

GRILLED CHICKEN WITH
Blueberry Basil
 SALSA



PORTION: 1 chicken breast
SERVES: 4

SUPERFOOD

INGREDIENTS

1 ea Jalapeño Peppers	1/4 ea Red Onions, Finely Chopped
1/2 bunch Fresh Green Onions	1/4 cup Fresh Basil, Chopped
8 oz Fresh Blueberries	1/4 cup Fresh Cilantro, Chopped
1/8 tsp Salt	<1/8 tsp Cayenne Pepper
2 Tbsp Lime Juice	4 ea Skinless Boneless Chicken Breast
3/4 tsp Olive Oil	1/8 tsp Salt

METHOD

1. Preheat grill to medium-high flame. Grill jalapeño peppers until slightly charred, turning frequently. When done, pull off stems and remove skin from peppers. Roughly chop the peppers then set aside for later use. Grill whole scallions until soft and charred, about 4 minutes, turning frequently. Remove from grill, let cool, and chop into small pieces.
2. Place 2/3 of the blueberries in a food processor. Pulse until coarsely chopped then transfer to a medium bowl. Add red onion, jalapeños, lime juice, and salt. Mix well. Add basil leaves, cilantro, remaining blueberries and oil. Stir to combine.
3. Sprinkle chicken breast with salt and cayenne pepper. Grill chicken for 4 minutes on each side, or until internal temperature reaches 165F for 15 seconds.
4. Top chicken with blueberry salsa and garnish with grilled scallions.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
190	4g	1g	11g	27g	2g	180mg

BANANA OAT
Strawberry
 SMOOTHIE



PORTION: 1 1/2 cup
SERVES: 1

SUPERFOOD

INGREDIENTS

1/4 cup Old Fashioned Oatmeal Cereal	1/2 cup Capped Strawberries, Halved
1/4 cup Fat Free Plain Organic Yoqurt	1/2 cup Water
1/2 ea Banana	1/2 cup Ice Cubes
1/4 tsp Ground Cinnamon	

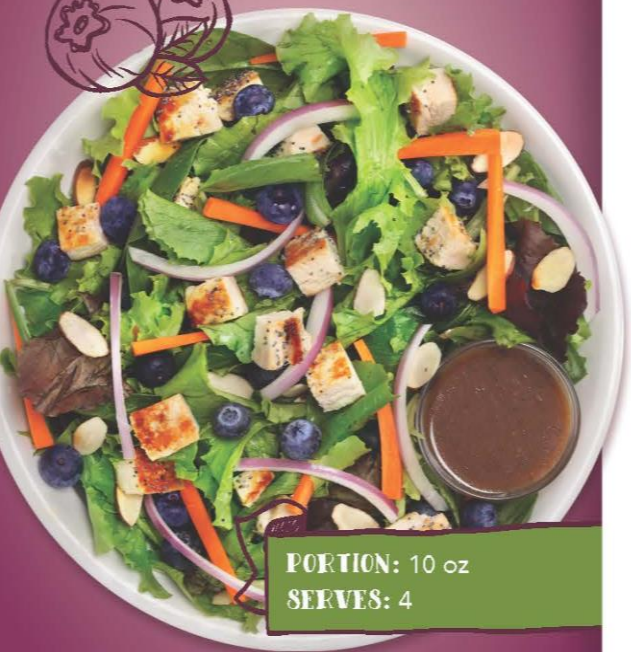
METHOD

1. Place all ingredients into a blender and process until smooth.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
170	2g	0g	33g	7g	5g	55mg

POPPY SEED CHICKEN
Blueberry Salad
 WITH ALMONDS



PORTION: 10 oz
 SERVES: 4

INGREDIENTS

12 oz Chicken Breast, Cubed	8 oz Spring Mix Lettuce
1 Tbsp, 1 tsp Lemon Juice	2 cups Fresh Blueberries
1 tsp Poppy Seeds	1 oz Red Onions, Julienne Sliced
1/2 tsp Salt	4 oz Carrots, Julienne Sliced
1/2 tsp Ground Black Pepper	1/4 cup Almonds, Sliced, Toasted
1 Tbsp, 1 tsp Canola Oil	1/2 cup Balsamic Vinaigrette

METHOD

1. Preheat oven to 350F. Toss diced chicken with lemon juice, poppy seeds, salt, black pepper and oil. Place chicken on a roasting pan and bake until internal temperature reaches 165F, about 15 minutes. Chill and set aside.
2. Mix together lettuce, blueberries, red onions and carrots.
3. For each salad, place 4 cups of tossed vegetables into a plastic bowl. Place a quarter of the chicken pieces and 1 Tbsp almonds on top. Serve with 2 Tbsp of dressing.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
330	18g	2g	20g	22g	4g	600mg

Raspberry & Couscous
 SALAD



PORTION: 5 oz
 SERVES: 6

INGREDIENTS

2 Tbsp Corn Oil	2 1/2 oz Whole Wheat Couscous
1 Tbsp Balsamic Vinegar	3/5 cup Boiling Water
1/2 tsp Dijon Mustard	1 1/2 tsp Low Sodium Vegetable Base
1/4 tsp Salt	3/8 cup Fresh Raspberries
1/8 tsp Granulated Sugar	3 Tbsp Crumbled Feta Cheese
1/8 tsp Ground Black Pepper	1 oz Red Onions, Chopped
1/4 Garlic Cloves, Peeled	2 Tbsp Dried Cranberries
1/8 tsp Italian Seasoning	2 Tbsp Pecans, Chopped
3/4 tsp Corn Oil	3/4 cup Zucchini Squash, Diced

METHOD

1. To prepare vinaigrette, whisk oil, vinegar, Dijon mustard, salt, sugar, pepper, garlic and Italian seasoning together until well blended. Refrigerate until needed.
2. In a sauce pan whisk together the vegetable base with the boiling water and corn oil over high heat. Stir in couscous, cover, remove from heat and let stand for 5 minutes. Lightly fluff with a fork then transfer to a mixing bowl and set aside.
3. Bring 2 quarts of water to a boil. Add zucchini and cook in the water for 30 seconds. Remove from heat, drain and rinse under cold water. Add zucchini to the couscous. Stir in pecans, raspberries, feta cheese, red onion and dried cranberries. Drizzle the vinaigrette over the salad and mix to incorporate.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
180	8g	1.5g	24g	4g	3g	140mg