



Quinola delivered with fresh vegetables and sesame seeds. Vary the recipe with the produce you have on hand! (4 Servings)



PREP TIME

6 minutes

COOK TIME

6-8 minutes

TOTAL TIME

14 minutes

1 Serving = 375 Calories (14.5g Protein, 8.4g Fiber, 11.9 g Fat)

INGREDIENTS

- 4 cups cooked quinoa *
- 1 pound asparagus cut into 1 inch pieces
- 4 cups leafy greens (spinach, mustard greens, arugula)
- 1/2 pund romesco or broccoli cut into florets
- 1 teaspoon olive oil
- 2 cloves garlic
- 1 inch piece of peeled ginger coarsely grated
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon sriracha or garlic chili paste
- 1/4 cup cashews roughly chopped
- 4 tablespoons black sesame seeds

INSTRUCTIONS

1. **Heat olive oil** over medium heat until hot but not smoking, **add garlic and ginger**, and stir for a minute until fragrant..
2. Add **asparagus and romesco (or broccoli)** and cook for a few minutes, then **add the greens and a pinch of salt**, cover and cook for 2-3 minutes more until greens have wilted.



INSTRUCTIONS (continued)

- In a small bowl combine **soy sauce, sesame oil, and chili paste** then add to the pan with the quinoa. Cook until everything is heated through.
- Take a taste and **if desired add a little more soy sauce or sesame oil** it should be pronounced but not overpowering.
- To serve **top with the cashews and sesame seeds.**

***To cook quinoa:** Combine 2 cups of well-rinsed dried quinoa with 3 cups of water and 1/2 teaspoon salt in a medium saucepan. Bring to a boil, cover, reduce the heat to low, and simmer for 15-20 minutes until quinoa is tender. (Or use quinoa package instructions.)

Other variations to add:

- **Roasted vegetables:** Butternut squash, carrots, peppers, tomatoes, and chickpeas.
- **Avocado and more avocado.** Rich and creamy, it makes the quinoa bowl feel a little indulgent.
- **Black beans.** Adding extra protein, fiber, and complex carbohydrates!
- **Chicken.** Pre-made meal prepped chicken for extra ease.
- **Baked tofu.** you're trying to eat less (or no) meat, baked tofu is a great alternative to chicken.



Taco Salad

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Recipe Card

Adios wimpy salads. This is a shell-free taco salad that satisfies. It's high in protein and fiber packs a wide array of taco toppings like avocado, corn, and beans.

(4-8 Serving)



PREP TIME

15 minutes

COOK TIME

8 minutes

TOTAL TIME

25 minutes

**4 Serving = 618 Calories (53 g Protein, 26g Carb, 28g Fat) vs.
8 Serving = 309 Calories (26.5g Protein, 13g Carb, 14 g Fat)**

INGREDIENTS

For the taco salad:

- 1 teaspoon extra-virgin olive oil *divided*
- 3/4 teaspoon kosher salt *divided*
- 1/2 teaspoon black pepper *divided*
- 3/4 - 1 pound lean ground turkey, beef, or chicken
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1 head romaine lettuce *roughly chopped*
- 1 cup of cooked black beans - rinsed and drained (*16 ounces*)
- 1 cup of cooked corn (cut from the cob)
- 2 cups cherry tomatoes *halved*
- 1 medium ripe avocado *peeled, pitted, and diced*
- 1 cup loosely packed cilantro leaves
- 1/4 cup thinly sliced green onions
- Optional: Cheese (some consider this a low-processed food)

For the salsa yogurt dressing:

- 1/4 cup prepared salsa
- 1/4 cup nonfat plain Greek yogurt (some consider this a low-processed food)



INSTRUCTIONS

- In a large, nonstick skillet, **heat 1 teaspoon olive oil** over medium-high. Add **the meat (turkey, beef, or chicken), chili powder, cumin, garlic powder, and remaining ½ teaspoon salt and ¼ teaspoon pepper**. Break up the meat and stir with a spoon until it is cooked through about 5 minutes. In a small bowl, stir together the **salsa and Greek yogurt** to make the dressing.
- Place the **romaine** in a large serving bowl. **Top** with ¼ cup of the salsa-yogurt mixture, the meat mixture, black beans, corn, tomatoes, avocado, cilantro, and green onions. **Toss lightly to combine**. Serve immediately with remaining salsa-yogurt dressing as desired.

Notes

- Make it ahead: Store the cooked meat in the refrigerator for up to 4 days, the corn and black beans in a separate container for up to 4 days, the dressing in a container for up to 4 days, and the chopped tomatoes in a container for up to 3 days. Washed, chopped lettuce can also be stored in the crisper drawer for 2 to 3 days. Assemble the salad just before serving.