



Strawberry Balsamic Salad with Walnuts

4 servings
 15 minutes

Ingredients

- 1 cup Walnuts
- 1 tbsp Maple Syrup
- 8 cups Salad Mix (such as kale, spinach, gem lettuce)
- 2 cups Strawberries (sliced)
- 1 cup Cherry Tomatoes
- 1/2 cup Goat Cheese (crumbled)
- 1 tbsp Balsamic Vinegar
- 3 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Directions

- 1 Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
- 2 Divide salad greens into bowls. Top with strawberries, cherry tomatoes, goat cheese and toasted walnuts.
- 3 Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

Notes

More Protein: Add quinoa, edamame, chickpeas or strips of chicken breast.

Save Time: Leave the walnuts raw and add maple syrup to the dressing.

No Goat Cheese: Use feta or cashew cheese instead.



Turkey Wraps with Almonds, Cucumbers & Blueberries Snack Box

4 servings
 10 minutes

Ingredients

- 1 Apple (cored, sliced)
- 7 ozs Sliced Turkey Breast
- 2 cups Blueberries
- 1 cup Almonds
- 2 Cucumber (large, sliced)

Directions

- 1 Layer the apple on top of the sliced turkey. Roll into wraps and serve with the blueberries, almonds and cucumber. Enjoy!

Notes

No Turkey Breast: Use ham, prosciutto, salami, collard greens or lettuce instead.

Dairy-Free: Use avocado instead of havarti.

Nut-Free: Use pumpkin seeds or sunflower seeds instead.

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



Baked Walnut Crusted Salmon

4 servings
 20 minutes

Ingredients

1/2 cup Walnuts (very finely chopped)
 2 stalks Green Onion (very finely chopped)
 1/2 tsp Sea Salt
 1 tsp Italian Seasoning
 1 tsp Lemon Juice
 2 tsps Extra Virgin Olive Oil (divided)
 1 lb Salmon Fillet
 1/2 Lemon (optional for serving, cut into wedges)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Stir in the lemon juice and half of the oil.
- 3 Rub the remaining oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily. Divide between plates and serve with lemon wedges, if using. Enjoy!

Notes

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

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.