

BARLEY, LEMON, DILL, FETA SALAD

Serving size: ½ cup

Makes 8 servings

- ¾ cup Barley
- 2 ½ cups Water
- 1 ½ TBSP Lemon Juice
- 1 ½ TBSP Extra Virgin Olive Oil
- 1/8 tsp Kosher Salt
- ¼ tsp Black Pepper
- 1/3 cup Dill Weed, chopped
- 2/3 cup Roma Tomatoes, chopped
- ¼ cup Feta Cheese, crumbled

Preparation:

1. Place barley and water in a medium saucepan and bring to a boil over high heat. Reduce heat to low, cover and cook for about 45 minutes or until barley is tender and most of the liquid is absorbed. Fluff with a fork and set aside.
2. In a large mixing bowl, whisk together lemon juice, olive oil, salt and pepper.
3. Add barley, dill, tomatoes and feta to mixing bowl and toss together.



NUTRITION FACTS

PER SERVING

calories	100
total fat (g)	4
saturated fat (g)	1
sodium (mg)	95
total carbohydrate (g)	15
dietary fiber (g)	2
added sugar (g)	0
protein (g)	2



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GARLIC, EGGPLANT, HERB ORZO

Serving size: ½ cup

Makes 8 servings

- 1 cup Orzo, dry
- 2 qt Water
- 3 TBSP Canola Oil
- 2 each Garlic Cloves, crushed
- 2 ½ cups Eggplant, peeled, diced
- 2 TBSP Basil, chiffonade cut
- 1 TBSP Italian Parsley, chopped
- 2 TBSP Parmesan Cheese, shredded
- ¾ tsp Kosher Salt

Preparation:

1. Bring water to a boil in a medium pot over high heat. Add orzo and boil uncovered for approximately 8-10 minutes or until al dente. Drain well, then rinse under cold running water to stop the cooking and prevent sticking.
2. Heat oil in a skillet over medium heat. Add garlic and cook for 30-60 seconds, being careful not to burn. Add the eggplant and cook for an additional 5-10 minutes or until tender.
3. Fold in orzo then add basil, parsley, parmesan and salt. Stir to combine and continue cooking until cheese has melted.



NUTRITION FACTS PER SERVING

calories	170
total fat (g)	7
saturated fat (g)	1
sodium (mg)	190
total carbohydrate (g)	22
dietary fiber (g)	2
added sugar (g)	0
protein (g)	5



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TZATZIKI SAUCE

Serving size: ¼ cup

Makes 20 servings

- 2 ½ cups Cucumber, seeded, finely chopped
- 3 cups Plain Yogurt
- ¼ cup White Wine Vinegar
- 2 TBSP Dill Weed, chopped
- 2 TBSP Mint, chopped
- 1 tsp Kosher Salt
- 2 TBSP Canola Oil
- 2 tsp Garlic Cloves, minced

Preparation:

1. In a mixing bowl, combine cucumber, yogurt, vinegar, dill, mint, salt, oil and garlic. Mix until smooth.

Chef Tip: If you don't have fresh herbs, substitute with dried herbs using one-third the amount. For example, in this recipe, replace 2 tablespoons of fresh herbs with 2 teaspoons of dried herbs.

FUNCTIONAL FOODS



NUTRITION FACTS PER SERVING

calories	30
total fat (g)	1.5
saturated fat (g)	0
sodium (mg)	120
total carbohydrate (g)	3
dietary fiber (g)	0
added sugar (g)	0
protein (g)	2



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