

QUINOA, OAT, SUNFLOWER SEED, DRIED FRUIT GRANOLA



Portion Size: ¼ cup Yield: 12 servings



Nutrition Info: Cal: 120, Total Fat: 4g, Sat Fat: 0.5g, Sodium: 10mg, Carbs: 17g, Protein: 3g, Sugar: 6g, Fiber: 2g

Old Fashioned Oats	1 ¼ cup
Quinoa, dry	1/4 cup
Sunflower Seeds	2 ¼ oz
Canola Oil	1 TBSP
Agave Nectar	3 TBSP
Ginger, ground	1 tsp
Cinnamon, ground	1/2 tsp
Salt	1/8 tsp
Dried Cranberries	1/4 cup
Raisins	1/4 cup

1. In a bowl, combine oats, quinoa, and sunflower seeds.
2. In a separate bowl, whisk together oil, agave, ginger, cinnamon, and salt.
3. Combine wet and dry mixtures, stir until evenly combined.
4. Place on a parchment lined sheet tray and bake in a 350°F oven, tossing every 5 minutes until golden brown, about 20-30 minutes.
5. Allow granola to cool. Break up granola and toss with dried cranberries and raisins.

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CHICKEN CAESAR FREEKEH SALAD



Portion Size: ½ cup Yield: 10 servings



Nutrition Info: Cal: 190, Total Fat: 9g, Sat Fat: 1.5g, Sodium: 128mg, Carbs: 16g, Protein: 9g, Sugar: 0g, Fiber: 4g

Grilled Chicken Breast

Chicken Breast, raw	8 oz wt	Tabasco Sauce	1 tsp
Black Pepper	1/4 tsp	Worcestershire Sauce	1 tsp
Lemon Juice	1/4 tsp	Canola Oil	2 tbsps
Canola Oil	1/2 tsp	Parmesan Cheese, grated	1 ½ tsp
		Water, cold	2 tsp

Caesar Dressing

Anchovy Fillets	2 each
Dijon Mustard	1 tsp
Mayonnaise	1/2 cup
Red Wine Vinegar	1 TBSP
Salt and Pepper	Pinch
Fresh Garlic, Chopped	1/2 tsp
Sour Cream	1/3 cup

Salad

Parmesan Cheese, shredded	1/2 oz
Romaine Lettuce, chopped	1 ½ oz
Tomatoes, diced	1 ½ oz wt
Cooked Freekeh	3 cups

1. Toss chicken breast with black pepper, lemon juice, and oil. Grill and cook chicken until internal temperature of 165°F is reached. Thinly slice.
2. For dressing: Combine anchovies, dijon mustard, mayo, red wine vinegar, salt, black pepper, garlic, sour cream, hot sauce, and Worcestershire sauce in blender and blend until smooth. Slowly incorporate canola oil until smooth. Add parmesan cheese and cold water, pulsing until incorporated.
3. In a large bowl, toss together parmesan, romaine, tomatoes, cooked freekeh, chicken, and dressing.

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