

Deconstructed Falafel

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Red Onion (finely chopped)
- 2 Garlic (clove, minced)
- 2 tsps Cumin
- 1/4 tsp Sea Salt
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 3 tsps Lemon Juice (divided)
- 1/4 cup Parsley (finely chopped)
- 2 tsps Tahini
- 2 tsps Water
- 4 leaves Romaine (large, chopped)

DIRECTIONS

- 01 Heat the oil in a non-stick pan over medium heat. Add the onion and cook for three to five minutes until softened. Add the garlic, cumin, and salt and stir to combine.
- 02 Add the chickpeas, 1/3 of the lemon juice, and the parsley, and cook for three to four minutes or until the chickpeas are warmed through. Transfer to a bowl and roughly mash the chickpeas with a potato masher or fork. Season the chickpeas with additional salt if needed.
- 03 In a small bowl combine the tahini, water, and the remaining lemon juice. Stir until smooth. Season the dressing with salt or additional lemon juice if needed.
- 04 To serve, divide the lettuce between plates and top with the chickpeas. Drizzle with the tahini sauce and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Store components separately until ready to serve.

ADDITIONAL TOPPINGS

Serve with additional lemon wedges, chopped tomatoes, sliced onions, hot peppers, cucumbers, pickles, or hummus.

NO ROMAINE LETTUCE

Use baby spinach or mixed greens instead.

NO RED ONION

Use yellow onion instead.

Chicken Shawarma Salad Bowls

4 SERVINGS 30 MINUTES



INGREDIENTS

1 1/4 lbs Chicken Breast (diced into cubes)
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1/2 tsp Cinnamon
1/2 tsp Turmeric
1 tbsp Cumin
2 tbsps Extra Virgin Olive Oil
1/4 cup Tahini
2 tbsps Water
1/2 Lemon (juiced)
8 leaves Romaine (chopped)
2 Tomato (diced)
1 Cucumber (diced)
1/4 cup Parsley (chopped)

DIRECTIONS

- 01 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 02 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 03 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 04 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

NOTES

GARLIC LOVER

Serve with hummus or add minced garlic to the tahini dressing.

LEFTOVERS

Store in the fridge for up to three days.

VEGAN & VEGETARIAN

Omit the chicken and used cooked chickpeas instead.

Roasted Broccoli Quinoa Salad

2 SERVINGS 35 MINUTES



INGREDIENTS

6 1/8 ozs Tofu (extra-firm, pressed and cut into 1-cm cubes)
3 cups Broccoli (cut into florets)
1/2 cup Red Onion (chopped)
1 1/2 tsps Extra Virgin Olive Oil
2 tsps Greek Seasoning
3 tbsps Lemon Juice (divided)
1/2 cup Quinoa
2 tbsps Feta Cheese (crumbled)

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 02 To a large mixing bowl add the tofu, broccoli, and onion. Season with oil, greek seasoning, and half of the lemon juice and mix well.
- 03 Transfer the seasoned tofu and veggies to the baking sheet and arrange in an even layer. Bake for 30 minutes stirring halfway through or until the broccoli is tender and the tofu has browned.
- 04 Meanwhile, cook the quinoa according to the package directions. Transfer the cooked quinoa to a bowl and let it cool slightly.
- 05 Add the roasted tofu and broccoli to the quinoa along with the remaining lemon juice and stir to combine. Top with feta, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Enjoy cold or reheated.

SERVING SIZE

One serving is approximately two cups of salad.

MORE FLAVOR

Season with sea salt and additional lemon juice. Add chopped olives, fresh parsley, and/or sundried tomatoes.

MAKE IT VEGAN

Omit the feta or use dairy-free feta instead.

NO BROCCOLI

Use cauliflower or Brussels sprouts instead.

NO GREEK SEASONING

Use a combination of dried herbs and spices instead.

Cheeseburger Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
1/4 cup Mayonnaise
1 tbsp Apple Cider Vinegar
1 tsp Yellow Mustard
1 head Boston Lettuce
1 cup Cherry Tomatoes (halved)
2 ozs Cheddar Cheese (shredded)
1/4 cup Red Onion (diced)
1/4 cup Pickle (chopped)

DIRECTIONS

- 01 Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary and season with salt and pepper.
- 02 In a bowl, whisk together the mayonnaise, apple cider vinegar, and mustard.
- 03 Divide the lettuce, tomatoes, ground beef, cheese, red onion, and pickle between plates. Drizzle the dressing over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

SERVING SIZE

One serving equals approximately four cups.

DAIRY-FREE

Use vegan cheese instead of cheddar.

MORE FLAVOR

Add garlic to the ground beef.

ADDITIONAL TOPPINGS

Add sliced green onions.