

WELLNESS AT BREAKFAST, LUNCH AND DINNER

Salsa and Spinach Frittata

Salsa's signature blend of tangy and spicy will add a zesty touch to an old favorite.

Ingredients

- 1 cup of salsa (no sugar added)
- 2 tbsp unsalted butter
- 2 cups baby spinach
- 8 whisked eggs seasoned with sea salt

TO PREPARE: Preheat oven to 350° F. Strain 1 cup of salsa through a fine-mesh sieve; discard the liquid. Melt 2 tablespoons of unsalted butter in an 8-inch cast-iron skillet over high. Add strained salsa and 2 cups baby spinach; cook until spinach is wilted, about 2 minutes. Add the whisked eggs. Cook, stirring, until it is almost set, about 2 minutes. Back until set, about 12 minutes.

Source: marthastewart.com



Cheesy Eggs and Peas

Healthy and delicious!

Ingredients

- 6 eggs
- 2 Tbsp milk
- 1/2 cup peas or edamame
- 4 Tbsp shredded cheddar cheese

TO PREPARE: Scramble eggs with milk. Toss in the peas or edamame and the cheese. Serve with whole-grain toast or corn tortillas and salsa.

Source: eatingwell.com

Celery, Cucumber and Pineapple Smoothie

Cool, refreshing and nutritious!

Ingredients

- 2 cups frozen pineapple chunks
- 2 cups peeled cucumber chunks
- 1 cup celery chunks
- 2 Tbsp fresh basil
- 2 tsp lime juice
- 1 cup water
- 1/2 cup ice

TO PREPARE: Purée all ingredients until smooth then garnish with a celery stalk or a sprig of basil.

Source: realsimple.com

Lentil Sloppy Joes

An easy to prepare, healthy option for a yummy lunch.

Ingredients

- 1 2/4 cups water
- 1 cup dry brown lentils
- 3/4 cup chopped pepper
- 1/2 cup chopped onion
- 2 Tbsp chili powder
- 2 Tbsp honey
- 1 Tbsp mustard
- Salt to taste
- 1 (8 oz) can of tomato sauce

TO PREPARE: In a 2-quart slow cooker or crock pot, mix together all of the ingredients except the tomato sauce. Cover and cook on low heat for 4 hours. Then stir in the tomato sauce, cover and cook on high for an additional hour. Spoon into a roll and serve.

Source: eatingwell.com

Apple, Pear and Celery Salad

A delicious, refreshing lunch option with a little bite.

Ingredients

- 1 Granny Smith apple, thinly sliced
- 1 Bartlett pear, thinly sliced
- 3 stalks of celery, thinly sliced
- 1/2 cup chopped parsley
- 1/2 cup chopped celery leaves
- 2 Tbsp lemon juice
- 1 1/2 tsp honey
- 1/2 cup olive or coconut oil
- 1/4 tsp kosher salt
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper
- 3/4 cup shaved parmesan cheese

TO PREPARE: Combine the lemon juice, honey, oil and seasonings to make a dressing. Toss the apple, pear, celery and chopped parsley and celery leaves with the dressing and parmesan cheese.

Source: realsimple.com

Ants-on-a-Log Sandwich

A fun and tasty lunch for the kid or the kid in you!

Ingredients

- 2 Tbsp chunky peanut or other nut butter
- 2 thick slices toasted raisin bread
- 1 1/2 cups thinly sliced celery
- 1/3 cup sliced celery leaves
- 1 tsp lemon juice
- 1 Tbsp olive or coconut oil
- 1/2 tsp kosher salt and black pepper

TO PREPARE: Spread butter on raisin bread. Toss the remaining ingredients into a mixture then divide it between the two pieces of toast and nut butter.

Source: realsimple.com