



## Lemon Kale Salad with Avocado & Chickpeas

4 servings  
 20 minutes

### Ingredients

8 cups Kale Leaves (stem removed, thinly sliced)  
 1/4 cup Extra Virgin Olive Oil  
 2 tbsps Lemon Juice  
 1/2 tsp Sea Salt  
 3 1/2 cups Chickpeas (cooked)  
 2 Avocado (cubed)  
 1/4 tsp Smoked Paprika  
 1/4 cup Pumpkin Seeds

### Directions

- 1 Add the kale leaves to a large bowl.
- 2 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 3 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

**More Flavor:** Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

**Additional Toppings:** Add sliced onion, peppers or roasted vegetables such as sweet potato.



## One Pan Salmon with Rainbow Vegetables

4 servings  
 40 minutes

### Ingredients

- 4 cups Cherry Tomatoes
- 1 1/4 lbs Salmon Fillet
- 2 Yellow Bell Pepper (sliced)
- 4 cups Broccoli (chopped into small florets)
- 1 cup Red Onion (sliced into chunks)
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Coconut Aminos
- 1 Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 3 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 4 Divide between plates and enjoy!

### Notes

**More Carbs:** Serve with rice or quinoa.

**Vegan:** Use tofu steaks or roasted chickpeas instead of salmon.

**Leftovers:** Keeps well in the fridge for 2 to 3 days.

**Seasonal Vegetables :** Choose local and seasonal vegetables when possible.



## Hawaiian BBQ Tofu and Veggies Bowl

4 servings  
30 minutes

### Ingredients

- 15 3/4 ozs Tofu (cubed)
- 2 servings Cleaned Up Bbq Sauce
- 2 Red Bell Pepper (sliced)
- 2 Zucchini (sliced)
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 cup Quinoa (uncooked)
- 1 3/4 cups Water
- 2 cups Pineapple (sliced)
- 1/2 cup Cilantro (finely chopped)

### Directions

- 1 Combine the tofu and BBQ sauce. Let sit for 10 to 15 minutes while you move on to the next tasks.
- 2 Preheat oven to 375°F (191°C) and line a sheet pan with parchment paper. Toss the bell peppers and zucchini with half of the olive oil. Lay in a single layer on the baking sheet and sprinkle with salt and pepper. Roast in the oven for 20 minutes.
- 3 Combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 4 While the veggies roast and quinoa cooks, heat remaining olive oil in a frying pan over medium heat. Add the tofu and BBQ sauce, cook for 5 to 10 minutes, turning often.
- 5 Divide quinoa into bowls and top with roasted veggies, pineapple, tofu and cilantro. Enjoy!

### Notes

**Meat Lover:** Use diced chicken or turkey breast instead of tofu.



## Cleaned Up BBQ Sauce Recipe

6 servings  
25 minutes

### Ingredients

- 1/2 cup Tomato Paste
- 1 cup Water
- 1/4 cup Maple Syrup
- 1 tbsp Molasses
- 3 tbsps Apple Cider Vinegar
- 1/2 tsp Cinnamon
- 1 tbsp Cumin
- 2 tps Paprika
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Black Pepper
- 1 tsp Sea Salt
- 1/2 tsp Ground Mustard
- 1/4 tsp Cayenne Pepper

### Directions

- 1 In a saucepan over medium-high heat, stir together all ingredients and bring to a boil. Reduce heat and let simmer for 20 minutes, stirring occasionally.
- 2 Transfer to a jar and let cool. Enjoy!

### Notes

**Thinner Sauce:** Add water (1 tbsp at a time) until desired consistency reached.

**Likes it Spicy:** Add chili powder.

**Storage:** Refrigerate in a mason jar up to 7 days. If freezing, leave about 1-inch of head space from the top.