



## Sauteed Vegetables with Arugula & Balsamic Glaze

2 servings  
25 minutes

### Ingredients

- 1 tsp Extra Virgin Olive Oil
- 2 cups Mushrooms (sliced)
- 1 Red Bell Pepper (medium, chopped)
- 1 1/2 cups Green Cabbage (chopped)
- Sea Salt & Black Pepper (to taste)
- 2 cups Arugula
- 2 tbsps Balsamic Glaze

### Nutrition

Amount per serving	
Calories	108
Fat	3g
Carbs	18g
Fiber	4g
Protein	5g
Calcium	66mg

### Directions

- 1 Heat the oil in a pan over medium heat. Add the mushrooms, bell peppers, and cabbage.
- 2 Sauté for about 10 to 15 minutes or until browned and cooked through. Season with salt and pepper.
- 3 Add the arugula to a serving plate. Top with sautéed vegetables and drizzle the balsamic glaze on top. Divide evenly between plates. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add zucchini and red onion to the vegetable mixture.



## Sardines, Couscous & Red Pepper Sauce

**2 servings**  
20 minutes

### Ingredients

- 1/2 cup Couscous (uncooked)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Red Bell Pepper (medium, chopped)
- 1/4 cup Red Onion (chopped)
- 1 Garlic (clove, large, chopped)
- 1/2 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 113 grams Sardines (drained)
- 2 tbsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	414
Fat	17g
Carbs	44g
Fiber	5g
Protein	21g
Calcium	249mg

### Directions

- 1 Cook the couscous according to the package directions.
- 2 Heat the oil in a pan over medium-high heat. Add the bell peppers and the onions and sauté for three to four minutes or until tender.
- 3 Add the garlic and paprika. Season with salt and pepper. Sauté for two more minutes. Let it cool slightly, and add the pan's contents to a blender or food processor to make the red pepper sauce. Blend until smooth.
- 4 Divide the red pepper sauce and the couscous onto plates. Top with the sardines and garnish with parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. This dish can be enjoyed warm or cold.

**Serving Size:** One serving is equal to approximately one cup of sauce, two ounces of sardines and 1/2 cup of couscous.

**More Flavor:** Use sourdough bread in place of couscous.

**Additional Toppings:** Chopped cilantro, basil, or green onions.