



PESTO SALMON WITH ROASTED VEGETABLES

Difficulty: 2

Total time: 25 minutes

Serves: 2

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| ½ bunch asparagus | 1 tsp Italian seasoning |
| 1 pint cherry or grape tomatoes | ½ lb salmon |
| 1 red onion | 1 Tbsp pesto |
| 1 Tbsp canola or avocado oil | 1 lemon |
| | Salt and pepper |

Preheat oven to 400°F.

Cut off woody ends of asparagus. Cut asparagus into approximately 1" pieces, cut tomatoes into halves, and thinly slice red onion.

Place all vegetables into a bowl with oil and Italian seasoning. Toss to coat.

Rub salmon with pesto and place in the middle of a baking sheet. Scatter vegetables around salmon. Bake 15-20 minutes until salmon reaches internal temperature of 145°F and vegetables are softened. Squeeze lemon juice over salmon fillets and season vegetables with salt and pepper.

Nutrition per serving: 430 calories; 27g total fat (5g saturated); 380 mg sodium; 21g carbohydrates; 7g dietary fiber; 10g sugar (0g added sugar); 30g protein



APPLE CINNAMON OATMEAL

Difficulty: 2

Total time: 10 minutes

Serves: 2

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| 1 tsp olive oil | ¼ tsp ground nutmeg |
| ½ cup walnuts, chopped | ¼ tsp ground ginger |
| 1 medium apple | 1 cup water |
| 1 Tbsp brown sugar | ½ cup rolled oats |
| ½ tsp ground cinnamon | ½ cup unsweetened soy milk |

In a medium saucepan over medium heat, warm olive oil. Add chopped walnuts and toast lightly.

Meanwhile, dice apple into small pieces.

Add apple and brown sugar to saucepan. Cook 2-3 minutes until brown sugar is caramelized and apple is softened. Add cinnamon, ground nutmeg, and ground ginger. Stir to combine.

Add water and rolled oats. Cook at a low simmer for 3-5 minutes, until oats have absorbed most of the water. Add soy milk and continue cooking until desired texture is achieved.

Nutrition per serving: 400 calories; 25g total fat (2.5g saturated); 25 mg sodium; 42g carbohydrates; 7g dietary fiber; 20g sugar (7g added sugar); 9g protein



SUMMER PEACH SALAD

Difficulty: 2

Total time: 10 minutes

Serves: 6

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| 1/2 cup almonds, sliced | 4 oz Laura Chenel goat cheese, orange blossom honey flavor |
| 2 large yellow-flesh peaches | 1/4 cup Harmons lemon poppy seed dressing |
| 1 avocado | Salt and freshly ground black pepper |
| 1/2 red onion | |
| 6 oz blueberries | |
| 16 oz spinach and arugula mix | |

In a small sauté pan on low heat, add almonds. Toast until slightly browned.

Meanwhile, cut peaches into thin slices. Dice avocado. Thinly slice red onion. Note: soaking onion in cold water 10-30 minutes will help reduce the strong flavor.

Add almonds, peaches, avocado, red onion, blueberries, and spinach and arugula mix to large bowl. Crumble goat cheese on top and drizzle with Harmons lemon poppy seed dressing. Season with salt and pepper.

Nutrition per serving: 280 calories; 19g total fat (3.5g saturated); 160 mg sodium; 22g carbohydrates; 6g dietary fiber; 14g sugar (1g added sugar); 7g protein



PORTUGUESE TOMATO SALAD

Difficulty: 1

Total time: 30 minutes

Serves: 3

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| 3-4 ripe tomatoes | 2 Tbsp red wine vinegar |
| 1/4 cup white or yellow onion, | Salt and freshly ground pepper |
| thinly-sliced | Handful fresh parsley, chopped |
| 3 Tbsp extra-virgin olive oil | Handful fresh cilantro, chopped |

Cut each tomato into 4 wedges, then cut each wedge in half horizontally and add to a bowl. Add thinly sliced onion to same bowl.

In a small bowl, whisk olive oil, red wine vinegar, salt, and pepper. Pour dressing over tomatoes and onion and toss.

Add herbs and gently toss to combine. Rest before serving for at least 25 minutes. Taste and season with salt and pepper.

Nutrition per serving: (using 1/2 tsp kosher salt): 130 calories; 13g total fat (2g saturated); 170 mg sodium; 4g carbohydrates; 1g dietary fiber; 3g sugar (0g added sugar); 1g protein



OMELETTE IN A MUG

Difficulty: 1

Total time: 5 minutes

Serves: 1

- 1 egg**
- 2 Tbsp 1% milk**
- 1 pinch low-fat shredded cheddar cheese**
- 1 small handful baby spinach**
- 1/4 cup red bell pepper, diced**
- 1/8 tsp salt and freshly ground pepper**

In a small bowl, mix egg, milk, cheese, salt, and pepper.

In a microwave-safe mug, pour egg mixture and add spinach and red peppers. Microwave until egg is fully cooked, about 1 1/2 minutes.

Nutrition per serving: 120 calories; 5g total fat (2g saturated); 440 mg sodium; 5g carbohydrates; 1g dietary fiber; 3g sugar (0g added sugar); 11g protein



ONE-PAN SMOKY HARISSA CHICKPEAS

Difficulty: 2

Total time: 30 minutes

Serves: 4

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| 1 Tbsp olive oil | 1 Tbsp smoked paprika |
| 1 cup yellow onion, chopped | 1 (15 oz) can of crushed tomatoes |
| 1 Tbsp tomato paste | 2 Tbsp plain Greek yogurt |
| 1 Tbsp harissa paste | 1 cup low-sodium vegetable broth |
| 1/2 tsp salt | 1/2 tsp red pepper flakes |
| 1/4 tsp black pepper | 1/4 cup parsley, chopped |
| 2 garlic cloves, minced | |
| 2 (15 oz) cans of low-sodium chickpeas, drained and rinsed | |

Heat oil in a tall-sided skillet over medium-low heat and add onions, cooking for 5 minutes until soft and slightly brown.

Add tomato paste, harissa paste, salt, and pepper, cooking for an additional 2 minutes.

Add the add the garlic, chickpeas, and paprika, stirring well to combine and cooking for an additional minute.

Increase the heat to medium and pour in the crushed tomatoes, Greek yogurt, vegetable broth, and red pepper flakes. Mix well and simmer for 10 minutes.

Top with chopped parsley and enjoy!

Nutrition per serving: 310 calories; 8g total fat (1g saturated); 357 mg sodium; 47g carbohydrates; 12g dietary fiber; 13g sugar (0g added sugar); 14g protein