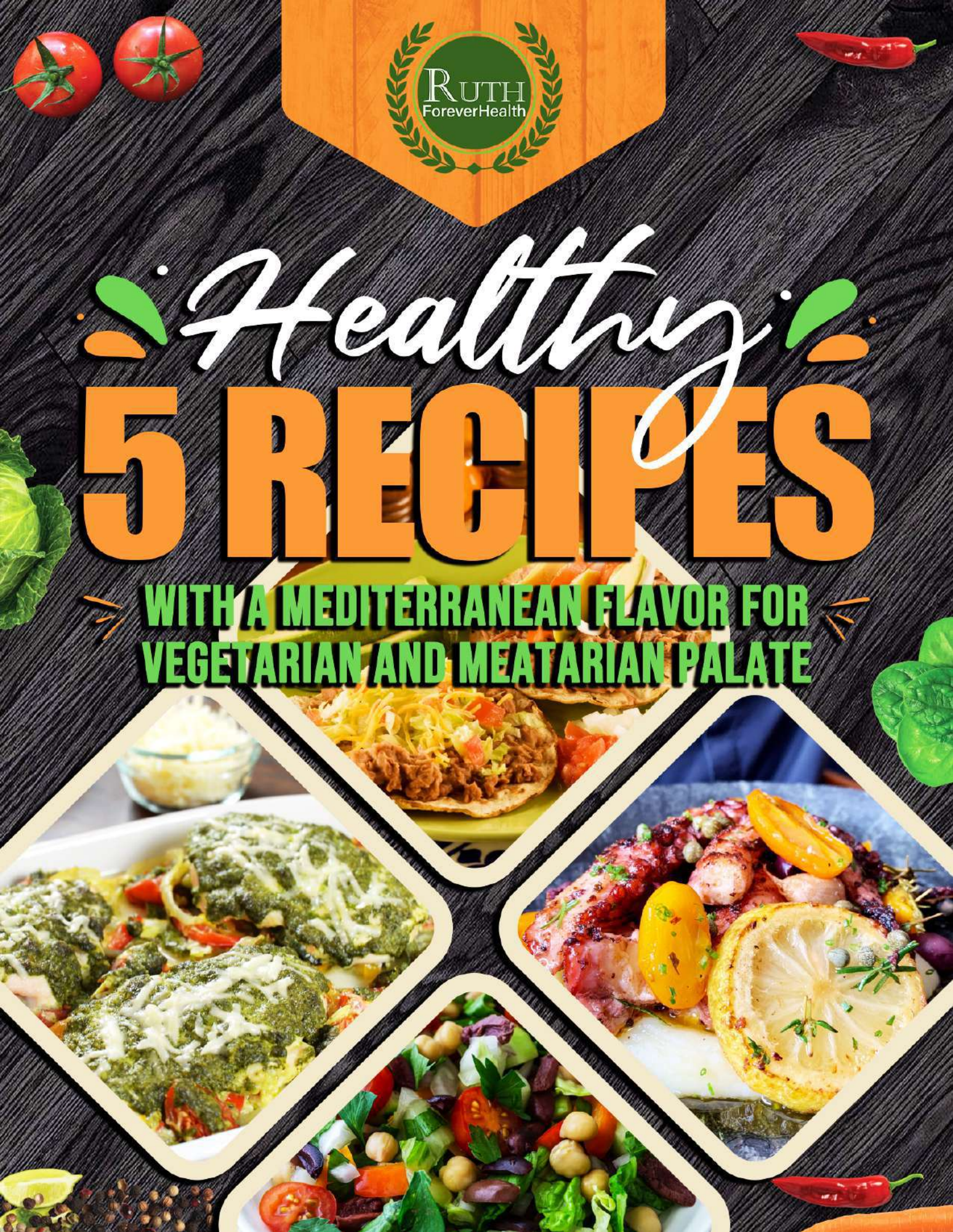




Healthy 5 RECIPES

WITH A MEDITERRANEAN FLAVOR FOR
VEGETARIAN AND MEATARIAN PALATE

Roasted Chickpeas, Cauliflower & Brussels Sprouts

Total time: 40 minutes | Serving: 4



Direction:

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss all of the ingredients together except for the dill. Spread them out on the baking sheet. Cook for 20 minutes or until nicely browned, tossing halfway through.
3. Top the cooked mixture with lemon juice and dill. Enjoy!

Ingredients

246 grams Chickpeas
61 grams Dried Unsweetened Cranberries
176 grams Brussels Sprouts (trimmed and halved)
1/2 head Cauliflower (medium, cut into florets)
2 Garlic (cloves, minced)
30 milimeter Extra Virgin Olive Oil
30 milimeter Lemon Juice
556 milimeters Fresh Dill (chopped)

Notes

Leftover

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

Additional Toppings

Chopped walnuts and/or sunflower seeds.

Mediterranean Loaded Tostadas

Total time: 15 minutes | Serving: 1



Direction:

1. Preheat the oven to 350°F (175°C) and line two baking sheets with parchment paper.
2. Lay the tortillas on the prepared baking sheet. Divide the beans equally among the tortillas.
3. Top each tortilla with equal parts of the crumbled feta cheese and bake for 10 minutes.
4. Remove from the oven. Top with the salsa, guacamole, and yogurt. Add green onions and microgreens. Enjoy!

Ingredients

2 Corn Tortilla
1/4 can Refried Beans
19 grams Feta Cheese (crumbled)
33 grams Salsa
29 grams Guacamole
28 grams Plain Greek Yogurt
1 Stalk Green Onion (sliced)
43 grams Microgreens

Notes

Leftover

This recipe is best enjoyed fresh but can be refrigerated in an airtight container for up to two days.

Serving Size

One serving is equal to two tostadas. A 1/4 can of refried beans is approximately 1/2 cup.

Make it Vegan

Omit or swap the feta and the yogurt for vegan cheese and yogurt of your choice.

More Flavor

Add scrambled eggs and vegetables like bell peppers and fresh tomatoes.

Additional Toppings

Chopped cilantro, lime juice.

Dairy-Free

Omit the yogurt and cheese or swap for dairy-free option.

Mediterranean Fettuccine with Kale

Total time: 20 minutes | Serving: 2



Direction:

1. Cook the pasta according to the directions on the package. Once the pasta is cooked and strained, run cold water over the pasta to prevent from over-cooking. Set aside.
2. In the same pot used for the pasta, add the kale and olives and cook over medium heat for 3 to 4 minutes, until the kale is soft. Add the pasta back to the pot along with the lemon juice, extra virgin olive oil, nutritional yeast, and sea salt. Toss to combine. Divide it onto plates and enjoy!

Notes

Leftover

Refrigerate in an airtight container for up to four days.

More Flavor

Add minced garlic or chili flakes.

No Brown Rice Fettuccine

Use your favorite type of noodle instead

No Nutritional Yeast

Use parmesan or dairy-free cheese instead.

Ingredients

113 grams Brown Rice Fettuccine
42 grams Kale Leaves (finely chopped)
34 grams Pitted Kalamata Olives
15 milliliters Lemon Juice
30 milliliters Extra Virgin Olive Oil
9 grams Nutritional Yeast
750 milligrams Sea Salt

One Pan Chicken, Grapes & Veggies

Total time: 30 minutes | Serving: 2



Direction:

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Place chicken, squash, green beans, and grapes onto the baking sheet. Drizzle the olive oil over top and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

Ingredients

454 grams Chicken Drumsticks
1/2 Acorn Squash (seeds removed, chopped)
400 grams Green Beans (trimmed)
92 grams Grapes (seedless, stems removed)
15 milliliters Extra Virgin Olive Oil
5 grams Thyme (fresh)
2 grams Sea Salt

Notes

Leftover

Refrigerate in an airtight container up to three days.

Serving Size

One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

More Flavor

Add your choice of herbs and spices, or balsamic vinegar

Cod with Pesto & Tomatoes

Total time: 15 minutes | Serving: 2



Direction:

1. With the rack placed in the middle position, preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Cook the millet according to package instructions.
3. Bake the cod fillet(s) for 10 to 12 minutes or until the fillet flakes with a fork. This will depend on the thickness of the fillet(s).
4. Meanwhile, mix together the tomatoes and chives.
5. Once cooked, brush the pesto over the fillets and garnish with the tomatoes and the microgreens. Season everything with salt and pepper to taste. Divide the ingredients evenly between plates and enjoy!

Ingredients

50 grams Millet (dry)
1 Cod Fillet (cut in half)
149 grams Cherry Tomatoes (halves)
12 grams Chives
16 grams Pesto
85 grams Microgreens
Sea Salt & Black Pepper (to taste)

Notes

Leftover

Refrigerate in an airtight container for up to three days.

Fillet Size

One cod fillet is equal to 231 grams or eight ounces.

More Flavor

Cook the millet in vegetable or bone broth. Add more fresh herbs like basil and oregano.



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