

# Spinach Mushroom BURGER



**PORTION:** 1 burger  
**SERVES:** 4

SUPERFOOD

## INGREDIENTS

- 1 Tbsp, 2 1/4 tsp A-1 Steak Sauce
- 1/4 cup, 1 1/4 tsp Ketchup
- 4 oz Spinach, Stems Removed
- 4 oz Button Mushrooms, Thinly Sliced
- 4 ea Crusty French Roll
- 4 ea Beef Patty, 4 oz, 20% Fat
- 1/2 cup Gorgonzola Cheese Crumbles

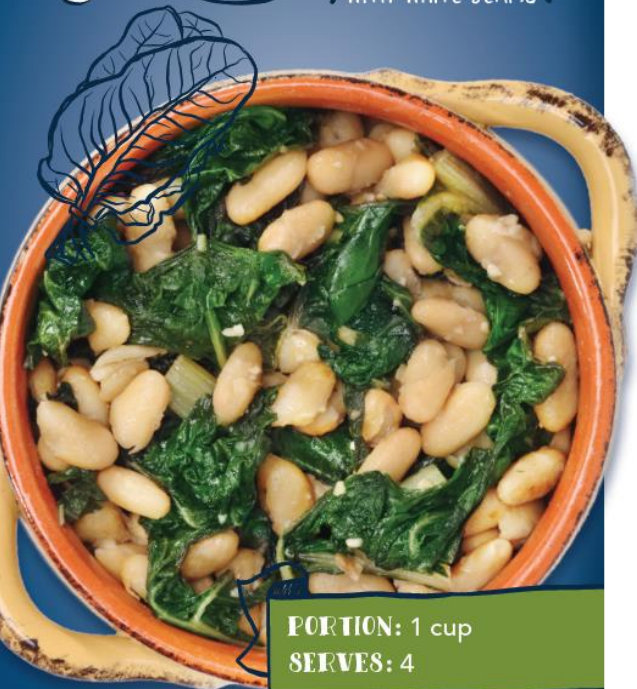
## METHOD

1. To make the Burger sauce, mix A-1 sauce and ketchup and stir well. Cover and refrigerate until ready to eat.
2. Sauté and drain the spinach. Sauté the mushrooms. Toast the rolls.
3. Grill each beef patty on medium-high heat for 2 to 3 minutes on each side or to desired doneness. Meanwhile, combine 3 Tbsp. spinach and 2 Tbsp. each mushrooms and cheese. Season with salt and pepper.
4. Spread 1/2 Tbsp. of the Burger sauce onto bottom half of roll; top with burger, spinach mixture and 1 Tbsp. of the remaining sauce. Cover with top of roll.

## NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
540	22g	9g	51g	32g	4g	1050mg

# Swiss Chard WITH WHITE BEANS



**PORTION:** 1 cup  
**SERVES:** 4

SUPERFOOD

## INGREDIENTS

- 1 ea Whole Bay Leaf
- 1 ea Garlic Cloves, Crushed
- 1 1/2 ea Thyme Sprigs, Fresh
- 4 1/2 oz Cannellini Beans, Dry
- 2 ea Anchovy Fillets
- 2 tsp Garlic Cloves, Minced
- 12 oz Green Swiss Chard
- 1 Tbsp Canola Oil

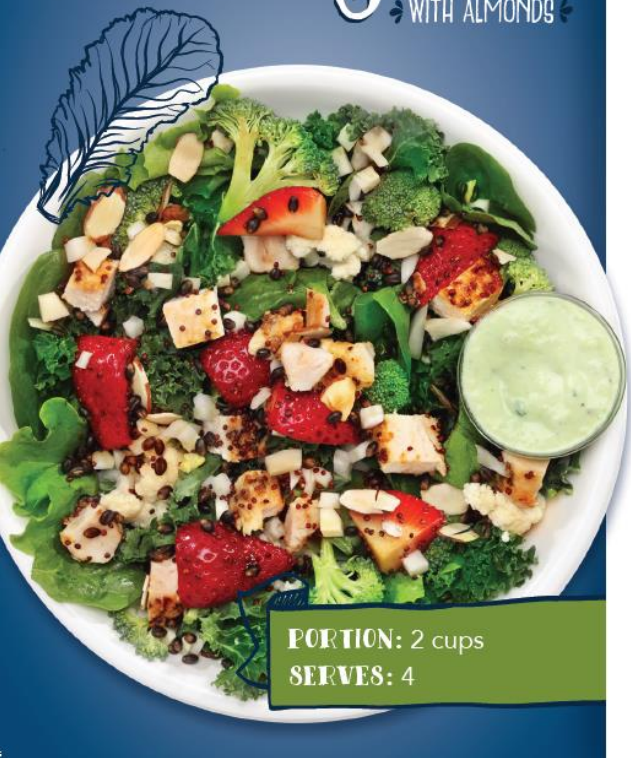
## METHOD

1. To soak the beans, you can either combine beans and 5 times the amount of water in a medium pot or soak overnight (e.g. 1 cup beans to 5 cups of water). Alternatively, for a quick soak, bring the beans and water to a boil. Boil 2 minutes. Remove from the heat, cover and let stand 1 hour. Drain the beans and return to the pot. Again add 5 times amount of water, thyme sprigs, garlic, and bay leaves. Bring to a boil, reduce the heat, cover partially and simmer until the beans are tender but still hold their shape, about 1 hour to 2 hours depending on freshness of beans (beans not presoaked will take longer about 2 to 3 hours to cook.) Check and add more water if necessary to keep beans completed covered during cooking. Cool in the liquid and then drain. Set aside.
2. Place kale in a steamer over boiling water. Cover and cook until the kale is tender, about 5 to 10 minutes. Remove kale from the steamer and drain excess water. Set aside.
3. Remove tough stems from the chard and roughly chop the leaves, then rinse and set aside. Add olive oil and anchovies into a hot sauté pan. Sauté over medium heat for 2 minutes and mash the anchovies. Add garlic and sauté until it begins to brown. Add the white beans and the chard and sauté until the chard wilts.

## NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
160	4.5g	0g	23g	0g	9g	260mg

LEMON OREGANO CHICKEN  
**Summer Salad**  
 WITH ALMONDS



**PORTION:** 2 cups  
**SERVES:** 4

**INGREDIENTS**

1/2 cup Broccoli, Thinly Sliced	<b>Lemon Oregano Chicken</b>	<b>Dressing</b>
1/2 cup Cauliflower Florets, Thinly Sliced	1 Tbsp, 1 tsp Lemon Juice	1/4 cup Fat Free Buttermilk
1 cup Baby Spinach	1 tsp Dijon Mustard	1 2/3 oz Organic Yogurt, Low Fat, Plain
2 2/3 cup Baby Kale	1/8 tsp Salt	<1/4 ea Shallots, Peeled and Chopped
1 1/5 cups Romaine Lettuce	<1/8 tsp Ground Black Pepper	1/8 tsp Garlic Cloves, Crushed
2 Tbsp Red Quinoa, Dry	1 tsp Fresh Oregano, Chopped	2 tsp Fresh Italian Parsley, Chopped
2 cup Black Barley, Cooked	1/4 tsp Honey	1/8 tsp Ground Black Pepper
1 tsp Balsamic Vinegar	1 Tbsp, 2 tsp Olive Oil	<1/4 ea Avocado
1/4 cup Toasted Almonds, Chopped	1 lb Chicken Breast, Boneless, Skinless	1/8 tsp Salt
2 oz Fennel, Finely Diced	Buttermilk Avocado Salad	1/2 tsp Lime Juice
8 oz Strawberries, Quartered		

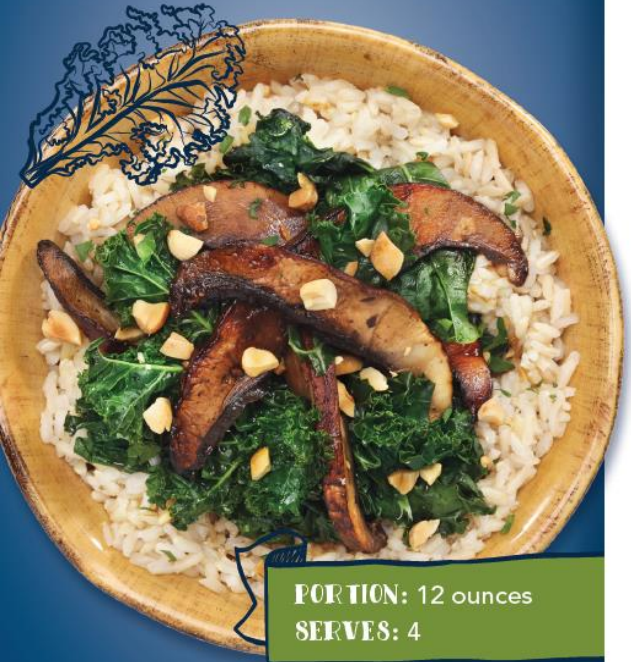
**METHOD**

1. For the chicken: Whisk together all vinaigrette ingredients. Cut the chicken into about 4 oz portion sizes and toss with lemon Dijon vinaigrette. Marinate for 1 to 4 hours. Remove chicken from marinade and pan sear both sides on a hot pan and finish in a 350F degree oven until cooked through, about 5 to 10 minutes. Chill and dice.
2. For the dressing: Place yogurt in a mesh strainer and place strainer over bowl to collect liquids that drip out. Let sit for 2 hours covered in a refrigerator. Discard liquid and reserve the solids that are left. Peel, seed and chop avocado. Combine all ingredients in a blender and process until smooth.
3. Mix together baby kale, chopped romaine lettuce and baby spinach. Mix the sliced broccoli and cauliflower in with the lettuce gently.
4. Rinse quinoa by submerging in water and then strain in a fine mesh strainer. Over medium heat, toast in a hot dry skillet for about 10 minutes, stirring often, making sure to not burn. Quinoa should be a rich dark brown color with a nice crunch.
5. Place quartered strawberries in a bowl and marinate with balsamic vinegar. Have 16 oz Mason jars ready and assemble salads in the following order: 1/2 cup cooked black (or pearl) barley in the bottom; 1/2 cup marinated strawberries; 3 oz cooked diced chicken; 1/2 oz (2 Tbsp.) fennel, small diced; 1/4 cup lettuce mix, chopped; 1 Tbsp. almonds; 1 tsp quinoa; Close container; Serve with 2 tbsp. of dressing on the side

**NUTRITION FACTS**

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
420	15g	2.5g	41g	32g	10g	210mg

**Kale & Mushroom**  
 RICE BOWL



**PORTION:** 12 ounces  
**SERVES:** 4

**INGREDIENTS**

2/3 cup Brown Rice	1 Tbsp Extra Virgin Olive Oil
1 1/3 cup Cold Water	1/8 tsp Ground Black Pepper
1 qt Kale, Chopped	1/2 tsp Kosher Salt
1 qt, 2 cup Boiling Water	2 Tbsp Chopped Peanuts, Unsalted
2 ea Portobello Mushrooms, Cut in Strips	1/4 cup Cilantro, Fresh
1 tsp Less Sodium Soy Sauce	

**METHOD**

1. Rinse rice and then place in a medium saucepot. Cover rice with water, bring to a boil over medium high heat. Reduce heat to very low simmer. Cover to steam rice for 20 minutes.
2. Place kale in a steamer over boiling water. Cover and cook until the kale is tender, about 5 to 10 minutes. Remove kale from the steamer and drain excess water. Set aside.
3. Heat olive oil in a skillet over medium heat. Add sliced Portobello mushrooms and sauté for a few minutes until tender, turning occasionally. Add low sodium soy sauce and ground black pepper. Add the steamed kale to the sauté pan and toss with the mushrooms. Sprinkle with salt.
4. To make individual rice bowls, add steamed brown rice to each bowl. Top with a generous amount of kale and mushroom sauté. Garnish with chopped peanuts and fresh cilantro.

**NUTRITION FACTS**

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
330	8g	1.5g	56g	10g	6g	320mg