



Heirloom Tomato Salad

4 servings

10 minutes

Ingredients

- 3 Tomato (heirloom, large, sliced)
- 2 tbsps Extra Virgin Olive Oil
- 2 tsps Red Wine Vinegar
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Basil Leaves (chopped)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	74
Fat	7g
Carbs	3g
Fiber	1g
Protein	1g
Calcium	9mg

Directions

- 1 Arrange the tomatoes onto a platter or bowl. Top with oil, vinegar, salt, pepper, basil, and parsley. Serve and enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

Serving Size: One serving is approximately 1/2 cup.

More Flavor: Add sliced red onions.

Additional Toppings: Top with feta cheese.

No Red Wine Vinegar: Use white wine vinegar or apple cider vinegar.



Harissa Shrimp & Mushroom Quinoa

2 servings
30 minutes

Ingredients

1/2 cup Quinoa (dry, rinsed)
1 tsp Extra Virgin Olive Oil
1 cup Mushrooms (quartered)
227 grams Shrimp (large, peeled, deveined)
1 tbsp Harissa
Sea Salt & Black Pepper (to taste)
2 tbsps Cilantro (chopped)
1/2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	286
Fat	6g
Carbs	30g
Fiber	4g
Protein	30g
Calcium	95mg

Directions

- 1 Cook the quinoa according to the package directions.
- 2 Meanwhile, heat the oil in a pan over medium-high heat. Add the mushrooms and sauté for two to three minutes.
- 3 Add the shrimp and harissa. Stir and cook for another five minutes.
- 4 Add the cooked quinoa, salt, and pepper. Cook for another three to four minutes or until the quinoa is warmed up. Remove from the heat and stir in the cilantro and lemon juice.
- 5 Taste and adjust the seasoning to your taste. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/3 cups.

More Flavor: Add bell pepper and red onion.



Avocado Sushi

2 servings
30 minutes

Ingredients

- 1/3 cup Calrose Rice (rinsed until water runs clear, drained)
- 1 tbsp Rice Vinegar
- 1 tsp Cane Sugar
- 1/4 tsp Sea Salt
- 2 Nori Sheets
- 1 Avocado (thickly sliced)
- 3 tbsps Tamari

Nutrition

Amount per serving	
Calories	310
Fat	15g
Carbs	39g
Fiber	8g
Protein	8g
Calcium	28mg

Directions

- 1 Cook the rice according to the package directions.
- 2 In a bowl, whisk together the rice vinegar, sugar, and salt. Add the cooked rice and stir well. If the rice is still warm, let it come to room temperature.
- 3 Place a nori sheet on a bamboo mat. Spread about three to four tablespoons of rice over the nori sheet then add the avocado slices. Roll the sushi tight.
- 4 Using a sharp knife, slice the sushi into six or eight equal pieces. Serve with tamari and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to one day.

Serving Size: One serving is equal to one full roll.

More Flavor: Add cucumber or carrot to the roll.

Additional Toppings: Top with sesame seeds.