



Mango & Chickpea Quinoa Salad

4 servings
 15 minutes

Ingredients

- 1/3 cup Quinoa (uncooked)
- 2/3 cup Water
- 1/4 cup Cilantro (chopped)
- 1/2 cup Chickpeas (cooked)
- 6 ozs Tofu (extra firm, patted dry, cubed)
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 1 Avocado (sliced)
- 1 Mango (sliced)

Directions

- 1 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 2 Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

Notes

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

Serving Size: Each serving equals approximately 1 1/2 cups of salad.

More Flavor: Add chilli powder or red pepper flakes.

Additional Toppings: Add in cucumber, corn, red onion and/or green bell pepper.



Mediterranean Tuna Pasta Salad

4 servings
15 minutes

Ingredients

2 cups Brown Rice Fusilli, Cooked
 1/4 cup Extra Virgin Olive Oil
 1 Lemon (juiced)
 1 tbsp Italian Seasoning
 Sea Salt & Black Pepper (to taste)
 1/2 cup Green Olives (sliced)
 1/2 cup Sun Dried Tomatoes (sliced)
 1 can Tuna (drained and flaked)
 8 cups Arugula
 1/4 cup Hemp Seeds

Directions

- 1 Cook the brown rice pasta according to directions on the package.
- 2 While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
- 3 When the pasta is done cooking, drain it and rinse with cold water until cooled.
- 4 In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until will combined. Divide between plates and enjoy!

Notes

Vegan: Use chickpeas or lentils instead of tuna.

Leftovers: Keeps well in the fridge up to 3 days.



Black Bean and Veggie Salad

4 servings
 15 minutes

Ingredients

2 cups Black Beans (cooked)
 1 Red Bell Pepper (chopped)
 1/4 cup Red Onion (chopped)
 1 Avocado (diced)
 1/4 cup Lime Juice
 1/4 tsp Chili Powder
 1/4 tsp Cumin
 1/8 tsp Sea Salt

Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.

Notes

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

Serving Size: One serving is approximately 1 cup.

More Flavor: Add cilantro, tomato, corn or hot sauce.

No Black Beans: Use cooked lentils or chickpeas instead.



Curried Kale Salad

2 servings
 15 minutes

Ingredients

- 1/4 cup Lemon Juice
- 2 tbsps Tahini
- 1 tbsp Coconut Aminos
- 1 tsp Maple Syrup
- 1 1/2 tsps Curry Powder
- 1/8 tsp Sea Salt
- 5 cups Kale Leaves (washed, dried and thinly sliced)
- 2 tbsps Pumpkin Seeds

Directions

- 1 In a small bowl, whisk together the lemon juice, tahini, coconut aminos, maple syrup, curry powder and sea salt to make the dressing.
- 2 Add the kale leaves to a large bowl and add the dressing. Massage the dressing into the kale leaves using your hands. Garnish with pumpkin seeds. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. To keep longer, store the dressing separately from the kale.

Additional Toppings: Top with protein of your choice, such as tofu, chickpeas or chicken.

No Coconut Aminos: Use tamari instead.