



Cinnamon Walnuts (Approx. 16 servings)

Ingredients

- 1 egg white
- 1 teaspoon cold water
- 4 cups whole walnuts
- 1/2 teaspoon ground cinnamon

Directions

1. Preheat oven to 250 degrees F (120 degrees C). Lightly grease a 10x15 inch jellyroll pan with unsalted butter.
2. Lightly beat the egg white; add water, and beat until frothy but not stiff. Add the nuts, and stir until well coated. Sprinkle cinnamon over the nuts. Toss to coat, and spread evenly on the prepared pan.
3. Bake for 1 hour in the preheated oven, stirring occasionally, until golden. Allow to cool, then store nuts in airtight container.

Greek Salad (1 Serving)

Ingredients

- 1 cup Romaine lettuce
- ½ cup Canned Corn, drained
- ½ cup Black Beans drained
- 1 large, or 2 small diced tomato
- ½ bundle Diced onion
- ½ cup Diced Pineapple
- Diced Cilantro (to taste)

Directions

1. Combine corn, beans, tomato, onion, pineapple and cilantro.
2. Let sit.
3. Pour over bed of romaine lettuce and enjoy!

Three Bean Salad (Approx. 6 servings)

- 1 15-oz can cannellini beans, rinsed and drained
- 1 15-oz can kidney beans, rinsed and drained
- 1 15-oz can garbanzo beans, rinsed and drained
- 2 celery stalks, chopped fine
- 1/2 red onion, chopped fine
- 1 cup fresh, finely chopped flat-leaf parsley
- 1 Tbsp fresh finely chopped rosemary

Directions

1. Combine
2. Let sit
3. Enjoy



Quinoa Salad Ingredients (4 Servings)

(tip: cook quinoa ahead of time to make preparation faster)

- 1 cup quinoa
- 1 1/2 cups cold water
- 1 cup snow peas
- 1 - 2 small carrots, peeled and sliced thin
- 1/2 green or red pepper, sliced thin
- 1 medium ripe tomato
- 1 medium cucumber, peeled and diced
- 1/4 cup chopped fresh parsley, cilantro, or basil
- 1/2 cup chopped walnuts
- 2 tbs lemon juice
- Cayenne Pepper

Directions

1. Cook Quinoa according to box directions
2. Chop veggies, walnuts, and herbs
3. Combine ingredients and top with lemon juice, cayenne pepper optional
4. Cover and chill

Buckwheat Salad (2 servings)

Ingredients

- 1 cup toasted buckwheat (kasha)
- 1 lemon, zested and juiced
- 3 tbs apple cider vinegar
- 1 clove garlic, pressed
- large bunch of lettuce, torn
- 1 cucumber, chopped
- 2 green onions, chopped
- handful fresh parsley, chopped

Directions

1. Add 2 cups water for every 1 cup buckwheat. Bring it to a boil for a couple of minutes, then turn down to low and simmer for 15 minutes. Buckwheat is fully cooked when it is dry and fluffy. Do not stir the buckwheat while it is cooking.
2. Juice lemon into bowl, add garlic and vinegar. Tear and chop the vegetables, adding them to the dressing bowl and tossing. Once the buckwheat is cooked, add it to the bowl, give it one last toss and serve.



Egg Pea Salad (6 servings)

Ingredients

- 1 (16 ounce) package frozen peas, thawed
- 1 onion, finely chopped
- 2 hard-cooked eggs, chopped
- Season to taste

Directions

1. Combine all.
2. Chill for 1 hour and serve

Balsamic Pea Salad (Approx. 8 Servings)

Ingredients

- 1 (16 ounce) package frozen green peas
- 1/2 cup chopped almonds
- 1/2 cup chopped green onions
- 2 tablespoons balsamic vinegar

Directions

1. De-thaw peas and place in bowl.
2. Toast almonds in a skillet over medium heat. Then combine with peas.
3. Stir in onions and balsamic vinegar.
4. Cover and refrigerate 1 hour before serving

Roasted Edamame Salad (4 servings)

Ingredients

- 12 ounces fresh or frozen shelled edamame, about 2 cups
- 1/2 cup corn kernels
- 1/4 cup finely diced green onion
- 1 clove garlic, minced/diced
- 1 cup chopped fresh tomato
- 1/4 cup chopped fresh basil leaves
- 1 tablespoon red wine vinegar

Directions

Preheat the oven to 400 degrees F.

Place the edamame, corn, green onion, garlic into a 13 by 9 metal pan and stir to combine. Place on the middle rack of the oven and roast for approximately 10 minutes, just until the edamame begins to brown. Remove from the oven and place in the refrigerator until completely cool, approximately 30 minutes.

Add the tomato, basil and vinegar to the edamame mixture and toss to combine. Taste and adjust seasoning, as desired. Serve chilled or at room temperature



Quinoa and Black Bean Salad (4 servings)

Ingredients

- 1 1/2 cups quinoa
- 1 1/2 cups cooked black beans, rinsed if canned
- 1 1/2 tablespoons red-wine vinegar
- 1 1/2 cups cooked corn
- 3/4 cup finely chopped green bell pepper
- 2 pickled jalapeño chilies, seeded and minced (wear rubber gloves)
- 1/4 cup finely chopped fresh coriander

To Flavor

- 5 tablespoons fresh lime juice, or to taste

Directions

1. Cook quinoa following packaging instructions.
2. While quinoa is cooking, in a small bowl toss beans with vinegar.
3. Transfer quinoa to a large bowl and cool. Add beans, corn, bell pepper, jalapeños, and coriander and toss well.
4. Drizzle lime juice over salad and toss well. Salad may be made 1 day ahead and chilled, covered. Bring salad to room temperature before serving