

GRILLED CHICKEN BREAST WITH BLUEBERRY APPLE SALSA

SUPERFOOD

Portion: 1 serving Yields: 4



CALORIES (kcal): 370

PROTEIN (g): 36

CARBOHYDRATE (g): 48

TOTAL FAT (g): 5

SODIUM (mg): 420

SAT FAT (g): 1

DIETARY FIBER (g): 5

INGREDIENTS:

4 each	Grilled Chicken Breast, 4 oz.	1/4 cup	Red Onions, Sliced
1/2 tsp	Olive Canola Oil Blend	1 tsp	Ground Cumin
2 cups	Blueberries, Fresh	1 Tbsp	Lime Juice, Fresh
1/2 cup	Granny Smith Apple, Unpeeled, Diced	1/2 tsp	Black Pepper, Ground
2 tbsp	Cilantro, Chopped	2 cups	Cooked Farro
1 tsp	Jalapeño Peppers		

METHOD:

Grill the Chicken breast and Cook the Farro. Serve hot.

Prepare the Salsa:

Slice the blueberries in half, dice the apples, jalapeño and chop the cilantro. In a large bowl combine the apples, lime juice, blueberries, cilantro, jalapeño, onion, cumin, and pepper. Mix thoroughly. (Omit jalapeños if desired).

Serve

Slice the chicken breast and place over 1/2 cup cooked farro. Top with salsa.

MIXED BERRY & ARUGULA SALAD WITH QUINOA, ROASTED BEETS & AVOCADO

SUPERFOOD

Portion: 1 serving Yields: 4



CALORIES (kcal): 300

PROTEIN (g): 6

CARBOHYDRATE (g): 28

TOTAL FAT (g): 20

SODIUM (mg): 30

SAT FAT (g): 3

DIETARY FIBER (g): 10

INGREDIENTS:

1 tsp	Black Pepper, Ground, Fresh	1 tsp	Honey
1 cup	Cooked Red Quinoa	1 Tbsp	Lime Juice, Fresh
1 each	Red Beets	3 Tbsp	Olive Oil, Extra Virgin
1 tsp	Olive Canola Oil Blend	1 cup	Blackberries, Fresh
8 cups	Arugula Lettuce	1 cup	Raspberries, Fresh
2 cups	Baby Kale	1 each	Avocado, Quartered

METHOD:

Roast the Beet

Preheat oven to 350F. Rub the outside of the beet with oil and roast the beet skin on for 30- 45 minutes. Remove from the oven and allow to cool until cool enough to handle. Peel the skin and slice. Set aside.

Assemble Salad and Make the Dressing

Mix the arugula and the baby kale, and then wash and pat dry the berries. Set aside. Mix the olive oil, lime juice and honey together for a broken vinaigrette.

Finish the Salad

Place the arugula and kale mixture into a bowl and top with the quinoa, avocado, beets and berries. Drizzle with 1 tablespoon of the dressing.

BLUEBERRY, CANTALOUPE AND SPINACH SALAD

SUPERFOOD

Portion: 9 oz serving Yields: 4



CALORIES (kcal): 290
PROTEIN (g): 14
CARBOHYDRATE (g): 24
TOTAL FAT (g): 19
SODIUM (mg): 330
SAT FAT (g): 4
DIETARY FIBER (g): 6

INGREDIENTS:

1/2 cup	Pumpkin Seeds, Hulled	1 cup	Cantaloupe, Diced
1 tsp	Cajun Blackened Seasoning	1/4 cup	Cheese, Feta, Crumbled
1/4 tsp	Canola Oil	1/4 cup	Dressing, Balsamic Vinaigrette
4 cups	Spinach, Fresh	6 each	Basil Leaves, Torn
2 cups	Blueberries, Fresh		

METHOD:

Toast Pumpkin Seeds

Preheat the oven to 350F. Toss the pumpkin seeds in the oil and Cajun seasoning. Place on a sheet tray and toast for 3-5 minutes or until golden brown. Remove from the oven and set aside to cool.

Toss the Salad and Serve

In a large bowl toss together the spinach, torn basil, balsamic vinaigrette, blueberries, cantaloupe and feta cheese. Serve and top with the pumpkin seeds.

STRAWBERRY, SPINACH & FARRO SALAD WITH PISTACHIOS & GRILLED CHICKEN

SUPERFOOD

Portion: 1 serving Yields: 4



CALORIES (kcal): 360
PROTEIN (g): 32
CARBOHYDRATE (g): 28
TOTAL FAT (g): 13
SODIUM (mg): 105
SAT FAT (g): 2
DIETARY FIBER (g): 5

INGREDIENTS:

4 each	4 oz. Skinless Boneless Chicken Breast	1Tbsp	Lemon Juice
1Tbsp	Minced Garlic Cloves, Fresh	1Tbsp	Lemon Zest
1tsp	Ground Cumin	2 cups	Strawberries, Quartered
1tsp	Ground Coriander	4 cups	Spinach, Fresh, Chopped
1Tbsp	Olive Canola Oil Blend	1Tbsp	Extra Virgin Olive Oil
1 cup	Cooked Farro	1tsp	Fresh Ground Black Pepper
1/4 cup	Pistachio Nuts, Shelled		

METHOD:

Marinate/Grill Chicken

In a bowl combine the chicken breasts, cumin, coriander, garlic and oil. Coat chicken thoroughly. Cover and marinate, place in the fridge for 1 hour. Remove the chicken from the marinade and grill until the internal temperature reaches 165F. Set aside- Slice the chicken before serving.

Combine Salad Ingredients

Clean and dry the spinach thoroughly, remove the stems and then chiffonade the spinach leaves. In a large bowl, combine the spinach, farro, pistachios, strawberries, lemon zest, lemon juice, olive oil, and pepper. Mix well.