

## Marleigh's Magical Popsicles

### What you will need:

- Popsicle molds (we use the silicone type)
- Fruit of your choice
- Coconut water

### Directions:

1. Wash and cut fruit into bite sizes.
2. Put fruit in popsicle molds; leave room to add coconut water.
3. Add coconut water; leave enough room at the top for expansion when they freeze.
4. Freeze at least 4 hours or overnight.





## Marleigh's Mason Jar Salad

### What you will need:

- Quart size mason jars (16 ounces)
- Leafy greens
- Bell peppers, red and yellow
- Carrot, sliced
- Strawberries, washed and cut into bite size
- Blueberries
- Almond slices
- Grilled chicken breast (can use leftovers, frozen or rotisserie)



### Assembly of mason jars (this order is imperative, so you don't have soggy salads):

1. Put dressing on the bottom of the mason jar.
2. Add carrots.
3. Add peppers.
4. Add chicken.
5. Add strawberries and blueberries.
6. Add almonds.
7. Top off with lettuce.
8. Refrigerate or eat immediately.

### Strawberry Vinaigrette Dressing:

Blend the following until smooth:

- 8 ounces fresh strawberries
- 2 tablespoons honey
- 2 tablespoons apple cider vinegar
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper



## Melissa and Connor's Spaghetti Squash Taco Bake

### Ingredients:

- 1 spaghetti squash, roasted
- 1 tablespoon olive oil
- ½ yellow onion chopped
- 2 cloves garlic minced
- 1 pound ground turkey
- 2 tablespoons taco seasoning
- 1 cup black beans drained and rinsed
- ¼ cup salsa
- ¼ cup fresh chopped cilantro (optional)
- 2 tablespoons tomato paste
- 1 tablespoon chopped jalapeño
- ½ teaspoon chili powder
- ¼ teaspoon pepper
- ¼ teaspoon sea salt
- 1 cup shredded Mexican cheese
- Toppings: green onions avocado, plain Greek yogurt/sour cream, cilantro, jalapeño



### Directions

1. Roast spaghetti squash.
  - Preheat your oven to 400°F. Slice ends off the squash, then cut widthwise into halves.
  - Use a spoon to scrape out the seeds.
  - Place squash on rimmed baking sheet. Lightly coat each half with olive oil, salt and pepper. Bake for 30-40 minutes, flipping once halfway through.
  - Allow to cool for about 15 minutes, then peel the skin away and separate the strands into long spaghetti noodles using a fork.
2. While squash is roasting, heat oil in a large sauté pan over medium heat. Add onion and garlic and cook until fragrant, about 4-5 minutes. Add ground turkey and taco seasoning to the pan and cook, breaking meat apart with your spatula. Once turkey is no longer pink, add black beans, salsa, cilantro, tomato paste, jalapeño, chili powder, pepper and sea salt to the pan. Stir until combined. Remove from heat and set aside.
3. Add the roasted squash to the pan and toss to combine. Transfer to a baking dish. Sprinkle cheese on top.
4. Bake for 15-20 minutes at 375°F, or until warm throughout and cheese is melted.
5. Serve topped with fresh cilantro, jalapeño, green onions, tomatoes, avocado or sour cream.



## Mallory and Brooke's Bean Salad

### Ingredients:

- 1 (14.5 oz) can pinto beans, drained and rinsed
- 1 (14.5 oz) can chickpeas, drained and rinsed
- 1 (14.5 oz) can green beans, drained and rinsed (you can use fresh; we use canned to save time)
- $\frac{3}{4}$  cup elbow noodles
- 1 bunch green onion – whites only
- 5 stalks celery sliced

### *Dressing*

$\frac{1}{2}$  cup extra virgin olive oil  
 $\frac{1}{3}$  cup red wine vinegar  
2 tablespoons Dijon mustard  
2 tablespoons honey  
Salt and pepper



1. Cook the noodles based on package instructions.
2. While the noodles cook, drain and rinse all the beans together and place them in a bowl.
3. Drain the noodles and add to the bowl with the beans.
4. Add green onions (whites only) and celery to the bowl.
5. Make the dressing in a separate bowl, whisking all the ingredients together.
6. Pour dressing on the noodles and beans and toss to coat.
7. Eat immediately or place in refrigerator to chill.



## Gracie and Mimi's Smoothie

### Ingredients:

- 1 cup skim milk
- ½ cup vanilla or fruit-flavored Greek yogurt
- ½ cup frozen raspberries
- ¼ cup frozen strawberries
- ¼ cup frozen blueberries
- Spinach (optional)
- 1 scoop protein powder (optional)

### Directions:

1. Place all ingredients in a blender. Add ice to increase volume and creaminess if you want.
2. Use the pulse setting to blend until smooth.
3. Pour into glass and enjoy. Makes one 18-ounce serving.

