

Chickpea Salad Sandwich

INGREDIENTS

- 1 ½ cups canned chickpeas, drained and rinsed
- 2 medium stalks celery, diced
- ¼ cup diced red bell pepper
- 2 tbsp diced dill pickle
- 2 tbsp shredded carrot
- 2 tbsp diced red onion
- 2 tbsp olive oil
- 2 tsp lemon juice
- ½ tsp ground sea salt
- ½ tsp lemon pepper
- 3 tsp dijon mustard
- 4 slices hearty white, wheat, or multi-grain bread

INSTRUCTIONS

1. Combine the chickpeas, celery, bell pepper, pickles, carrots and onion in a medium bowl. If desired mash or keep chickpeas in their original form
2. In a small bowl whisk together the olive oil, lemon juice, salt, and pepper. Pour oil mixture over chickpea mixture and toss.
3. Spread dijon on bread slices, and divide salad between the bread. Or, simply serve as a salad for a lower carb option.

SERVING SIZE

*Recipe makes 2 servings

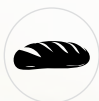
FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras





SERVING SIZE
*Recipe makes 4 servings

Creamy Tomato + Spinach Pasta

INGREDIENTS

- ½ lb. brown rice or plain pasta
- 1 tbsp olive oil
- ½ cup diced red onion
- ½ tsp ground sea salt
- ½ tsp black pepper
- 2 tbsp tomato paste
- 1 (15 oz.) can diced regular tomatoes
- 2 cups shredded rotisserie chicken
- 1 tsp dried oregano
- ½ tsp dried basil
- 2 oz. cream cheese
- ¼ cup grated parmesan
- 4 oz. fresh spinach

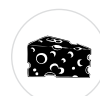
INSTRUCTIONS

1. Cook pasta until al dente, about 10-13 minutes. Drain, and reserve.
2. In a medium saucepan over medium heat, sauté the onion in the olive oil and season with salt and pepper. Cook for 5-7 minutes, or until softened.
3. Add in the tomato paste, and stir for 1 minute.
4. Stir in the tomatoes, chicken, cream cheese, and parmesan. Reduce heat to medium low, and cook until warmed through. Add spinach stir in and cook until wilted, ~2 minutes.
5. Add the cooked pasta to the pan, and stir well.

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

Chicken Pesto Panini

INGREDIENTS

- 4 slices bread (ex: Ezekiel or Dave's Killer Bread)
- 4 large slices fresh mozzarella
- 4 slices tomato
- ½ cup shredded rotisserie chicken
- 3 tbsp basil pesto
- 4 slices fresh basil

INSTRUCTIONS

1. Heat a panini maker
2. Divide ingredients between bread and grill until cheese is melted
3. Slice in half, and serve.

SERVING SIZE

*Recipe makes 2 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



SIDES



SERVING SIZE

*Recipe makes 2 servings

Parmesan Carrots

INGREDIENTS

- 6-8 carrots
- 1 tbsp olive oil
- 1 tbsp melted unsalted butter
- ½ tsp garlic powder
- ¼ tsp kosher salt
- ¼ tsp black pepper
- ¼ cup shredded parmesan

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Fit a piece of parchment in a large, rimmed baking sheet.
3. In a small bowl, whisk together the oil, butter, garlic powder, salt and pepper.
4. Place the carrots on the parchment, and drizzle with oil mixture. Toss well to coat.
5. Bake for 15 minutes.
6. Sprinkle with cheese. Do not move the carrots. Bake for an additional 15 minutes.

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



SERVING SIZE
*Recipe makes 4 servings

Pumpkin Hummus

INGREDIENTS

- 1 (15 oz.) can chickpeas, drained and rinsed
- ½ cup pumpkin puree
- ¼ cup olive oil
- 2 tbsp tahini
- 1 tbsp lemon juice
- ½ tsp ground sea salt
- ½ tsp ground cumin

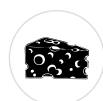
INSTRUCTIONS

1. Place all of the ingredients in a food processor fitted with a metal blade and process until smooth.

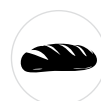
FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras