



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Complete Your Meal with Leafy Greens

Leafy greens and salad kits are a great base for quick meals. Fresh Express has created a wide range of quick, nutritious recipes featuring their packaged greens and salad kits. They offer a shortcut to a delicious meal in no time.

Meal prep is also key to serving home-cooked meals when your time is limited.

Prep fruits and vegetables for the week. Cook up meat, pasta, and grains ahead of time. Purchase no salt added, canned beans.

These key ingredients combine into a variety of tasty recipes.

Meatless meals can be a delicious, affordable option.

Skip the meat and enjoy a complete source of protein by combining beans and quinoa.

Cumin-Lime Quinoa Bean Salad

Ingredients:

- 1 (5 oz.) package Fresh Express Organic 50/50 Mix
- 1 cup quinoa, cooked and cooled
- 1 can white cannellini or black beans, drained and rinsed
- 1 Tbsp. red wine vinegar
- 1/2 cup red bell pepper, chopped
- 1 cup grape tomatoes
- 1 cup cucumber peeled, seeded and chopped
- 1/4 cup fresh cilantro, chopped coarsely
- 1 avocado, cut into pieces



Recipe (edited) and image courtesy of FreshExpress.com.

Dressing:

- 4 Tbsps. fresh lime juice
- 1 Tbsp. rice vinegar
- 1/3 cup olive oil
- 1/2 tsp. sugar
- 3/4 tsp. salt
- 1 tsp. ground cumin
- 1/2 tsp. chili powder

Directions:

1. In a bowl, mix beans with vinegar and set aside.
2. In a separate container, combine all the dressing ingredients and mix well.
3. Add the lettuce into a large salad bowl. Top with red peppers, tomatoes, cucumber, cilantro, cooked and cooled quinoa and beans. Add enough dressing to coat and toss well. Lastly, add avocado and serve.

Asian Veggie Crunch Salad

Ingredients:

- 1 package Fresh Express Green & Crisp Salad Mix
- 1 cup broccoli florets
- 1 medium cucumber, peeled & sliced
- 1 cup sugar snap peas
- Salad dressing of choice
- 1/2 cup almond slivers, toasted



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Directions:

1. Place salad greens and vegetables into a large salad bowl.
 2. Drizzle with desired amount of dressing and toss.
 3. Serve in six individual salad dishes.
 4. Sprinkle toasted almonds on top.
- Optional:** Adding shelled edamame would offer a high-quality, complete source of protein and create a satisfying meatless entree.