



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)

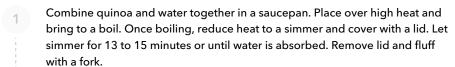
1/2 tsp Sea Salt

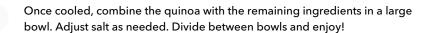
1 Lime (juiced)

1 Avocado (sliced)

1 Mango (sliced)

Directions





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

Cook the brown rice pasta according to directions on the package.

While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.

When the pasta is done cooking, drain it and rinse with cold water until cooled.

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.

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



In a small bowl, whisk together the lemon juice, tahini, coconut aminos, maple syrup, curry powder and sea salt to make the dressing.



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.

 $\textbf{Additional Toppings:} \ \textbf{Top with protein of your choice}, \textbf{such as tofu, chickpeas or chicken}.$

No Coconut Aminos: Use tamari instead.