

# WELLNESS AT BREAKFAST, LUNCH AND DINNER

## Kale Ceasar Salad

A crisp, healthy lunch option.

### Ingredients

8 cloves garlic, peeled  
3/4 cup extra virgin olive oil or coconut oil  
6 oz ciabatta bread, cut or torn into 1" pieces  
Kosher or sea salt  
6 anchovy fillets  
1/4 cup lemon juice  
1 Tbsp Dijon mustard  
2 hard-cooked eggs, yolks and whites separated  
Black pepper  
3 bunches Tuscan kale, stems removed then thinly sliced  
1/3 cup freshly grated Parmigiano-Reggiano

**TO PREPARE:** Preheat oven to 300° F. For croutons, mince two of the garlic cloves. In a medium saucepan warm 1/4 cup of the oil and the minced garlic over low heat; remove. Add bread pieces. Sprinkle with 1/4 tsp. salt. Stir to coat. Spread bread pieces in a single layer on a shallow baking pan. Bake 20 minutes or until crisp and golden brown, stirring once. Cool completely. Store in an airtight container at room temperature up to 24 hours.

For dressing, in a blender combine the remaining garlic and oil, anchovy fillets, lemon juice, mustard, and egg yolks. Blend until smooth. Season to taste with salt and pepper. Dressing can be chilled up to 24 hours; let stand for 30 minutes at room temperature before using.

Place kale in an extra-large bowl; add dressing. Using your hands, work dressing into kale. Let stand at room temperature 30 minutes or up to 2 hours. To serve, sprinkle with cheese and top with chopped egg whites and croutons. Serves 8.

Source: *O Magazine*

## Avocado, Mango and Toasted Seed Salad

This great flavorful lunch will stay great for 6 hours.

### Ingredients

1 serving spring mix salad  
1/2 cup edamame  
1/2 cup chopped mango  
1/2 cup sliced sugar snap peas  
1/2 avocado  
1/4 cup mixed toasted seeds (pumpkin, sunflower, hemp)  
1 Tbsp rice-wine vinegar  
1/2 tsp brown sugar  
1/2 tsp soy sauce  
2 Tbsp extra-virgin olive-oil or coconut oil  
Salt and pepper to taste

**TO PREPARE:** Cover spring mix in a container with edamame, mango and sugar snap peas. Coat the avocado in the seed mixture (this will keep it from browning). Then blend rice-wine vinegar, brown sugar, sauce, oil along with the salt and pepper to make a vinaigrette (store in a separate container to keep other ingredients from getting soggy.)

Source: *marthastewart.com*

## Quesadillas Poblano

If gluten-free guests are on your invite list, replace the flour with corn or rice-flour tortillas.

### Ingredients

2 1/2 Tbsp olive oil or coconut oil, divided  
2 medium poblano chiles, thinly sliced  
1 cup sliced white onion  
1 (15 oz) can pinto beans, drained and rinse  
8 (8 inch) flour tortillas  
8 oz shredded Monterey Jack cheese  
5 radishes, thinly sliced  
1 Tbsp fresh lime juice  
3/4 tsp kosher or sea salt  
1 rip avocado, sliced  
1/4 cup cilantro leaves

**TO PREPARE:** Heat 1 Tbsp of the oil in a large skillet over medium-high. Add the poblanos and onion. Cook, stirring occasionally, until tender, about 10 minutes; transfer to a bowl. Wipe the skillet clean. Add the beans to the poblano mixture in the bowl; roughly mash with a fork to combine

Use 1 Tbsp of remaining oil to brush 1 side of each tortilla. Place 4 tortillas oiled-side down and top evenly with the poblano mixture and cheese. Cover with the remaining tortillas, oiled-side up.

Heat a skilled over medium-high. Cook the quesadillas in batches, until the tortillas are golden brown, crispy and the cheese is melted, 1 to 2 minutes per side.

Combine the radishes, lime juice, salt and the remaining 1 1/2 tsp of oil in a bowl. Cut the quesadillas into wedges and sprinkle with the dressed radishes, avocado and cilantro.

Source: *Real Simple*



## Cannellini Beans

Here are some great ideas for a can of these cheap, protein-packed beans.

### Cannellini Salsa

Stir together 1 can of beans; 1/4 cup each chopped fresh flat-leaf parsley and sliced red onion; 3 Tbsp each red wine vinegar and extra-virgin olive oil; and 1 tsp each sea salt and crushed red pepper. Serve over grilled fish fillets.

### White Bean Horseradish Hummus

Process 2 cans of beans, 1/4 cup each extra-virgin olive oil and prepared horseradish, 2 Tbsp fresh lemon juice and 1 1/2 tsp kosher salt in a food processor until smooth. Transfer to a bowl and serve with crudité.

### Tuscan Cannellini-and-Kale Salad

Whisk together 1/4 cup extra-virgin olive oil, 2 Tbsp chopped fresh oregano, 2 tsp lemon zest, 2 Tbsp fresh lemon juice, 2 tsp Dijon mustard, and 1 tsp each kosher salt and pepper. Add 4 cups sliced kale, 2 cans of beans and 2 cups halved cherry tomatoes. Toss. Top with grated Parmesan. Serves 4.

Source: *Real Simple*

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