

QUICK, EASY, FRESH RECIPES: MEALS IN MINUTES



STRAWBERRY SALAD WITH SPINACH

LOW CALORIE AND RICH IN ANTIOXIDANTS AND FIBER

NUTRITIONAL INFORMATION: Serving size: 1 cup; Calories 150; Fat 10g; Sat Fat: 0.5g; Sodium 240mg; Protein 1g; Carbohydrate 16g; Fiber 3g; Iron 6%

QUINOA PESTO VEGGIE BOWL

HIGH IN PROTEIN, FIBER AND HEALTHY FATS

NUTRITIONAL INFORMATION: Serving size: 1¼ cup; Calories 440; Fat 24g; Saturated Fat 2g; Protein 14g; Sugars 4g; Carbohydrates 45g; Fiber 9g

MIXED BERRIES & YOGURT FROZEN TREAT

A GOOD SOURCE OF FIBER AND CALCIUM

NUTRITIONAL INFORMATION: Serving size: 1 each; Calories 122; Fat 0g; Protein 7g; Cholesterol 2mg; Sodium 95mg; Fiber 2g; Carbohydrate 2g; Iron 6%



QUICK, EASY, FRESH RECIPES: MEALS IN MINUTES

STRAWBERRY SALAD WITH SPINACH AND BALSAMIC DRESSING – SERVES 6

INGREDIENTS:

6 cups fresh baby spinach leaves
2 cups fresh strawberries, rinsed and sliced

DRESSING: (makes approximately ½ cup – serving size 2 tablespoons)

¼ cup canola oil
¼ cup Aged Balsamic Vinegar
2 tablespoons honey
1 shallot, minced
1 clove garlic, minced
1 teaspoon chives, chopped (optional)
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper

PREPARATION:

Rinse berries, remove leaves and slice. To prepare dressing, combine vinegar and honey in a small bowl; stir with a whisk. Gradually add canola oil, stirring with a whisk until blended. Add shallots, garlic, herbs, salt and freshly ground black pepper; set aside. Combine spinach and berries in a large bowl; toss well. Pour vinaigrette over salad; toss gently to coat. Serve immediately.

QUINOA PESTO VEGGIE BOWL – SERVES 4

INGREDIENTS:

1 red onion, chopped
1 red bell pepper, chopped
1 cup grape tomatoes
1 can chickpeas, rinsed and drained
1 tablespoon olive oil
2 teaspoons finely chopped garlic
½ teaspoon salt
Freshly ground black pepper
1 cup uncooked quinoa (follow cooking instructions)

FOR PESTO:

1 cup basil leaves
2 tablespoons water
1 clove garlic
2 tablespoons chopped cashews or
toasted pine nuts
3 tablespoons grated parmesan
⅛ teaspoon salt
3 tablespoons olive oil

PREPARATION:

Preheat oven to 400 °F. Line a large baking sheet with parchment paper. Place chopped veggies and chickpeas on parchment paper. Drizzle olive oil over veggies, then toss with garlic, salt and pepper. Gently toss with your hands then spread veggies out evenly. Roast for 20-25 minutes or until veggies are tender and roasted.

While the veggies are roasting, make the quinoa according to package directions. Next, make the pesto: In the bowl of a food processor, add basil leaves, water, garlic, nuts and parmesan cheese. Process until smooth, about 1 minute, adding the olive oil and a tablespoon of water if necessary. Pesto will be on the thicker side. Once veggies are done, add them to the bowl with the quinoa. Then fold in the pesto. Serve warm or cold.

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MIXED BERRIES AND GREEK YOGURT FROZEN TREAT – SERVES 1

INGREDIENTS:

- ½ cup frozen mixed berries (do not thaw)
- ½ cup low-fat or fat free plain Greek Yogurt
- Honey, to taste

PREPARATION:

In a food processor, place frozen berries (can use any frozen berries) and process well; add yogurt and blend until smooth. Add honey if needed for additional sweetness. This technique works well with frozen fruit of any kind. (try mango!)

EQUIPMENT NEEDED

- Small and large mixing bowls
- Whisk
- Baking sheet
- Parchment paper
- Food processor (or blender)

INGREDIENTS

Produce

- 6 cups fresh baby spinach
- 2 cups fresh strawberries
- 1 shallot
- 3-4 garlic cloves
- 1 red onion
- 1 red bell pepper
- 1 cup grape tomatoes
- 1 cup fresh basil
- Fresh chives (optional)

Dairy/Eggs

- ½ cup lowfat or nonfat plain Greek yogurt
- 3 TB grated parmesan cheese

Freezer

- ½ cup frozen mixed berries

Baking, Canned, and Non-perishables

- ¼ cup canola oil
- ¼ cup balsamic vinegar
- 2 tablespoons honey
- 1 (19-ounce) can garbanzo beans
- 4 tablespoons olive oil
- 1 cup quinoa, dry
- 2 tablespoons cashews or pine nuts
- Salt
- Pepper
- Water



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MISE EN PLACE

Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.

PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe

STRAWBERRY SALAD WITH SPINACH AND BALSAMIC DRESSING:

- Wash the spinach and strawberries. Slice the strawberries.
- Mince the shallot and garlic. Chop the chives if using.

QUINOA PESTO VEGGIE BOWL:

- Preheat the oven to 400 °F.
- Chop the onion and bell pepper.
- Optional to cook the quinoa according to package directions.

MIXED BERRIES AND GREEK YOGURT FROZEN TREAT:

- N/A

