



## Asparagus, Cucumber & Feta Salad with a Balsamic Vinaigrette

8 servings  
 15 minutes

### Ingredients

12 cups Asparagus (trimmed and sliced in half lengthwise)  
 1/3 cup Balsamic Vinegar  
 1/4 cup Extra Virgin Olive Oil  
 2 tbsps Dijon Mustard  
 2 tbsps Maple Syrup  
 2 Garlic (clove, minced)  
 Sea Salt & Black Pepper (to taste)  
 2 Cucumber (large, diced)  
 4 cups Lentils (cooked, drained and rinsed)  
 1 cup Slivered Almonds (toasted)  
 1 cup Feta Cheese (crumbled)

### Directions

- 1 Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
- 2 Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
- 3 In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

### Notes

**Dairy-Free:** Skip the feta.

**Nut-Free:** Use sunflower seeds instead of slivered almonds.

**No Lentils:** Use chickpeas or beans instead.

**Storage:** Stores well in the fridge up to 3 days.



## Curried Chicken Stew - Slow Cooker

9 servings

6 hours

### Ingredients

- 1 1/2 Sweet Potato (large, diced)
- 3 cups Chickpeas (cooked, drained and rinsed)
- 3/4 cup Frozen Corn
- 3/4 cup Frozen Peas
- 1 1/2 tsps Cumin (ground)
- 1 1/2 tsps Curry Powder
- 3 Garlic (cloves, minced)
- 3 cups Organic Vegetable Broth (or any type of broth)
- 12 ozs Chicken Breast

### Directions

- 1 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 2 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 3 Serve the stew on it's own or over brown rice. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups of stew.

**More Carbs:** Serve it over brown rice.

**More Protein:** Serve it over quinoa.

**Vegan and Budget-Friendly:** Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

**Turn it Into a Soup:** Double up on the broth.

**More Green Veggies:** Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.



## Freezer Veggie Breakfast Burritos

10 servings  
 30 minutes

### Ingredients

1/4 cup Extra Virgin Olive Oil (divided)  
 5 Garlic (cloves, minced)  
 1 cup Red Onion (large, diced)  
 2 Sweet Potato (large, peeled and diced into 1/2 inch cubes)  
 2 Red Bell Pepper (diced)  
 2 Green Bell Pepper (diced)  
 1 tbsp Cumin  
 1 1/2 tsps Chili Powder  
 1 tsp Sea Salt  
 12 Egg (large, whisked)  
 10 Brown Rice Tortilla (11 inches)

### Directions

- 1 Preheat oven to 400°F (204°C) and line baking sheets with foil.
- 2 In a large bowl, combine 3/4 of the olive oil, garlic, red onion, sweet potato, bell peppers, cumin, chilli powder and salt. Toss well and then spread the veggies across the baking sheets in an even layer. Bake in the oven for 30 minutes or until cooked through, gently tossing at the halfway point.
- 3 Meanwhile, heat the remaining olive oil in a large skillet over low-medium heat. Pour the whisked eggs into the skillet, and continuously stir to scramble the eggs while they cook. Set aside.
- 4 Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos.
- 5 Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat

### Notes

**Reheating in the Oven:** Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

**Reheating in the Microwave:** Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

**Make it Spicy:** Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

**Serve it With:** Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

**No Brown Rice Tortillas:** Use corn or whole wheat tortillas instead.