



Blueberry Cole Slaw

Servings: 12

INGREDIENTS

14 oz	Cole slaw mix
½ cup	Mayonnaise
1 ½ tsp	Granulated sugar
1 ½ tsp	Apple cider vinegar
1/8 tsp	Yellow mustard
1 ½ cups	Fresh blueberries

METHOD

1. In a small bowl, combine mayo, sugar, vinegar, & mustard.
2. Transfer cole slaw mix into a big bowl and pour dressing over it. Toss to coat.
3. Gently fold blueberries into the cole slaw.
4. Serve & enjoy!



Spinach Cranberry Salad

Servings: 5

Ingredients

10 ½ oz	Baby spinach
1/3 cup	Dried cranberries
½ tsp	Minced onions
1 Tbsp	Granulated sugar
1 Tbsp	Apple cider vinegar
2 Tbsp	Canola oil

Method

1. In a large bowl, mix spinach & cranberries together.
2. In a small bowl, combine onions, sugar, vinegar, and oil.
3. Pour dressing over salad and toss to coat.
4. Serve & enjoy!



plant power



Spice It Up

Sauteed Kale With Tomatoes

Servings: 4-6

INGREDIENTS

¾ tsp	Canola oil
1 small	Red onion, sliced
¼ tsp	Minced garlic
10 oz	Chopped kale
15 each	Grape tomatoes
1/8 tsp	Kosher salt
A pinch	Ground black pepper

METHOD

1. Heat oil in a skillet and sauté onions until translucent.
2. Add the garlic & kale and toss until kale wilts.
3. Add tomatoes, salt, & pepper.
4. Serve & enjoy!



Black Bean Corn Salsa

Servings: 5

INGREDIENTS

15 oz Whole kernel corn
15 oz Canned black beans
2/3 cup Salsa
A pinch Ground black pepper

METHOD

1. Drain & rinse black beans.
2. Combine all ingredients in a bowl.
3. Serve with tortilla chips & enjoy!



Roasted Cauliflower

Servings: 5

INGREDIENTS

12 oz Cauliflower florets
1 ¼ tsp Canola oil
A pinch Kosher salt
A pinch Ground black pepper
¼ tsp Chopped garlic
¼ tsp Fresh minced rosemary
A pinch Thyme leaves

METHOD

1. In a bowl, toss cauliflower with rest of ingredients.
2. Roast on sheet pan in oven at 425°F for 12-15 mins, shuffling cauliflower around the pan at least 2x.
3. Serve & enjoy!



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serving up happy & healthy