

Spinach Poppy Seed Salad

Ingredients

- 1 pound boneless skinless chicken breast, cut into bite-sized pieces
- 1 teaspoon baking soda
- 1 lemon
- 1 tablespoon canola oil
- 2 cups strawberries (summer) or 3 oranges (winter/spring)
- ¼ cup olive oil
- 1 tablespoon shallot, minced
- 2 teaspoons Dijon mustard
- 1 teaspoon poppy seeds
- Salt and pepper to taste
- 8 cups baby spinach
- ½ cup pecans

Serves 4

Directions

To make tender chicken:

1. Add chicken to a medium bowl, cover with ½ cup water and sprinkle with baking soda, stirring to coat the meat. Cover and refrigerate for 15-30 minutes.
2. Pour the juice of 1 lemon over the chicken and stir to coat. Let sit for 1-2 minutes. Rinse chicken very well and pat dry.
3. Heat oil over medium-high heat in a skillet. Cook chicken, stirring occasionally, until browned on most sides and cooked through.

To make dressing:

1. In a blender or food processor, combine either ¼ cup strawberries or ¼ cup orange juice and zest of 1 orange, along with olive oil, shallot, and Dijon mustard.
2. Stir in poppy seeds and salt and pepper to taste. Add up to 2 tablespoons water to thin if necessary.

To make salad:

1. Top spinach with remaining fruit, pecans, and chicken. Toss with dressing and serve.

Note

Using chicken in this recipe is optional. Feel free to replace it with another protein source. You can also skip steps 1-2 for the chicken, or bake it instead.



Peanut Tofu Bowl

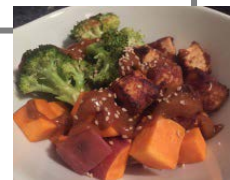
Ingredients

- 1 package (14 oz.) firm or extra firm tofu, pressed and drained, cubed
- 2 cups sweet potatoes, chopped
- 2 cups broccoli florets
- 2-3 tablespoons olive oil
- 1 tablespoon canola oil
- 2 cups fresh spinach

Peanut sauce:

- ¼ cup creamy peanut butter
- ¼ cup low sodium soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon chili garlic or sriracha sauce (optional)

Serves 3-4



Directions

1. Preheat oven to 400°F.
2. Oil a baking sheet and place tofu in a single layer on one half. Toss sweet potatoes and broccoli with remaining olive oil and place sweet potatoes on other half of sheet with tofu and broccoli on a separate baking sheet.
3. Bake, stirring broccoli and sweet potato halfway through, until all are tender and lightly browned, about 25 minutes.
4. Meanwhile, combine peanut sauce ingredients in a blender or food processor, add up to ¼ cup water to thin if necessary. Once tofu has baked, place in a medium bowl and pour half of sauce over it.
5. Heat canola oil in large skillet or wok over medium heat. Add tofu in peanut sauce. Cook, stirring occasionally, until crispy and golden brown, about 5 minutes.
6. To assemble, divide sweet potatoes, broccoli, tofu and spinach in 3-4 bowls or containers. Drizzle with remaining sauce.

Tip Try cooked brown rice instead of sweet potatoes.

Scrambled Chickpea Pitas



Ingredients

Serves 6

- 1 yellow onion, diced
- 2 tablespoons olive oil
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 3 (15-oz) cans chickpeas, rinsed and drained
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 teaspoon salt or to taste
- 4 cups baby spinach, roughly chopped
- 3 whole wheat pitas, halved
- 1/2 cup salsa or hummus (optional)

Directions

1. Place half of the chickpeas into a food processor and pulse until mashed but not smoothly pureed. Alternatively, mash in a medium bowl with a fork. Set aside.
2. Heat oil in a large skillet over medium-high heat. Add onions and cook until lightly browned, stirring occasionally, about 4 minutes. Add garlic and cook until fragrant, about 30 seconds. Add bell peppers and cook until tender, about 4 minutes.
3. Add whole and mashed chickpeas, cumin, turmeric, and salt. Cook until chickpeas soften, stirring occasionally, about 4 minutes. Add spinach and cook until wilted, about 1-2 minutes.
4. If serving immediately, spread 1-2 tablespoons of hummus or salsa if using inside pitas, then fill each pita with chickpea filling.
5. If freezing, allow chickpea mixture to cool, then follow step 4. Wrap each pita in foil and place them in an airtight bag or container and freeze. To serve, heat in oven at 350°F for about 20 minutes if thawed or 30 minutes if frozen, or until warmed through. Alternatively, remove the foil and microwave until warmed throughout.

Tropical Fried “Rice”

Ingredients

Serves 4

- 1 fresh pineapple, or 1 cup chunks
- 1 tablespoon canola oil
- 1 red bell pepper, seeded and diced
- 1 medium head cauliflower, grated (about 3-4 cups)
- ½ cup shelled edamame
- 3 green onions, thinly sliced diagonally, divided
- 2 cloves garlic, minced
- 2 tablespoons low sodium tamari or soy sauce
- 1-2 teaspoons chili garlic or sriracha sauce (optional)
- 1 teaspoon sesame oil
- ½ cup cashews



Directions

1. To “rice” cauliflower, remove the green leaves/stems and wash it. Grate on a box grater, pulse small florets in a food processor, or process florets through the grater attachment in a food processor.
2. If serving in fresh pineapple, halve the pineapple lengthwise, including the leafy top. Use a paring knife to cut around the edges of the fruit, then cut across. Use a large spoon to hollow out the pineapple. Repeat with the other half. Chop the pineapple wedges into bite-sized bits, removing the tough core. Measure out 1 cup and set aside. Save any remaining pineapple for another use.
3. Heat the canola oil over medium high heat in a wok or large skillet. Add pineapple and bell pepper. Cook, stirring occasionally, until pineapple begins to caramelize, about 4-5 minutes.
4. Add edamame, half the green onions, and garlic and stir. Add the cauliflower, stirring gently to fold it in, and cook just 1-2 minutes so that it doesn’t get mushy. Gently stir in the tamari, chili garlic or sriracha sauce if using, and sesame oil, and garnish with cashews and remaining green onion.

Tip

You can now find “riced” cauliflower at the grocery store – it will save you time in prep and clean-up!