Remove seeds, and slice diagonally. Add cucumber, tomatoes, onion, 1/4 cup basil, 1/2 teaspoon salt, and pepper to dressing. Toss well; let stand 3 minutes.
3. Arrange salad on a platter; sprinkle evenly with remaining 1/4 cup basil and remaining 1/2 teaspoon salt.

NOTES

Recipe from: My Recipes

NUTRITION FACTS: 235 CALORIES • 21G FAT • 11G CARBS • 1G PROTEIN





Pesto Zucchini Noodles and Shrimp

PREPARATION TIME: 10 MINS

COOK TIME: 10 MINS

SERVES: 4

INGREDIENTS

- 2 tablespoons olive oil, divided
- 12 ounces cooked or uncooked shrimp, peeled and deveined
- 2 to 3 garlic cloves, minced
- 3 zucchini, spiralized or thinly sliced
- salt and fresh ground pepper, to taste
- ½ cup basil pesto
- freshly grated parmesan cheese

DIRECTIONS

1. Heat 1 tablespoon olive oil in a large skillet over medium-high heat.
2. Season precooked shrimp with salt and pepper and add to skillet; sautee for 2 to 3 minutes (or longer if uncooked).
3. Remove from skillet and set aside in a bowl.
4. Add remaining olive oil to skillet; add garlic and cook for 15 seconds, or until fragrant.
5. Add zucchini to skillet and continue to cook for 7 minutes, or until tender, stirring frequently.
6. Add shrimp back to skillet, stir in pesto, and cook just until things are heated through.
7. Transfer to a serving bowl. Sprinkle with parmesan cheese. Serve.

NOTES

Recipe adapted from: Diethood

NUTRITION FACTS: N/A

Asian Salmon Kabobs

PREPARATION TIME: 20 MINS

COOK TIME: 10 MINS

SERVES: 8 KABOBS

INGREDIENTS

- 1 1/2 pounds skinless salmon fillet, cut into 1-inch chunks
- 1 fresh pineapple, peeled and cut into 1-inch chunks
- 1 red onion, cut into chunks
- 1 zucchini, sliced into thick rounds
- 2 tablespoons chopped fresh cilantro leaves
- 1 red pepper, cut into chunks
- 1 green pepper, cut into chunks
- 2T and 2T Honey Ginger Teriyaki Marinade & Grill Sauce, divided

DIRECTIONS

1. Marinate salmon with 2T Honey Ginger Teriyaki Marinade & Grill Sauce for at least one hour.
2. Thread salmon, pineapple, red onion and zucchini onto skewers. Brush other 2 T of marinade onto the skewers and let sit for 10-15 minutes.
3. Preheat grill to medium high heat. Add kabobs to grill and cook, turning occasionally, until salmon is opaque throughout and vegetables are tender, about 5-7 minutes.
4. Serve kabobs immediately. Garnished with cilantro. Serve with rice and additional sauce, if desired.

NOTES

Recipe adapted from: Damn Delicious

NUTRITION FACTS: N/A





Sweet Potato Noodles Stir Fry

PREPARATION TIME: 5 MINS

COOK TIME: 15 MINS

SERVES: 6

INGREDIENTS

- 1 medium onion, finely diced
- 1 sweet pepper, diced
- 4 cloves garlic, minced
- 2 cups broccoli florets
- 2 tablespoons olive oil
- 2 medium sweet potatoes, spiralized
- 2T and 2T Honey Ginger Teriyaki Marinade & Grill Sauce, divided
- Salt and pepper to taste

DIRECTIONS

1. In a large skillet over medium-high heat, saute onion, pepper, garlic, and broccoli in olive oil until vegetables are just tender, about 7-10 minutes.
2. Stir in sweet potato noodles and sauce and stir occasionally until noodles are softened, an additional 7-10 minutes. Season noodles with salt and pepper to taste and serve hot. Add additional sauce on top. Enjoy!

NOTES

Recipe adapted from: Whole and Heavenly Oven

NUTRITION FACTS: N/A



Farmers Market Skillet

PREPARATION TIME: 5 MINS

COOK TIME: 15 MINS

SERVES: 6

INGREDIENTS

- 1-3/4 cups chicken broth
- 1 cup quinoa, rinsed and drained
- 1 Tablespoon extra virgin olive oil
- 2 cloves garlic, minced
- 1 small zucchini, quartered and sliced
- 1 small yellow squash, quartered and sliced
- 2 ears sweet corn, kernels cut off the cob (about 1-1/2 cups)
- 2 green onions

- salt & pepper
- 1 vine-ripened tomato, chopped
- 1/2 cup feta or goat cheese
- 2 Tablespoons chopped basil

For Lemon Honey Vinaigrette:

- 1 Tablespoon lemon zest
- 2 Tablespoons lemon juice
- 1-1/2 Tablespoons honey
- 1 garlic clove, microplaned or finely minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

1. Bring chicken broth to a boil in a saucepan. Add rinsed quinoa and place a lid on top, turn the heat down to medium-low, then cook until the broth is absorbed and quinoa is tender, about 25 minutes.
2. Meanwhile, combine all ingredients for the Honey Lemon Vinaigrette in a jar or bowl and set aside.
3. Heat oil in a large skillet over medium-high heat. Add garlic and saute until golden brown, about 30 seconds. Add zucchini, sweet corn, and green onions, season with salt and pepper, then saute until barely tender, about 4 minutes. Add cooked quinoa and half the Honey Lemon Vinaigrette, then stir and cook for 1 more minute.
4. Add remaining vinaigrette, tomatoes, feta cheese, and basil to the skillet. Stir well, taste, and add more salt and pepper if necessary. Let cool 10 minutes before serving.

NOTES

Recipe adapted from: Iowa Girl Eats

NUTRITION FACTS: N/A



Beet Greens Goddess Salad

PREPARATION TIME: 5 MINS

COOK TIME: 15 MINS

SERVES: 6

INGREDIENTS

For Salad:

- 1 bunch of beets, including fresh greens
- 1 Tbs olive oil
- 1 cup quinoa, cooked and cooled
- ½ cup cherry tomatoes, halved

For Dressing:

- ½ cup Greek yogurt
- ¼ cup freshly squeezed lemon juice
- ¼ cup sour cream
- ¼ cup snipped green onions
- ¼ cup chopped fresh basil
- 2 garlic cloves, peeled
- ½ tsp sea salt

DIRECTIONS

1. For the dressing: combine all ingredients in a blender and puree until smooth. Season to taste with salt and pepper.
2. For the salad: Preheat oven to 400 F. Remove the tops and roots of the beets, and peel each one with a vegetable peeler. Cut the beets into 1 in. chunks. Place the beets on a baking sheet. Toss with oil, salt, and pepper and roast for about 25-30 minutes, until beets are tender.
3. In the meanwhile, clean, dry, and chop off the red stems. Chop the greens and place them in a large bowl.
4. Add quinoa and tomatoes to bowl of greens. Toss with generous amounts of dressing.

NOTES

Recipe adapted from: MJ and Hungry Man

NUTRITION FACTS: N/A

MARKET MEAL PLAN SAMPLE

*(see how easy it is to make your
purchases last throughout the week
with healthy and delicious meals!)*

DURING THE MARKET: YOUR SHOPPING LIST

(please note that these are only for the red items on the ingredient lists!)

Produce:

- 6 sweet potatoes
- 4 white onions with green
- 4 red onions
- 4 large handfuls of spinach
- 4 large handfuls of fresh basil
- 20 various peppers (red, yellow, green)
- 3 large bunches of cilantro
- 2 baskets of strawberries
- 1 large handful of kale
- 1 jalapeno
- 2 cloves garlic
- 2 tomatoes
- 5 zucchini
- 7 cucumber
- 4 avocado
- 1 broccoli head
- 7 peaches
- 20 stalks asparagus
- 2 apples
- basket of green peas
- 1 watermelon
- 1 basket of carrots
- 4 ears of corn
- 1 bunch of green onions
- 1 cantaloupe

Meat:

- 1 pound salmon
- 1 cup cooked chicken
- 12 ounces chicken breast
- 12 ounces shrimp
- 2 pounds sirloin steak

Dairy:

- 16 ounce cheddar cheese
- 8 ounces parmesan cheese
- 3 dozen eggs
- 1 package of Roasted Garlic and Chive Chevre

Grains:

- 1 lb bowtie pasta
- 1lb pasta of choice
- 1 granola package
- 2 packages of spaghetti noodles
- 1 lb Pappardelle's Sweet Potato Pasta
- 1 plain baguette

Other:

- Honey Ginger Teriyaki Marinade & Grill Sauce
- Honey
- Chia seeds
- Stoneground Coco Hazelnut Butter
- Stoneground Coconut butter
- Strawberry jam
- Salsa

AFTER THE MARKET: YOUR WEEK OF MEALS

(this plan is perfect for about four to six people...feel free to adjust the shopping list according to your needs!)

Friday:

Breakfast:

Bacon Cheddar
Quiche w/ a Sweet
Potato Crust

Lunch:

Easy Pesto Salad

Dinner:

Sesame Teriyaki
Salmon w/ Garlic
Quinoa Stir-fry

Snacks:

Strawberry Granola
Yogurt Bark

Saturday:

Breakfast:

Strawberry
Pineapple Kale
Smoothie

Lunch:

Chicken Mango Salsa
Salad with Chipotle
Lime Vinaigrette

Dinner:

Grilled Steak Kebabs

Snacks:

Hazelnut Coconut
Energy Bites

Sunday:

Breakfast:

Mini Egg Frittatas

Lunch:

Tomato Avocado
Cucumber Salad

Dinner:

Chicken and Broccoli
Asian Stir fry

Snacks:

Peach-Banana
Smoothie Popsicles

Fresh Green
Smoothie

Monday:

Breakfast:

Strawberry
Cheesecake
Overnight Oats

Lunch:

Pesto Zucchini
Noodles and Shrimp

Dinner:

One Pot Farmer's
Market Pasta

Snacks:

Fruit Salsa with
Cinnamon Chips

Tuesday:

Breakfast:

Protein Packed
Breakfast Burritos

Lunch:

Tomato and
Cucumber Salad w/
Peach Dressing

Dinner:

Springtime Veggie
Pasta Primavera

Snacks:

Watermelon
Cucumber Popsicles

Wednesday:

Breakfast:

Mango Carrot
Smoothie

Lunch:

Guacamole Pasta

Dinner:

Farmer's Market
Feta Bruschetta

Snacks:

Cucumber Melon
Fruit Salad

Thursday:

Breakfast:

Whole Food
Breakfast Burritos

Lunch:

Mexican Quinoa
Stuffed Peppers

Dinner:

Red and Yellow
Pepper Sweet Potato
Pasta

Snacks:

Peach Sorbet

TEMPLATES: FILL IN
YOUR OWN MARKET
MEAL PLAN

DURING THE MARKET: YOUR SHOPPING LIST

Produce:

Meat:

Dairy:

Grains:

Other:

- Resources like MyFitnessPal or SparkRecipes can help track nutrition facts and calories to help you stay on track
- Send in any new recipes or questions to our Facebook page
- **STAY TUNED** for more recipes to come!