

# MEDITERRANEAN QUINOA SALAD

Serves: 6 (each serving is 2/3 cup)

Tools Needed: Pot with lid, can opener, knife, measuring cups

## INGREDIENTS

- 2 cups cooked quinoa (see instructions for cooking)
- ½ cup roasted red peppers
- 1 ½ Tablespoons vinaigrette dressing
- ½ red onion, finely chopped
- 1 can white beans, rinsed and drained
- 1 cup fresh spinach leaves
- 1/3 cup golden raisins
- 2 oranges, peeled and cut into pieces
- 1 small container of feta cheese

## INSTRUCTIONS

- Cook quinoa in 4 cups of vegetable or chicken broth bring to boil, cover, reduce heat and simmer until all water is absorbed. Cool in refrigerator, use within 2 days of cooking.
- Mix all ingredients in a large bowl and serve cold or hot.
- Keep refrigerated. Use within 2 days.

Nutrition per serving: Calories: 320   Total Fat: 9g   Total Carbohydrate: 30g   Fiber: 2g   Protein: 12g

# TUMERIC GINGER PUNCH

Serves: 1

Estimated Time: 5 minutes

Tools Needed: Measuring cups, measuring spoons, blender, grater

## INGREDIENTS

- 1 cup orange juice
- ½ cup carrot juice
- 1 scoop vanilla whey protein powder
- ½ teaspoon turmeric
- 1 teaspoon grated ginger
- 1 cup ice cubes

## INSTRUCTIONS

- Blend all ingredients until frosty and smooth, keep cold and serve cold.  
Enjoy!

Nutrition per serving: Calories: 264 Total Fat: 1g Total Carbohydrate: 35g Fiber: 2g Protein: 28g