Bonus Vegan Recipe Week 4



Green Protein Salad with Tahini Dressing

Ingredients:

- equal parts kale and romaine, chopped (I used half a head of each)
- 1 cup broccoli, roughly chopped
- 1 cup cooked quinoa
- 1/2 cup pumpkin seeds
- 1/2 cup hemp seeds
- 1/2 cup nutritional yeast

Instructions:

- 1. For the salad: Combine the kale, broccoli and romaine in a large bowl.
- 2. Pour dressing over salad and coat thoroughly using your salad spoons.
- 3. Generously sprinkle seeds over salad and toss once more before serving.



Servings: 6

Tahini Dressing:

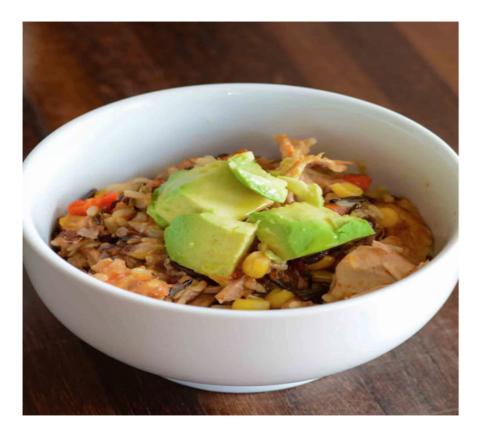
The recipe below makes enough for a few large salads but you may find yourself doubling it and using it every day.

Ingredients:

- 2 clove garlic, crushed
- 8 scallions, diced
- 12 Tbsp sesame tahini
- 8 Tbsp apple cider vinegar
- 8 Tbsp lemon juice
- 8 Tbsp water
- 1 tsp salt
- Fresh cracked black pepper to taste

Combine all ingredients in a food processor and blend until smooth and creamy. You may need to add a little water to reach your desired consistency, keeping in mind it will thicken in the fridge.

Bonus Traditional Recipe Week 4



Chicken Burrito Bowls

Serves: 6-8

Ingredients

- 1 tablespoon coconut oil
- 1 garlic clove, minced
- 1 medium yellow onion, diced
- 1 pepper, cored and diced (I used red pepper)
- 1 to 1 1/2 pounds boneless skinless chicken breasts, chicken thighs, or a mix cut into large cubes
- 5 medium sized tomatoes, cored and diced
- 1 1/4 cups organic low sodium chicken stock
- 2 teaspoons chili powder
- 2 teaspoons salt
- 1 teaspoon cumin
- 1 cup brown rice, gluten free
- 1 avocado, peeled, seeded, diced

Instructions:

- 1. Place dutch oven over medium heat and add coconut oil, until melted.
- 2. Add onion, pepper and garlic, cook until softened about 3-4 minutes.
- 3. Add diced tomatoes, chicken, chicken stock, chili powder, salt, and cumin to pot.
- 4. Cover and lower heat to low cook about 45 minutes 1 hour.
- 5. Remove the lid and add the rice. Replace the lid and continue cooking on low for another 45 minutes.
- 6. Check and stir once or twice to make sure the rice cooks evenly and adding more chicken broth if the mixture seems dry.
- 7. Cooking is done when the rice is tender.
- 8. Transfer the chicken to a cutting board Use two forks to shred the chicken into bite-sized pieces. Place chicken back into pot and stir.
- 9. Place in bowls, top with diced avocado.
- 10. Serve and Enjoy!