

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!