

QUINOA AND BLACK BEAN SALAD

SERVES: 12 (1 cup each) **Prep Time:** 30 min. **Cooking Time:** 12 min.

CONTAINER EQUIVALENTS (per serving):  1  2  1½

I usually make a bunch of quinoa at the beginning of the week, so I'm always looking for things to mix it into instead of just eating it by itself. I usually throw some quinoa in with fruit or veggies or whatever I have handy. Out of all the combinations, this recipe is my hands-down favorite.

⅓ cup fresh lime juice
1 Tbsp. ground cumin
1 Tbsp. sea salt (or Himalayan salt)
⅓ cup olive oil
2 cans black beans,
(15-oz. ea.) drained, rinsed
4½ tsp. red wine vinegar
Ground black pepper
(to taste; optional)
4 cups water
2 cups dry quinoa, rinsed
1 medium red bell pepper,
 finely chopped
1 medium orange bell pepper,
 finely chopped
1 medium yellow bell pepper,
 finely chopped
1 (10-oz.) bag frozen corn, thawed
1 bunch fresh cilantro, finely chopped

1. Combine lime juice, cumin, and salt in a medium bowl; whisk to blend.
2. Slowly add oil, while whisking constantly. Set aside.
3. Combine beans, vinegar, and pepper (if desired) in a medium bowl; mix well. Set aside.
4. Bring water to a boil in medium saucepan over high heat.
5. Add quinoa. Reduce heat to medium-low; cook, covered, for 10 to 12 minutes, or until all water has been absorbed. Remove from heat. Cool for 15 to 30 minutes. Set aside.
6. Place cooled quinoa in a large bowl. Fluff with a fork.
7. Add bell peppers, corn, cilantro, bean mixture, and dressing; toss gently to blend.

TIP:

This salad is delicious when eaten immediately. It holds well, refrigerated, and can be eaten for 2 to 3 days.

NUTRITIONAL INFORMATION (per serving): **Calories:** 261

Total Fat: 8 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 578 mg **Carbohydrates:** 38 g **Fiber:** 8 g **Sugars:** 2 g **Protein:** 10 g

Recipes containing the  icon are designed to be gluten-free, but please read product labels for each ingredient to ensure this to be the case.



PINEAPPLE CHICKEN SKEWERS

SERVES: 4 (2 skewers each) **Prep Time: 20 min.** **Cooking Time: 10 min.**

CONTAINER EQUIVALENTS (per serving):  ½  ½  1

- 8** **bamboo skewers**
- 1 lb.** **raw chicken breast, boneless, skinless, cut into 16 1-inch pieces**
- ¼ cup** **reduced-sodium tamari soy sauce, gluten-free**
- 2 tsp.** **sesame oil**
- 2 tsp.** **grated fresh ginger**
- 1 (8-oz.) can** **pineapple chunks in juice, drained**
- 1** **medium red bell pepper, cut into 16 1-inch chunks**
- ½** **large red onion, cut into 16 1-inch chunks**

- 1.** Soak bamboo skewers in water for 30 minutes.
- 2.** Place chicken in resealable plastic bag (or container); add soy sauce, oil, and ginger; seal bag and shake gently to mix. Refrigerate at least 30 minutes to marinate.
- 3.** Preheat gas or charcoal grill on medium heat.
- 4.** Place a piece of chicken, pineapple chunk, bell pepper, and onion onto a skewer. Repeat, so the skewer has two pieces of each ingredient. Repeat with seven remaining skewers. Discard marinade that contained chicken.
- 5.** Grill skewers on covered grill for 4 to 5 minutes on each side, or until chicken is no longer pink in the middle.
- 6.** Serve immediately.

NUTRITIONAL INFORMATION (per serving): **Calories: 207**

Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 73 mg Sodium: 594 mg Carbohydrates: 12 g Fiber: 1 g Sugars: 9 g Protein: 25 g

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ZUCCHINI CHIPS

SERVES: 4 Prep Time: 15 min. Cooking Time: 2 hrs.

CONTAINER EQUIVALENTS (per serving):  1  ½

- 2** large zucchini,
very thinly sliced
- 1 Tbsp.** olive oil
- ½ tsp.** sea salt (or Himalayan salt)

- 1.** Preheat oven to 225° F.
- 2.** Place zucchini slices in one layer between paper towels to help draw out liquid.
- 3.** Line two large baking sheets with parchment paper.
- 4.** Place zucchini slices on prepared baking sheets.
- 5.** Brush zucchini with oil; sprinkle with salt.
- 6.** Bake for 2 hours, or until golden brown and crispy.
- 7.** Cool completely before serving.

NUTRITIONAL INFORMATION (per serving): Calories: 57

Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 298 mg Carbohydrates: 5 g Fiber: 2 g Sugars: 4 g Protein: 2 g

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STRAWBERRY-BANANA ICE CREAM

SERVES: 2 (½ cup each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  1½

2 medium ripe bananas,
cut into pieces

1 cup frozen strawberries

Unsweetened almond milk
(optional)

1. Place banana in plastic bag; freeze for 4 hours, or until completely frozen.
2. Place banana and strawberries in blender (or food processor); cover. Blend until smooth. Add 1 to 2 Tbsp. almond milk, if needed, for creamier texture.
3. Serve immediately.

NUTRITIONAL INFORMATION (per serving): **Calories:** 131

Total Fat: 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 3 mg **Carbohydrates:** 34 g **Fiber:** 5 g **Sugars:** 18 g **Protein:** 2 g

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ROASTED VEGETABLE SOUP

SERVES: 6 (approx. 1½ cup each) **Prep Time: 30 min.** **Cooking Time: 55 min.**

CONTAINER EQUIVALENTS (per serving):  3  ½  ½

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| <p>1 lb. butternut squash, peeled, seeded, cut into 1½-inch pieces</p> <p>6 medium parsnips, peeled, cut into 1½-inch pieces</p> <p>2 medium carrots, peeled, cut into 1½-inch pieces</p> <p>2 medium onions, quartered</p> <p>1 medium yellow (or orange) bell pepper, cut into 1½-inch pieces</p> <p>1 Tbsp. olive oil</p> <p>2 Tbsp. chopped fresh thyme (or 2 tsp. dried thyme)</p> <p>1 tsp. sea salt (or Himalayan salt), <i>divided use</i></p> <p>½ tsp. ground black pepper</p> <p>6 cups low-sodium organic vegetable broth, <i>divided use</i></p> <p>1 Tbsp. hot pepper sauce (like Tabasco) (to taste; optional)</p> <p>6 tsp. raw pumpkin seeds</p> | <ol style="list-style-type: none"> 1. Preheat oven to 425° F. 2. Line two large baking sheets with foil. Set aside. 3. Combine squash, parsnips, carrots, onions, and bell pepper in a large bowl; mix well. 4. Add oil, thyme, ½ <i>tsp.</i> salt, and pepper; toss gently to blend. Divide vegetables between prepared baking sheets. 5. Bake for 40 to 50 minutes, stirring twice, until tender and golden brown. 6. Place 4 <i>cups</i> broth and roasted vegetables in a blender or food processor, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth. 7. Cook vegetable mixture, <i>remaining 2 cups</i> broth, and hot sauce (if desired) in large saucepan over medium-low heat, stirring frequently, for 5 minutes, or until heated through. 8. Season with <i>remaining ½ tsp.</i> salt. 9. Serve immediately topped evenly with pumpkin seeds. |
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NUTRITIONAL INFORMATION (per serving): **Calories: 163**

Total Fat: 4 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 559 mg Carbohydrates: 30 g Fiber: 7 g Sugars: 9 g Protein: 4 g

