

A Delicious & Nutritious Recipe

Lentils are a superfood packed with tons of nutrition. This great tasting salad is combined with tomatoes that are rich with lycopene, which is known to help protect against heart attacks and lowers the risk of prostate cancer. Along with the spicy kick of the jalapeño that helps ignite your metabolism and truly makes this the ultimate super salad.

Spicy Lentil Salad

2 tbsp minced onions
1 small clove of garlic, minced
¼ cup cilantro, finely chopped
2 medium tomatoes, finely chopped
½ tsp jalapeño, finely minced (or more for desired spice)
2 tsp lemon juice
1 cup sprouted lentils (½ cup before sprouting)
2 tsp apple cider vinegar
2 tsp olive oil
¼ tsp sea salt or to taste

1. Place onions, garlic, cilantro, tomatoes, jalapeño and lemon juice into a medium bowl and mix well.
2. Add lentils, apple cider vinegar and olive oil and mix.
3. Add salt to taste.
4. Refrigerate to chill.

Makes 2 servings

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Delicious protein packed shrimp and low glycemic brown rice are combined with broccoli. A highly nutritious low calorie food that will fill you up quickly.

Shrimp Stir Fry

1/4 cup Annies Organic Asian Sesame Dressing
4 cups frozen broccoli florets
1/2 lb. (8 oz.) frozen cooked cleaned medium shrimp
1 cup hot cooked brown rice

1. Heat dressing in large skillet on medium-high heat. Add broccoli; cook 3 min. or until tender, stirring frequently.
2. Add shrimp; cook 5 min. or until shrimp is heated through.

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The healthy muscle building protein in chicken combined with lycopene packed tomatoes and olives that are high in anti-inflammatory antioxidants. Olives healthy fat content helps reduce the risk of cardiovascular disease and can help decrease blood pressure.

Chicken w/ Tomato & Olive Relish

2 teaspoons extra-virgin olive oil, divided

4 (6-ounce) skinless, boneless chicken breast halves

1/4 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon finely chopped basil

1 tablespoon sherry vinegar or balsamic vinegar

1 cup cherry tomatoes, (cut in 1/2)

1/3 cup chopped pitted olives

1. Heat a grill pan over medium-high heat. Add 1 teaspoon oil; swirl to coat. Sprinkle chicken with salt and pepper. Add chicken to pan; cook 6 minutes on each side or until done.
2. While chicken cooks, combine remaining 1 teaspoon olive oil, basil, and vinegar in a medium bowl, stirring with a whisk. Add cherry tomatoes and olives; toss to coat. Serve relish with chicken.

Makes 4 servings