

**THIS IS WHY YOU'RE
SICK & TIRED**

(AND HOW TO LOOK AND FEEL AMAZING)

BY JACKIE WARNER

Contents

Recipes	5
Breakfast Options	5
Berry Smoothie	5
Citrus Smoothie	5
Pineapple Smoothie	5
Beet Smoothie	6
Orange Smoothie	6
Strawberries and Chocolate Smoothie	6
Blueberry-Banana Smoothie	7
Melon Smoothie	7
Apple Smoothie	7
Avocado-Pear Smoothie	8
Grape-Lime Smoothie	8
Pineapple-Mixed Berry Smoothie	8
Super-Antioxidant Smoothie	9
Mango-Strawberry Smoothie	9
Carrot-Orange Smoothie	9
Banana-Avocado Smoothie	10
Cran-Blueberry Smoothie	10
Cherry-Grapefruit Smoothie	10
Apple Pie Smoothie	11
Aloha Smoothie	11
Super Spinach Smoothie	11
Snack Options	12
Nutty Melon	12
Carrots/Celery and Hummus	12
Baba Ghanoush and Cucumber	12
Baba Ghanoush	13
Almond Butter and Celery	13
Tomato with Pine Nuts	13
Peanut Butter and Banana Rice Cake	14
Baked Chips with Pico de Gallo	14
Skinny Tortilla Chips	14
Spicy Toasted Chickpeas	15
Almond-Kale Chips	15
Honey Pear	15
Coconut Pineapple	16
Bell Peppers with Sweet Potato Hummus	16
Frozen Grapes with Pumpkin Seeds	16
Cinnamon-Apple Slices	17
Peach Bread	17
Quick Wrap	17
Spicy Avocado	17

Strawberry-Almond Butter Rice Cake	18
Almond Butter and Coconut Apple	18
Guacamole and Chips	18
Artichoke Dip	19
Lunch Options	20
<i>Super Salad Dressings</i>	20
Fresh Orange Dressing	20
Peanut Dressing	20
Garlic Salad Dressing	21
Greek Salad Dressing	21
Mustard Vinaigrette Dressing	21
Asian Salad Dressing	22
Herb Vinaigrette Dressing	22
Lemon-Paprika Dressing	22
Cilantro-Lime Dressing	23
<i>Lunches</i>	24
Sun-Dried Tomato Hummus Sandwich	24
Sun-Dried Tomato Hummus	24
Garlic Croutons	25
Orange-Strawberry Salad	25
Asian Peanut Salad	25
Chopped Italian Salad	26
Greek Wrap	26
Guacamole Wrap	27
Pico de Gallo	27
Pear and Bell Pepper Salad	28
Strawberry and Kale Salad	28
Artichoke Salad	29
Black Bean Tortillas with Pico de Gallo	29
Avocado Sandwich	29
Simple Greek Salad	30
Tex-Mex Salad	30
Smashed White Bean and Avocado Sandwich	31
Thai Lettuce Wrap	31
Lettuce and Tomato Sandwich on a Bagel	32
Potato Wrap	32
Cold Quinoa Salad	33
Tex-Mex Wrap	33
Asian-Inspired Salad	34
Brown Rice and Chickpea Salad (chilled)	34
Midafternoon Snack Options	35
Dinner Options	35
Potato and Veggie Skillet	35
Broccoli and Wild Rice	36
Sweet Pea Pasta with Olive Oil	36

Portabella Burger and Grilled Asparagus	37
Indonesian Peanut Rice	38
Cuban-Style Rice and Beans with Mango	39
Spinach and Bean Casserole	39
Brussels Sprouts Ragout	40
Quinoa with Sun-Dried Tomatoes	40
Wild Rice Skillet	41
Pasta Primavera	41
Veggie Fajitas	42
Penne with Tomatoes and Kale	42
Vegan Chili	43
Black Bean-Topped Sweet Potatoes	44
Spinach and Artichoke Pasta Bake	44
Pepper and Cauliflower Hash	45
Cream of Broccoli and Pistachio Soup	45
Stuffed Peppers	46
Veggie Soup	47
Veggie Couscous	47

RECIPES

Breakfast Options

Berry Smoothie

341 calories

- 1 cup mixed berries
- 1 cup fresh spinach
- 1 tablespoon almond butter
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup water

Combine all ingredients and blend well.

Citrus Smoothie

347 calories

- 1 medium grapefruit, peeled and sectioned
- 1 banana
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup ice

Combine all ingredients and blend well.

Pineapple Smoothie

360 calories

- 1 cup pineapple
- ½ banana
- ½ cup unsweetened almond milk
- ½ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup ice
- ¼ cup water

Combine all ingredients and blend well.

Beet Smoothie

300 calories

- 1 fresh, cooked (or canned) beet, sliced thin
- 1 cup cherries
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup ice

Combine all ingredients and blend well.

Orange Smoothie

322 calories

- 1 medium orange, peeled and sectioned
- ½ small banana
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- 1 cup ice

Combine all ingredients and blend well.

Strawberries and Chocolate Smoothie

314 calories

- 1 cup strawberries
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon honey
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup ice

Combine all ingredients and blend well.

Blueberry-Banana Smoothie

327 calories

- 1 cup blueberries
- ½ banana
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup ice

Combine all ingredients and blend well.

Melon Smoothie

346 calories

- 1 cup cantaloupe, cubed
- 1 cup strawberries
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup ice

Combine all ingredients and blend well.

Apple Smoothie

330 calories

- 1 medium apple, cored and coarsely chopped
- 1 cup fresh spinach
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup ice

Combine all ingredients and blend well.

Avocado-Pear Smoothie

338 calories

- ½ avocado, pitted, peeled, and cut into chunks
- ½ medium pear, cut into chunks
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- 1 cup ice
- ¼ cup water

Combine all ingredients and blend well.

Grape-Lime Smoothie

320 calories

- 2 cups green grapes
- 1 tablespoon lime juice
- 1 cup fresh spinach
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil

Combine all ingredients and blend well.

Pineapple-Mixed Berry Smoothie

340 calories

- 1 cup pineapple, cubed
- 1 cup mixed berries
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- 1 cup ice

Combine all ingredients and blend well.

Super-Antioxidant Smoothie

311 calories

- 1 cup cranberries
- 1 cup mixed berries
- 1 cup fresh spinach
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup water

Combine all ingredients and blend well.

Mango-Strawberry Smoothie

338 calories

- 1 ½ cups mango chunks
- 1 cup strawberries
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup water

Combine all ingredients and blend well.

Carrot-Orange Smoothie

311 calories

- 1 cup carrot, chopped
- 1 medium orange, peeled and sectioned
- 1 cup fresh spinach
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup ice

Combine all ingredients and blend well.

Banana-Avocado Smoothie

350 calories

- ½ medium banana
- ½ avocado, pitted, peeled, and cut into chunks
- 1 cup fresh spinach
- 2 tablespoons lime juice
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- Dash of water

Combine all ingredients and blend well.

Cran-Blueberry Smoothie

321 calories

- 1 cup cranberries
- 1 cup blueberries
- ½ cup almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup water

Combine all ingredients and blend well.

Cherry-Grapefruit Smoothie

319 calories

- 1 cup cherries, pitted
- 1 medium grapefruit, peeled and sectioned
- ¼ cup instant oats
- ½ cup unsweetened almond milk
- 1 tablespoon flaxseed oil
- 1 cup water

Combine all ingredients and blend well.

Apple Pie Smoothie

332 calories

- 1½ medium apples, chopped into chunks
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon 100 percent pure vanilla extract
- ½ cup unsweetened almond milk
- ½ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup ice

Combine all ingredients and blend well.

Aloha Smoothie

333 calories

- 1 cup mango, peeled and chopped
- ½ cup pineapple
- ½ cup unsweetened almond milk
- ¼ cup instant oats
- 1 tablespoon flaxseed oil
- 1 cup ice

Combine all ingredients and blend well.

Super-Spinach Smoothie

304 calories

- 2 cups fresh spinach
- 4 strawberries
- 1 banana
- ½ cup instant oats
- 1 tablespoon flaxseed oil
- ½ cup ice

Combine all ingredients and blend well.

Snack Options

Nutty Melon

Makes 1 serving—166 calories

- 2 cups watermelon and cantaloupe, sliced into chunks
- 4 teaspoons pine nuts, toasted

Sprinkle toasted pine nuts on top and eat.

Carrots/Celery and Hummus

Makes 1 serving—185 calories

- 10 baby carrots or 3 stalks celery
- ¼ cup store-bought hummus (or see recipe on page 24)

Dip and eat. For variety, try sliced cucumbers, fresh broccoli, or cauliflower instead.

Baba Ghanoush and Cucumber

Makes 1 serving—170 calories

- 1 large cucumber, sliced
- 1 cup prepared baba ghanoush (or make your own—see recipe on page 13)

Dip and eat.

Baba Ghanoush

Makes about 2 servings—150 calories each

- 1 medium-sized eggplant
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon tahini
- 1 tablespoon garlic, minced
- ½ teaspoon paprika
- ¼ tablespoon sea salt
- 3 tablespoons parsley, chopped

Preheat oven to 450°F.

Prick the eggplant all over with a fork and place on an oiled baking sheet. Roast for 20 minutes or until soft.

In a blender or food processor, combine eggplant and olive oil, lemon juice, tahini, garlic, paprika and salt until smooth. You may need to add more or less oil and lemon juice in order to get the proper consistency.

Stir in parsley.

Almond Butter and Celery

Makes 1 serving—190 calories

- 2 tablespoons almond butter
- 2 large celery stalks

Spread almond butter over celery stalks and eat.

Tomato with Pine Nuts

Makes 1 serving—182 calories

- 2 tablespoons pine nuts, toasted
- 1 tablespoon balsamic vinegar
- 1 large tomato, sliced

Sprinkle pine nuts and balsamic vinegar on tomato slices before eating.

Peanut Butter and Banana Rice Cake

Makes 1 serving—175 calories

- 1 tablespoon peanut butter
- 1 plain rice cake
- ½ small banana, sliced

Spread peanut butter onto rice cake and top with banana slices.

Baked Chips with Pico de Gallo

Makes 1 serving—188 calories

- 15 store-bought baked tortilla chips (or make your own—see recipe below)
- ½ cup premade or homemade Pico de Gallo (see recipe on page 27)

Dip chips in Pico de Gallo and top with a small piece of avocado.

Skinny Tortilla Chips

45 calories each

- Small corn tortillas (6-inch size)
- Canola oil cooking spray
- Sea salt

Preheat oven to 350°F.

Lightly spray each side of the tortillas before stacking them on top of each other and slicing into 8 pieces (like a pizza). Sprinkle tortilla pieces with salt and place them on baking sheets; bake for 10–12 minutes until they are lightly browned and crisp. They will curl slightly as they bake.

Spicy Toasted Chickpeas

Makes 4 servings—181 calories

- 1 fifteen-ounce can chickpeas, drained and rinsed
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon garlic salt

Preheat oven to 450°F.

Dry chickpeas with a towel or a paper towel. Toss chickpeas with olive oil and spread on a baking sheet. Mix cumin, chili powder and garlic salt, and sprinkle over chickpeas; bake for 30–40 minutes, stirring several times to avoid burning. Remove when brown and crunchy.

Almond-Kale Chips

Makes 2 servings—146 calories each

- 1 large bunch kale, washed and torn into chip-sized pieces
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon garlic powder
- Sea salt
- 1 teaspoon crushed toasted almonds

Preheat oven to 375°F.

Pat kale leaves dry and spread them out on a baking sheet. Drizzle with olive oil and sprinkle with garlic powder, salt and almonds; bake for about 10–15 minutes or until chips are crisp.

Honey Pear

Makes 1 serving—182 calories

- 1 pear, cut into chunks
- 1 teaspoon honey
- 1 tablespoon pumpkin seeds, toasted

Mix pear with honey in a bowl. Top with toasted seeds.

Coconut Pineapple

Makes 1 serving—177 calories

- 5 macadamia nuts, chopped
- ¾ cup pineapple chunks
- 1 tablespoon unsweetened shredded coconut

Combine nuts and pineapple in a bowl and sprinkle with coconut.

Bell Peppers with Sweet Potato Hummus

Makes 4 servings—153 calories each

- 2 medium sweet potatoes (about 2 cups)
- ⅛ cup tahini
- ⅛ cup fresh lime juice
- 1 teaspoon garlic, minced
- 1 teaspoon cumin
- 1 teaspoon sea salt
- Cayenne pepper, to taste
- 1 bell pepper, sliced

Peel and chop sweet potatoes into small (about 1-inch) chunks. Using a steamer, steam potatoes until soft (about 15–20 minutes).

Place potato chunks, tahini, lime juice, garlic, cumin, salt and a few shakes of cayenne pepper into a blender or food processor and blend until creamy.

Serve with bell pepper.

Frozen Grapes with Pumpkin Seeds

Makes 1 serving—162 calories

- ½ cup frozen grapes
- 2 tablespoons roasted pumpkin seeds

Freeze grapes overnight before mixing with roasted pumpkin seeds.

Cinnamon-Apple Slices

Makes 1 serving—172 calories

- 1 teaspoon honey
- 1 apple, cored and thinly sliced
- 1 tablespoon almonds, toasted and chopped
- Sprinkle of cinnamon

Drizzle honey over apple slices and top with almonds and a sprinkle of cinnamon.

Peach Bread

Makes 1 serving—163 calories

- 2 teaspoons all-natural almond butter
- 1 slice whole-grain bread, toasted
- ½ peach, sliced

Spread almond butter on toasted bread and top with peach slices.

Quick Wrap

Makes 1 serving—150 calories

- 2 tablespoons prepared hummus or sweet potato hummus (see recipe on page 24)
- 1 whole-grain tortilla (6-inch size)
- 1 drizzle extra-virgin olive oil

Spread hummus on tortilla and drizzle olive oil on top.

Spicy Avocado

Makes 1 serving—157 calories

- 1 teaspoon lime juice
- Sriracha or other chili sauce
- ½ avocado, peeled with the pit removed
- 1 teaspoon almonds, slivered

Drizzle lime juice and sriracha sauce over avocado and sprinkle with almonds.

Strawberry-Almond Butter Rice Cake

Makes 1 serving—151 calories

- 1 tablespoon all-natural almond butter
- 1 plain rice cake
- 4 strawberries, sliced
- Cinnamon

Spread almond butter on rice cake and top with sliced strawberries. Sprinkle with cinnamon.

Almond Butter and Coconut Apple

Makes 1 serving—169 calories

- 1 apple
- 2 teaspoon all-natural almond butter
- 1 teaspoon unsweetened shredded coconut

Cut apple in half and core. Spread almond butter over halves and sprinkle with coconut.

Guacamole and Chips

Makes 1 serving—182 calories

- ½ avocado, cored and peeled
- 1 tablespoon finely chopped onion
- ½ teaspoon garlic, minced
- ¼ cup chopped tomato
- 1 teaspoon lime juice
- Sea salt
- Pepper
- 10 baked tortilla chips (see recipe on page 14)

Use a potato masher to mash the avocado in a medium-sized bowl. Add onion, garlic, tomato and lime juice; add salt and pepper to taste. Serve with tortilla chips.

Artichoke Dip

*Makes 4 servings, each with
1 cup of fresh vegetables—162 calories*

- 1 nine-ounce box frozen artichoke hearts, thawed and chopped
- ½ cup sun-dried tomatoes in oil, chopped
- ¼ cup pine nuts, toasted
- 1 tablespoon garlic, minced
- 2 teaspoons lemon juice
- Sea salt
- Pepper
- 4 cups broccoli florets or sliced bell pepper

In a food processor or blender, combine artichokes, tomatoes, pine nuts, garlic and lemon juice. Add salt and pepper to taste. Serve with broccoli florets or sliced bell peppers or carrots.

Lunch Options

Super Salad Dressings

Forget the packaged salad dressings that you find in the store. I've created salad dressings for the detox diet that are loaded with cell-boosting nutrients, minus anything artificial. For your convenience, I've listed them all here; if you find a favorite, mix up a batch of it and keep it in your refrigerator as your go-to dressing.

Fresh Orange Dressing

Makes 7 one-tablespoon servings—100 calories each

- ¼ cup fresh orange juice
- 1 tablespoon red wine vinegar
- 2 tablespoon extra-virgin olive oil
- 1 tablespoon basil, chopped

Combine all ingredients in a glass jar or blender and shake or process until smooth. Store in a glass jar in the refrigerator.

Peanut Dressing

Makes 6 one-tablespoon servings—70 calories each

- 2 tablespoons sesame oil
- 1 tablespoon lemon juice, fresh squeezed
- 1 tablespoon honey or agave nectar
- 1 tablespoon soy sauce
- 1 teaspoon ginger, grated
- 1 tablespoon peanut butter

Combine all ingredients in a glass jar or blender and shake or process until smooth. Store in a glass jar in the refrigerator.

Garlic Salad Dressing

Makes 7 one-tablespoon servings—115 calories each

- ¼ cup extra-virgin olive oil
- 1 tablespoon garlic, minced
- 1 tablespoon lemon juice
- 1 teaspoon fresh thyme or basil, chopped
- Dash of sea salt
- Dash of pepper

Combine all ingredients in a glass jar or blender and shake or process until smooth. Store in a glass jar in the refrigerator.

Greek Salad Dressing

Makes 10 one-tablespoon servings—110 calories each

- ¼ cup extra-virgin olive oil
- 1 tablespoon basil
- 1 teaspoon garlic, minced
- ¼ teaspoon onion powder
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh black pepper
- Dash of sea salt
- 2 tablespoons red wine vinegar

Combine all ingredients in a glass jar or blender and shake or process until smooth. Store in a glass jar in the refrigerator.

Mustard Vinaigrette Dressing

Makes 10 one-tablespoon servings—70 calories each

- ¼ cup extra-virgin olive oil
- ¼ cup balsamic vinegar
- ½ teaspoon garlic, minced
- ½ teaspoon ground mustard
- ¼ teaspoon pepper
- Sea salt

Combine all ingredients in a glass jar or blender and shake or process until smooth. Store in a glass jar in the refrigerator.

Asian Salad Dressing

Makes 4 one-tablespoon servings—75 calories each

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon soy sauce (low-sodium, if possible)
- 1 tablespoon rice wine vinegar (or white vinegar)
- ¼ teaspoon red pepper flakes
- 1 teaspoon sesame seeds, toasted

Combine all ingredients in a glass jar or blender and shake or process until smooth. Store in a glass jar in the refrigerator.

Herb Vinaigrette Dressing

Makes 5 one-tablespoon servings—about 100 calories each

- 2½ tablespoons extra-virgin olive oil
- 1 tablespoon Herbs de Provence
- 1 teaspoon garlic, minced
- 1½ tablespoons balsamic vinegar
- Dash each, sea salt and pepper

Combine all ingredients in a glass jar or blender and shake or process until smooth. Store in a glass jar in the refrigerator.

Lemon-Paprika Dressing

Makes 3 one-tablespoon servings—85 calories each

- 2 tablespoons extra-virgin olive oil
- 1 teaspoon lemon juice
- 1 teaspoon garlic, minced
- ½ teaspoon paprika
- 2 tablespoons extra-virgin olive oil

Combine all ingredients in a glass jar or blender and shake or process until smooth. Store in a glass jar in the refrigerator.

Cilantro-Lime Dressing

Makes 2 one-tablespoon servings—85 calories each

- 2 tablespoons extra-virgin olive oil
- 1 teaspoon fresh lime juice
- ½ teaspoon cilantro
- Dash sriracha sauce

Combine all ingredients in a glass jar or blender and shake or process until smooth. Store in a glass jar in the refrigerator.

Lunches

Sun-Dried Tomato Hummus Sandwich

Makes 1 serving—340 calories

- ¼ cup store-bought Sun-Dried Tomato Hummus (or see recipe, this page)
- 2 slices whole-grain bread
- 1 slice onion
- 3 leaves romaine lettuce
- ½ tomato, sliced
- ½ cup alfalfa or bean sprouts
- Sea salt
- Pepper

Spread hummus over 1 slice of bread. Top with onion, lettuce, tomato and sprouts, and sprinkle with salt and pepper to taste before topping with the other slice of bread.

Sun-Dried Tomato Hummus

Makes 4 servings—160 calories

- 2 tablespoons extra-virgin olive oil
- 1 teaspoon garlic, minced
- 1 fifteen-ounce can garbanzo beans
- 4 tablespoons lemon juice
- 2 tablespoons sun-dried tomatoes, packed in oil
- 1 teaspoon sea salt
- 1 tablespoon tahini

Place all ingredients in a blender or food processor and blend until creamy.

Garlic Croutons

Add some crunch and extra satisfaction to your salads with my simple garlic crouton recipe.

- ½ loaf whole grain bread
- 2 tablespoons extra-virgin olive oil
- Garlic powder

Preheat oven to 400°F. Cut bread into ¼-inch cubes. Brush bread cubes with oil and sprinkle garlic powder on top. Spread in a rimmed baking pan and bake until brown and crisp, turning frequently.

Store in a container or a resealable plastic bag to maintain crispiness.

Orange-Strawberry Salad

Makes 1 serving—330 calories

- 3 cups mixed greens
- 1 cup sliced strawberries
- ½ orange, cut into small segments
- 1 green onion, sliced
- 2 tablespoons sliced almonds
- 10 Garlic Croutons (see recipe on page 25)
- 1 tablespoon Fresh Orange Dressing (see recipe on page 20)

In a medium bowl, add the first 5 ingredients. Toss well with dressing and top with croutons.

Asian Peanut Salad

Makes 1 serving—322 calories

- 3 cups mixed greens
- 2 carrots, grated
- 1 red pepper, finely diced
- 2 celery stalks, finely diced
- ¼ medium red onion, finely diced
- ¼ cup cilantro, chopped
- ⅛ cup roasted peanuts, chopped
- 10 Garlic Croutons (see recipe above)
- 1 tablespoon Peanut Dressing (see recipe on page 20)

In medium bowl, add the first 7 ingredients. Toss well with dressing and top with croutons.

Chopped Italian Salad

Makes 1 serving—330 calories

- 3 cups or 1 bunch lettuce, chopped
- 1 cup cherry tomatoes, halved
- 1 green bell pepper, seeded and diced into small pieces
- ½ red onion, diced small
- ¼ cup Kalamata olives, pitted and chopped
- 1 tablespoon fresh basil, chopped fine
- 2 peppercinis, diced
- 2 tablespoons pine nuts, toasted
- Sea salt and pepper, to taste
- 1 tablespoon Garlic Salad Dressing (see recipe on page 21)
- 10 Garlic Croutons (see recipe on page 25)

In a medium bowl, add the first 8 ingredients and season with salt and pepper. Toss well with dressing and top with croutons.

Greek Wrap

Makes 1 serving—320 calories

- 1 cup romaine lettuce, finely chopped
- 2 slices red onion
- ½ cup chopped cucumber
- ½ cup cherry tomatoes, chopped
- ¼ cup Kalamata olives, diced small
- Greek Salad Dressing (see recipe on page 21)
- Oregano, sea salt, and pepper to taste
- 2 tablespoons prepared hummus
- 1 whole-grain tortilla (6-inch size)

In a small bowl, toss lettuce, red onion, cucumber, cherry tomatoes and olives with 1 tablespoon of dressing. Add oregano, salt and pepper to taste. Spread hummus over tortilla and top with veggie mixture. Drizzle more dressing on top; roll up tortilla before eating.

Guacamole Wrap

Makes 1 serving—320 calories

- ½ avocado, thinly sliced
- ½ tomato, chopped
- ½ red onion, chopped
- 1 teaspoon lemon juice
- 1 teaspoon extra-virgin olive oil
- Coriander
- Sea salt
- Pepper
- 1 whole-grain tortilla (6-inch size)
- 1 teaspoon pine nuts
- 1 tablespoon Pico de Gallo (see recipe below)

Place the avocado, tomato and red onion on a cutting board and drizzle with lemon juice and olive oil. Top with coriander. Add salt and pepper to taste. Toss well. Place mixture on tortilla and top with pine nuts and Pico de Gallo; roll up the tortilla before eating.

Pico de Gallo

Makes 2 serving—30 calories each

- 2 medium tomatoes, diced
- 1 small onion, chopped fine
- ½ jalapeño pepper, seed and chopped
- 1 green onion, chopped fine
- ½ teaspoon garlic powder
- ⅛ teaspoon sea salt
- Pepper to taste

Blend all ingredients. Chill before serving.

Pear and Bell Pepper Salad

Makes 1 serving—313 calories

- ½ sweet red pepper, cored and seeded
- ½ sweet yellow pepper, cored and seeded
- ¼ cup green onion
- 1 medium pear, peeled
- Sea salt
- Pepper
- 1 teaspoon rice vinegar
- 1 teaspoon sesame oil
- 2 cups mixed greens
- 1 tablespoon Herb Vinaigrette Dressing or Fresh Orange Dressing (see recipes on pages 22 or 20)
- ¼ cup fresh parsley or fresh basil leaves, chopped
- 3 tablespoons pine nuts, toasted
- 10 Garlic Croutons (see recipe on page 25)

Slice peppers, onions and pear into thin strips and place in a shallow bowl. Sprinkle with salt and pepper. Spoon rice vinegar and sesame oil over mixture and place mixed greens on top.

Top salad with dressing, chopped parsley or basil, pine nuts and croutons.

Strawberry and Kale Salad

Makes 1 serving—341 calories

- 3 cups baby kale, chopped
- 10 strawberries, sliced
- 1 medium tomato, chopped
- 1 tablespoon Mustard Vinaigrette Dressing (see recipe on page 21)
- 2 tablespoons walnut, toasted and chopped

Place kale, strawberries and tomato in a medium bowl and toss with dressing.

Top with toasted walnuts.

Artichoke Salad

Makes 1 serving—362 calories

- 1 cup artichoke hearts, canned
- ½ cup sun-dried tomatoes (packed in water)
- 2 cups romaine lettuce
- 1 tablespoon Herb Vinaigrette Dressing (see recipe on page 22)
- 1 tablespoon walnuts, toasted and chopped

Mix artichoke hearts and tomatoes, and place over romaine. Top with dressing and walnuts.

Black Bean Tortillas with Pico de Gallo

Makes 1 serving—351 calories

- ¼ cup black beans, rinsed and drained
- ½ cup instant brown rice, cooked
- ¼ avocado, sliced
- ¼ cup Pico de Gallo (see recipe on page 27)
- 1 whole-grain tortilla (6-inch size)
- Sea salt

Arrange black beans, brown rice, avocado slices and Pico de Gallo on a whole-grain tortilla. Add sea salt to taste. Roll up tortilla before eating.

Avocado Sandwich

Makes 1 serving—320 calories

- 1 teaspoon Dijon mustard
- 2 slices whole-grain bread, toasted
- ½ avocado, sliced
- Sea salt
- Pepper
- ½ tomato, sliced
- ½ cup alfalfa sprouts
- 3 romaine lettuce hearts

Spread Dijon mustard on one slice of toasted bread and place avocado on top. Sprinkle with salt and pepper to taste. Top with tomato, alfalfa sprouts, romaine and other slice of bread.

Simple Greek Salad

Makes 1 serving—401 calories

- 3 cups chopped romaine lettuce
- ½ small red onion, thinly sliced
- ¼ cup pitted black olives, canned
- ½ green bell pepper, chopped
- ½ red bell pepper, chopped
- 1 tomato, chopped
- ½ cucumber, sliced
- 2 tablespoons pine nuts
- 1 tablespoon Greek Salad Dressing (see recipe on page 21)

Combine first 8 ingredients in a large salad bowl. Top with dressing.

Tex-Mex Salad

Makes 1 serving—345 calories

- 3 cups mixed greens
- ½ cup black beans
- ½ cup corn
- ¼ cup onion, minced
- ½ cup tomato, chopped
- 3 tablespoons pine nuts
- 1 tablespoon Cilantro-Lime Dressing (see recipe on page 23)

In a medium bowl, toss greens, beans, corn, onion, tomato, and pine nuts. Top with dressing.

Smashed White Bean and Avocado Sandwich

Makes 1 serving—333 calories

- ½ cup white beans
- ¼ of an avocado
- 1 teaspoon extra-virgin olive oil
- Squeeze of lemon
- Sea salt
- Pepper
- 2 pieces of whole-grain bread, toasted
- 2 slices red onion
- ¼ cucumber, sliced
- 3 pieces romaine lettuce

Combine the beans, avocado, olive oil and lemon in a medium bowl. Roughly mash the mixture until it comes together but is still a little chunky. Season with salt and pepper to taste. Spread the bean mixture on one slice of toasted bread. Top with red onion, cucumber slices and romaine. Add more salt and pepper to taste. Top with the other slice of bread.

Thai Lettuce Wrap

Makes 1 serving—345 calories

- 4 romaine leaves
- ½ cucumber, cut lengthwise
- 1 carrot, shredded
- ½ tomato, chopped
- ½ cup bean sprouts
- 1 whole-grain tortilla (6-inch size)
- 1 tablespoon peanuts
- 1 tablespoon Peanut Dressing (see recipe on page 20)

Place vegetables in a whole-grain tortilla. Add peanuts. Top with dressing. Roll up tortilla before eating.

Lettuce and Tomato Sandwich on a Bagel

Makes 1 serving—320 calories

- Sea salt
- 1 beefsteak tomato, sliced thick
- 3 leaves romaine lettuce
- 1 teaspoon balsamic vinegar
- 1 whole-grain bagel, toasted or grilled
- 2 slices onion
- 1 tablespoon Dijon mustard
- Pepper

Sprinkle salt to taste on beefsteak tomato slices. Toss romaine and balsamic vinegar, and place on one half of toasted bagel. Top with a slice of red onion, and add more salt to taste.

Top lettuce and onion with tomato slices, and add mustard. Season with pepper to taste. Top with the other bagel half.

Potato Wrap

Makes 1 serving—370 calories

- 1 small potato, diced
- 1 teaspoon extra-virgin olive oil
- Sea salt
- Pepper
- ½ cup refried beans
- Pinch of red pepper flakes
- 1 whole-grain tortilla (6-inch size)
- ½ avocado
- 1 cup baby spinach

Preheat oven to 425°F.

Place potato pieces on a baking sheet. Baste with olive oil, salt and pepper. Roast in the oven for about 15 minutes, until tender. Heat beans and red pepper flakes in microwave for 30 seconds and spread on tortilla. Top with potatoes, avocado and spinach. Roll up tortilla before eating.

Cold Quinoa Salad

Makes 1 serving—397 calories

- 1 cup broccoli, chopped
- ¼ cup red onion, finely chopped
- ½ cup tomato, chopped
- ½ cup sliced black olives
- 1 cup quinoa, cooked and chilled
- 1 tablespoon Herb Vinaigrette Dressing (see recipe on page 22)
- 1 tablespoon sunflower seeds

In a medium bowl, mix broccoli, onion, tomato and olives with quinoa. Top with dressing and sunflower seeds.

Tex-Mex Wrap

Makes 1 serving—325 calories

- ½ cup black beans
- ¼ cup corn
- ½ cup brown rice
- 1 whole-grain tortilla (6-inch size)
- ½ cup Pico de Gallo (store-bought or homemade; see recipe in page 27)
- 1 tablespoon pine nuts, toasted
- Sriracha or other hot sauce

Mix black beans, corn and rice together. Place on tortilla. Top with Pico de Gallo and pine nuts, and add a dash of sriracha sauce. Roll up tortilla before eating.

Asian-Inspired Salad

Makes 1 serving—304 calories

- 3 cups mixed greens
- ½ cup green onion, minced
- ½ cup sliced red pepper
- 1 mandarin orange, peeled and separated
- 3 tablespoons almonds, slivered or crushed
- 1 tablespoon Asian Salad Dressing (see recipe on page 22)
- 10 Garlic Croutons (see recipe on page 25)

In a medium bowl, mix greens, onion, red pepper, mandarin orange and almonds. Top salad with dressing and croutons.

Brown Rice and Chickpea Salad (chilled)

Makes 1 serving—412 calories

- ½ cup instant brown rice, cooked
- ¼ cup chickpeas, rinsed and drained
- ½ cup canned pineapple in unsweetened juice (drain juice and reserve)
- ½ cup green onion, chopped
- ½ cup orange sections
- 1 tablespoon Lemon-Paprika Dressing (see recipe on page 22)
- 1 tablespoon pine nuts

In a large bowl, combine rice, chickpeas, pineapple, green onion and oranges. Top with dressing and pine nuts and toss gently to combine.

Midafternoon Snack Options

Between lunch and dinner, you'll choose another snack from the list on pages 12–19. This will help keep you powered through afternoon until dinner.

Dinner Options

Most of us look forward to our evening meal as the reward after a hectic day, a chance to finally relax and unwind. These recipes are all quick and easy, yet will give your body's cells the "reboot" they need. You have 21 choices but, as before, choose seven different dinners to give your body the widest selection of nutrients. Each recipe makes three to four servings, so you'll have plenty to share with the family, or save for leftovers the next day.

Potato and Veggie Skillet

Makes 4 servings—420 calories each

- 16 small new potatoes, sliced thick, skin left on
- 2 tablespoons extra-virgin olive oil, divided
- 3 carrots, chopped
- 3 medium zucchinis, chopped
- 3 medium yellow squash
- 4 teaspoons sea salt
- 4 teaspoons pepper
- 4 teaspoons red pepper flakes

In a large skillet, sauté potatoes in 1 tablespoon of olive oil, turning every few minutes, for 10 minutes. Steam additional vegetables until tender while potatoes are cooking. Toss steamed vegetables in with potatoes and remaining tablespoon of olive oil and flash-sauté. Season with salt, pepper and red pepper flakes.

Broccoli and Wild Rice

Makes 4 servings—407 calories each

- 8 cups broccoli florets
- 4 cups instant wild rice, cooked with vegetable broth instead of water
- 2 small onions, chopped
- 4 teaspoons garlic, minced
- 4 teaspoons extra-virgin olive oil
- 4 teaspoons cilantro
- 8 tablespoons pine nuts, toasted

In a large saucepan, steam broccoli until fork-tender. As broccoli cooks, prepare wild rice and set aside, covered, to keep warm.

In a small sauté pan, sauté onions and garlic in olive oil until soft. In a bowl, combine steamed broccoli, prepared rice, and onion and garlic mixture, tossing all ingredients together. Top with cilantro and pine nuts.

Sweet Pea and Pasta with Olive Oil

*Makes 4 servings of about 1½ cups pasta and 1 cup spinach each—
320 calories each*

- 4 cups whole-grain pasta
- 2 cups frozen peas, thawed or steamed
- 2 tablespoons extra-virgin olive oil
- Sea salt
- Pepper

For side:

- 4 cups spinach, stems removed
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice

Cook pasta according to package directions. After draining the pasta, return it to the pot, and stir in thawed peas until heated through. Add olive oil and stir well. Add salt and pepper to taste.

For side: While pasta is cooking, in a large skillet, sauté spinach in olive oil until tender. Drizzle with lemon juice before serving.

Portabella Burger and Grilled Asparagus

*Makes 4 servings of 1 portabella burger and 4 spears of asparagus each—
446 calories each*

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons garlic, minced
- 4 tablespoons balsamic vinegar
- 4 large portabella mushrooms
- 8 slices whole-grain bread
- 1 tomato, sliced
- 4 slices onion
- 8 romaine lettuce leaves

For side:

- 16 large asparagus spears
- 1 tablespoon extra-virgin olive oil

Mix together olive oil, garlic and balsamic vinegar as a marinade. Grill mushrooms while basting with marinade for about 10 minutes; grill asparagus at the same time. Place mushrooms on whole-grain bread and top with tomato, onion, romaine and another slice of bread.

For side: Drizzle olive oil over grilled asparagus and serve.

Indonesian Peanut Rice

Makes 4 servings of about 2 cups each—430 calories each

- 4 cups instant brown rice, cooked in vegetable broth
- 2 cups bean sprouts
- 1 medium red pepper, diced
- 1 cup cauliflower, chopped
- 2 cups watercress, chopped
- ¼ cup peanuts, roasted and chopped

For sauce:

- 3 tablespoons vinegar
- 3 tablespoons low-sodium soy sauce
- ¼ cup natural peanut butter
- ½ tablespoon red pepper flakes

Cook brown rice according to package directions; set aside in pot. In a steamer, cook vegetables until tender.

For sauce: Mix vinegar, soy sauce, peanut butter and red pepper flakes in a saucepan over medium heat and cook until peanut butter is melted and ingredients are well blended.

Toss the veggies with the sauce and rice, and top with peanuts.

Cuban-Style Rice and Beans with Mango

*Makes 4 servings of about ¾ cup each, with 1 cup rice—
383 calories each*

- 1¼ cups onion, chopped
- 1¼ cups green bell pepper, chopped
- 1 tablespoon garlic, minced
- ½ teaspoon cumin
- ½ tomato, chopped
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon sea salt
- 1 teaspoon hot pepper sauce
- ½ teaspoon thyme
- 1 fifteen-ounce can kidney beans, rinsed and drained with liquid reserved
- 1 medium mango, diced
- 4 cups brown rice, cooked

Sauté onion, pepper, garlic, cumin and tomato in olive oil over medium heat, adding salt, pepper sauce and thyme, until veggies are tender.

Stir in beans, reserved liquid and mango and cook until warmed through.

Serve over rice.

Spinach and Bean Casserole

Makes 4 servings—398 calories

- 1 medium onion, chopped
- 1 tablespoon garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cups spinach, washed and chopped
- 1 teaspoon sea salt
- 1 tablespoon sea salt
- 1 tablespoon extra-virgin olive oil
- 4 cups white beans

Preheat oven to 350°F.

Sauté onion, garlic, carrots, celery, spinach and salt in olive oil until soft, about 15 minutes. Add white beans and pour into a medium-sized casserole dish. Bake for 15 minutes and slice into quarters to serve.

Brussels Sprouts Ragout

Makes 4 servings—377 calories

- 8 whole shallots
- 4 tablespoons extra-virgin olive oil
- 6 cups Brussels sprouts, halved
- 4 carrots, sliced into coin-sized pieces
- 3 cups navy beans
- 2 cups vegetable broth
- 2 tablespoons garlic, minced

Preheat oven to 500°F.

Slice the root end off shallots and toss them in oil. Wrap in foil and roast in the oven until tender. While the shallots are roasting, steam the Brussels sprouts and carrots until tender, about 8–10 minutes.

Slip roasted shallots from skin. In a large pan, add navy beans, vegetable broth, garlic and vegetables to shallots, gently stirring to coat.

Quinoa with Sun-Dried Tomatoes

Makes 4 servings—427 calories

- 4 cups quinoa, cooked
- ½ cup sun-dried tomatoes, packed in water, drained and chopped
- ¼ cup extra-virgin olive oil
- ¼ cup balsamic vinegar
- ½ cup pine nuts, toasted
- 1 tablespoon garlic, minced

Cook quinoa according to package directions. Drain well and add tomatoes, olive oil, vinegar, pine nuts and garlic. Let cool before serving.

Wild Rice Skillet

Makes 4 servings—415 calories

- 4 cups baby kale
- 1 small onion, diced
- 1 tablespoon extra-virgin olive oil
- 4 cups butternut squash, diced
- 1 teaspoon dried thyme
- 2 tablespoons balsamic vinegar
- 2 cups wild rice, cooked

In a skillet, sauté kale and onion with olive oil and set aside, covered to keep warm. Steam butternut squash for 10 minutes or until tender.

Toss steamed squash in skillet with kale mixture and flash-cook for five minutes, adding thyme and balsamic vinegar before serving over wild rice.

Pasta Primavera

Makes 4 servings of about 2 cups each—402 calories each

- 4 cups whole-grain pasta
- 1 tablespoon extra-virgin olive oil
- 1 cup red bell pepper, chopped
- 3 cups broccoli floret
- 1 zucchini, cut into 1-inch slices
- 1 teaspoon sea salt
- 2 teaspoons garlic, minced
- ½ cup fresh basil, finely chopped
- Pepper

Cook pasta according to package directions.

While pasta is cooking, in a sauté pan, heat olive oil over medium-high heat. Sauté pepper, broccoli and zucchini with salt and garlic until fork-tender. Divide vegetables over 1 cup of cooked pasta per serving and top each plate with fresh basil, salt and pepper.

Veggie Fajitas

Makes 1 serving—320 calories

- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 2 small yellow onions, sliced
- 2 cups mushrooms, sliced
- 1 tablespoon extra-virgin olive oil
- 2 cups black beans
- 4 corn tortillas (6-inch size)
- 2 cups lettuce
- 2 cups tomatoes, chopped
- 1 avocado, cored, peeled, and sliced
- 2 cups brown rice, cooked

In a sauté pan, sauté sliced peppers, onions and mushrooms in olive oil. Add black beans and warm.

Assemble fajitas by placing bean mixture on tortillas; add lettuce, tomatoes and avocado. Serve with rice.

Penne with Tomatoes and Kale

Makes 4 servings—400 calories

- 4 cups whole-grain penne
- 2 cups kale
- 1 tablespoon garlic, minced
- 1 tablespoon extra-virgin olive oil
- 2 cups tomato, chopped
- Sea salt
- Pepper
- Fresh parsley

Cook pasta according to package directions.

While pasta is cooking, in a large sauté pan over medium-high heat, sauté kale and garlic in olive oil for about 5 minutes or until it begins to wilt. Add tomato and cooked pasta and continue to sauté, stirring gently to combine, until heated through. Add salt and pepper to taste. Serve with fresh parsley.

Vegan Chili

Makes 4 servings—395 calories each

- 2 tablespoons extra-virgin olive oil
- 1 large onion, diced
- 1 tablespoon garlic, minced
- 3 stalks celery, chopped
- 2 red peppers, diced
- 2 large tomatoes, diced
- 1 cup water
- 2 cups red kidney beans
- 1 cup black beans
- 1 cup frozen corn
- 1 teaspoon oregano
- 1 tablespoon chili powder
- Sea salt
- Pepper

Heat oil in a large pot over medium-high heat. Add onion, garlic, celery, peppers and tomatoes to pan and sauté for about 10 minutes. Add water, kidney beans, black beans and corn, plus oregano, chili powder and 1 teaspoon salt. Let the chili return to a simmer. Cook for 5 minutes or until the corn and beans are heated through. Generously salt and pepper to taste.

Black Bean-Topped Sweet Potatoes

Makes 4 servings—423 calories each

- 4 medium sweet potatoes
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons garlic, minced
- 1 cup onion, chopped
- 1 cup green pepper, chopped
- 4 cups black beans, cooked
- 2 cups fresh salsa
- 4 teaspoons cumin
- 2 teaspoons sea salt
- 1 teaspoon black pepper

Preheat oven to 400°F.

Pierce sweet potatoes with a fork several times, then place them directly on the oven rack. Bake for 45 minutes, or until fork-tender. While potatoes are cooling, prepare the bean filling.

Heat the oil in a large sauté pan over medium-high heat. Sauté garlic, onion and pepper until soft. Stir in the black beans, salsa and seasonings. Cook until heated through. When potatoes are cool, cut each in half lengthwise and top with the bean filling.

Spinach and Artichoke Pasta Bake

Makes 4 servings—400 calories each

- 12 cups baby spinach
- 2 cups canned artichoke hearts, in water
- 1 tablespoon garlic, minced
- 4 cups tomatoes, chopped
- 2 tablespoons extra-virgin olive oil
- 3 cups vegetable broth
- 4 cups whole-grain pasta, cooked
- 2 cups Garlic Croutons (see recipe on page 25), crushed

Preheat oven to 350°F.

In a small bowl, combine spinach, artichoke hearts, garlic, tomatoes, olive oil and broth to make all ingredients wet and incorporated. Place cooked pasta in the bottom of a medium-sized casserole dish. Top with the spinach mixture. Top that with the crushed croutons and bake 20 minutes. Cut into quarters and serve.

Pepper and Cauliflower Hash

Makes 4 servings—393 calories each

- 8 cups cauliflower florets
- 4 medium zucchini, sliced
- 5 teaspoons garlic, minced
- 4 cups red peppers, roasted and packed in water
- 4 teaspoons extra-virgin olive oil
- 2 teaspoons sea salt
- 1 teaspoon pepper
- 2 cups fresh basil, chopped
- 4 tablespoons pine nuts, roasted

In a large sauté pan, sauté cauliflower, zucchini, garlic and peppers in olive oil for 15 minutes, or until vegetables are tender. Season with salt and pepper; add basil and pine nuts.

Cream of Broccoli and Pistachio Soup

Makes 4 servings—335 calories each

- 1 small onion, diced
- 4 teaspoons garlic, minced
- 8 cups broccoli florets
- 2 cups pistachios, shelled and chopped
- 2 tablespoons extra-virgin olive oil
- 6 cups vegetable broth
- 2 cups unsweetened almond milk
- 1 teaspoon cayenne pepper
- Squeeze of lemon juice

In a large saucepan, sauté onion, garlic, broccoli and pistachios in olive oil for a few minutes. Add vegetable broth and simmer until broccoli is tender. Transfer ingredients in batches to a blender and blend until smooth. Return soup to the pan. Add the almond milk to the pan. Stir in the cayenne pepper and lemon juice until heated through.

Stuffed Peppers

Makes 4 servings (each pepper is one serving)—395 calories

- 2 cups lentils, cooked
- 2 zucchini, chopped
- 2 small yellow onions, diced small
- 1 tablespoon garlic, minced
- 2 carrots, diced small
- 2 jalapeño peppers, diced small
- 2 tablespoons extra-virgin olive oil
- 4 red bell peppers
- 2 teaspoons fresh basil, chopped
- 2 cups bean sprouts
- 2 teaspoons cayenne pepper
- ½ cup sunflower seeds

Preheat oven to 400°F.

Cook lentils according to package directions and set aside. In a large sauté pan, sauté zucchini, onions, garlic, carrots and jalapeño peppers in olive oil until onions are soft. As mixture cooks, core the red peppers and place them in a casserole dish. Fill the peppers with the lentils and vegetable mixture. Add a half inch of water to the pan and bake for 20 minutes.

Add basil, sprouts and cayenne pepper to the peppers, and heat until just warmed through; add sunflower seeds on top.

Veggie Soup

Makes 4 servings—420 calories

- 10 cups vegetable broth
- 4 cups frozen spinach
- 4 cups frozen corn
- 6 tomatoes, chopped
- 2 cups white beans
- 2 tablespoons rosemary
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 2 teaspoons garlic powder

Place all ingredients in a medium-sized pot and bring to a boil. Reduce heat and simmer for 30 minutes.

Veggie Couscous

Makes 4 servings—402 calories each

- 2 cups couscous, cooked
- 8 cups vegetable broth
- 1 onion, chopped
- 2 cups mushrooms, sliced
- 2 teaspoons garlic, minced
- 2 tablespoons extra-virgin olive oil
- 4 tablespoons lemon juice
- 4 teaspoons lemon juice
- 4 teaspoons oregano
- 4 cups fresh spinach, coarsely chopped
- 1 cup pine nuts

In a saucepan, combine the couscous and broth over medium heat.

In a separate skillet, sauté the onion, mushrooms, and garlic in olive oil under tender. Stir in the lemon juice and oregano. Add spinach, cooking only until wilted.

Toss the cooked couscous with the spinach mixture and top with pine nuts.