



Winter Salads Collection

Created by Little Bird Wellness



Lentil Salad with Maple Roasted Squash

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
3. In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion, cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to 5 days.

No Maple Syrup

Use honey instead.

No Butternut Squash

Use sweet potato or carrots instead.

Save Time

Buy pre-sliced butternut squash.

Ingredients

- 2 cups Butternut Squash (chopped into 1 cm cubes)
- 1 1/2 tps Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 2 tbsps Maple Syrup
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Apple Cider Vinegar
- 1/4 tsp Cinnamon
- 2 cups Lentils (cooked, from the can)
- 4 stalks Green Onion (chopped)
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 cup Parsley (chopped)

Creamy Charred Brussels Sprouts, Apple & Walnut Salad

9 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Place the Brussels sprouts on the baking sheet, drizzle with oil, and season with salt and pepper. Toss to coat evenly and spread them out in a single layer. Cook in the oven for 20 to 22 minutes, or until tender and lightly browned, flipping halfway through.
3. Meanwhile, in a bowl, whisk together the tahini, water, lemon juice, salt, and pepper. Add the apples, raisins, and walnuts. Mix well.
4. Let the Brussels sprouts cool for approximately 10 minutes, then add them to the salad. Toss to mix well. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add green onion or parsley.

Ingredients

- 2 cups Brussels Sprouts (halved)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Tahini
- 2 tbsps Water
- 1/2 Lemon (medium, juiced)
- 1 Green Apple (medium, chopped)
- 1/4 cup Raisins
- 1/4 cup Walnuts (toasted, crushed)

Winter Kale Salad

10 ingredients · 20 minutes · 4 servings



Directions

1. Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
2. Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
3. Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to two days.

Serving Size

One serving equals approximately two cups.

No Pear

Use sliced apple instead.

No Kale

Use Swiss chard or collard greens instead.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 **tbsp** Apple Cider Vinegar
- 1 **tsp** Dijon Mustard
- 1 **tsp** Maple Syrup
- 1/8 **tsp** Sea Salt
- 6 **cups** Kale Leaves (thinly sliced)
- 1/2 **cup** Pomegranate Seeds
- 1 Pear (cored and thinly sliced)
- 1/4 **cup** Pumpkin Seeds
- 1/4 **cup** Unsweetened Coconut Flakes (toasted)

Sun Dried Tomato & Feta Potato Salad

10 ingredients · 20 minutes · 4 servings



Directions

1. Boil the potatoes in water until tender, about 15 minutes. Drain and cool slightly.
2. Cut the potatoes in half or into bite-sized chunks.
3. Meanwhile, in a large bowl combine the olives, shallots, sun dried tomatoes, capers, dill, oil, vinegar, and Greek seasoning. Add the potatoes and toss gently. Top with feta cheese.
4. Serve at room temperature or refrigerate for at least an hour before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup.

More Flavor

Add more fresh herbs like basil, parsley, or chives. Add diced bell peppers and cucumbers.

Additional Toppings

Nuts and seeds.

Ingredients

- 4 cups** Mini Potatoes
- 1/4 cup** Pitted Kalamata Olives (chopped)
- 1/4 cup** Shallot (chopped)
- 1/4 cup** Sun Dried Tomatoes (drained, chopped)
- 2 tsps** Capers (drained)
- 1/4 cup** Fresh Dill (chopped)
- 2 tsps** Extra Virgin Olive Oil
- 1 tbsp** Red Wine Vinegar
- 2 tsps** Greek Seasoning
- 2 tsps** Feta Cheese (crumbled)

Shredded Creamy Brussels Sprouts Salad

10 ingredients · 15 minutes · 4 servings



Directions

1. In a bowl, combine the extra virgin olive oil, apple cider vinegar, mustard, yogurt, maple syrup, sea salt and pepper. Mix well and set aside.
2. Add the thinly sliced brussels sprouts to a bowl and pour the dressing over top. Add the parsley, apple and pumpkin seeds then toss well to coat. Enjoy!

Notes

Dairy-Free

Use plain coconut yogurt instead of Greek yogurt.

Leftovers

Store in an airtight container in the fridge for up to 3 days.

More Protein

Add sliced chicken breast, bacon or toasted chickpeas.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 **tbps** Apple Cider Vinegar
- 2 **tsps** Dijon Mustard
- 1/4 **cup** Plain Greek Yogurt
- 2 **tsps** Maple Syrup
- Sea Salt & Black Pepper
- 4 **cups** Brussels Sprouts (trimmed and very thinly sliced)
- 1 **cup** Parsley (chopped and packed)
- 1 **Apple** (cored and thinly sliced)
- 1/3 **cup** Pumpkin Seeds (toasted)

Pecan & Cranberry Shredded Chicken Salad

7 ingredients · 40 minutes · 2 servings



Directions

1. Bring a pot of water to a boil and reduce to a gentle simmer. Add the chicken and cover. Let simmer until the chicken is cooked, about 15 to 20 minutes. Remove the chicken and transfer it to a bowl. Shred it into pieces using two forks and set it aside to cool.
2. In a bowl, whisk together the yogurt, lime juice, salt, and pepper.
3. Add the remaining ingredients and toss to combine.
4. Taste and adjust the seasoning to your taste. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one heaping cup.

More Flavor

Add parsley and bacon.

Dairy-Free

Use mayonnaise instead of the yogurt.

Ingredients

- 10 ozs Chicken Breast
- 1/4 cup Plain Greek Yogurt
- 1/2 Lime (medium, juiced)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Dried Unsweetened Cranberries
- 1/4 cup Pecans (chopped)
- 1/2 Cucumber (large, chopped)

Kale & White Bean Caesar Salad

9 ingredients · 25 minutes · 3 servings



Directions

1. Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
2. While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
3. Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
4. Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

Notes

Vegan and Vegetarian

Omit the bacon, or use coconut bacon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 4 slices Bacon
- 1/4 cup Hemp Seeds
- 2 tbsps Water
- 1 tbsp Nutritional Yeast
- 1/2 Lemon (juiced)
- 1 Garlic (clove, peeled)
- 6 cups Kale Leaves (chopped)
- 2 cups White Navy Beans (cooked)
- Sea Salt & Black Pepper (to taste)

Roasted Brussels Sprouts Caesar Salad

9 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
2. Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussels sprouts and let the garlic cook for another 15 minutes.
3. Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
4. Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

Ingredients

1 lb Extra Lean Ground Chicken (cooked)
5 cups Brussels Sprouts (halved)
1/2 cup Radishes (sliced)
1/2 cup Pumpkin Seeds
1/3 cup Extra Virgin Olive Oil
1 Garlic (whole head)
1/2 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper

Notes

Leftovers

Store in the fridge in an airtight container up to three days.

Save Time

Cook the ground chicken and make the roasted garlic dressing in advance.

No Extra Lean Ground Chicken

Use any other type of ground meat instead.

Vegan & Vegetarian

Use cooked lentils instead of ground meat.

Honey Mustard Fall Harvest Salad with Crunchy Chickpeas

10 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a bowl, toss the chickpeas with the oil and season with salt and pepper. Transfer to the prepared baking sheet and bake for 20 to 25 minutes until crispy, shaking halfway through.
3. Meanwhile, in the same bowl, whisk together the maple syrup, smoked paprika, and chili powder. Add the chickpeas to the bowl and toss well to combine. Transfer back to the baking sheet and let cool for approximately five minutes so the spices can set.
4. Add the kale and dressing to a large bowl. Toss to coat very well. Add the onion, pear, and cooked chickpeas and toss gently to combine.
5. Divide the salad evenly between plates and enjoy!

Notes

Leftovers

For best results, refrigerate the chickpeas separately from the salad in an airtight container for up to two days. Reheat the chickpeas in the oven so they're crispy.

Serving Size

One serving is approximately 2 3/4 cups.

Make it Vegan

Use a plant-based dressing instead.

More Flavor

Add garlic powder to the chickpeas.

Additional Toppings

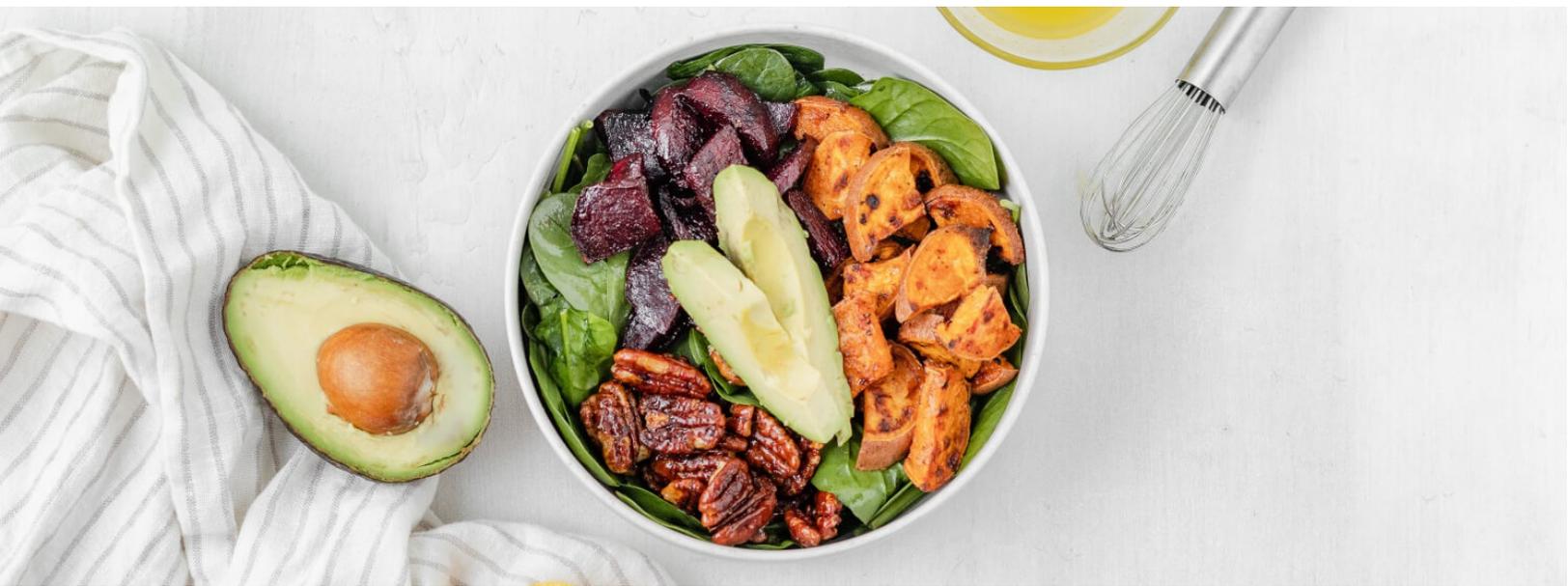
Bacon, crumbled blue cheese, and/or toasted nuts and seeds.

Ingredients

- 1 3/4 cups Chickpeas (cooked, patted dry)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsp Maple Syrup
- 1 1/2 tsp Smoked Paprika
- 1 tsp Chili Powder
- 8 cups Kale Leaves (finely chopped)
- 1/3 cup Honey Mustard Dressing
- 1/3 cup Red Onion (small, sliced)
- 1 Pear (large, sliced)

Roasted Sweet Potato & Beet Salad

10 ingredients · 50 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (191°C) degrees.
2. Line a baking sheet with parchment paper. Toss sweet potato and beet sticks with half the olive oil, half the maple syrup, cinnamon, sea salt, and pepper. Bake for 40 to 45 minutes until slightly browned.
3. In the mean time, make the dressing by combining the remaining olive oil with the lemon juice. Set aside.
4. Put pecans in a frying pan over medium heat and stir until toasted. Add remaining maple syrup. Stir until pecans are well coated. Continue to stir until pecans become very sticky. Remove from heat and spread across a piece of wax paper. Break apart into pieces when dry.
5. When sweet potato and beets are finished, toss spinach in lemon & oil dressing and put a handful on each plate. Top with roasted beets and sweet potatoes. Garnish with avocado and maple pecans.

Ingredients

- 1 Beet (sliced into 1 inch sticks)
- 1 Sweet Potato (sliced into 1 inch sticks)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Maple Syrup (divided)
- 1 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1/4 Lemon (juiced)
- 1/2 cup Pecans
- 4 cups Baby Spinach
- 1 Avocado (sliced)

Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts

Use broccoli instead.

No Lentils

Use chickpeas, tempeh, or tofu instead.

Ingredients

- 2 Sweet Potato (medium, sliced into 1 inch cubes)
- 4 cups Brussels Sprouts (washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

Warm Farro & Sweet Potato Salad

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Add the farro to a medium sized pot with water and half the sea salt. Bring to a boil. Once water has boiled, reduce heat to low and simmer for 30 minutes. When the farro is done cooking, add the spinach to the pot. Stir and cover until the spinach is wilted.
3. While the farro cooks, line a baking sheet with parchment paper and add the sweet potato. Cook in the oven for 20 to 25 minutes or until cooked through. Remove and set aside.
4. In a small bowl, mix the extra virgin olive oil, lemon juice and remaining sea salt.
5. Divide the farro and spinach mixture between plates. Top with sweet potato, walnuts and parsley. Drizzle the lemon dressing on top. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Gluten-Free

Instead of farro, use brown rice cooked according to package directions.

Nut-Free

Use pumpkin seeds instead of walnuts.

Ingredients

- 1 cup Farro (rinsed)
- 3 cups Water
- 1/2 tsp Sea Salt (divided)
- 4 cups Baby Spinach
- 1 Sweet Potato (large, cubed)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/2 cup Walnuts (chopped)
- 1/3 cup Parsley (roughly chopped)

Beet & Lentil Salad

10 ingredients · 1 hour · 2 servings



Directions

1. Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 45 to 50 minutes, or until tender when pierced with a fork. Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, chop them into quarters.
2. In a pan over medium-low heat, add the capers and fry until just crispy, about 4 to 5 minutes.
3. Whisk together the lemon juice, zest, extra virgin olive oil, maple syrup and sea salt in a small bowl.
4. Add the beets to a bowl and top with lentils, shallots and pumpkin seeds. Drizzle with the lemon dressing and top with parsley. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

No Capers

Use pitted olives instead.

Cheese-Lover

Top with crumbled feta or goat cheese.

Meal Prep

Cook the beets and lentils ahead of time and assemble for a quick meal.

Ingredients

- 4 Beet (medium)
- 1 tbsp Capers
- 1/2 Lemon (juiced and zested)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Maple Syrup
- 1/4 tsp Sea Salt
- 1/2 cup Lentils (cooked)
- 2 tbsps Shallot (thinly sliced)
- 3 tbsps Pumpkin Seeds (raw)
- 1/4 cup Parsley (chopped)

Potatoes & Prosciutto on Arugula

8 ingredients · 15 minutes · 3 servings



Directions

1. Bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and set aside.
2. Meanwhile, in a small bowl, whisk together the mustard, apple cider vinegar, mayonnaise, olive oil, and chives.
3. Divide the arugula, prosciutto, and boiled potatoes onto plates. Drizzle the dressing over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. For best results, store the dressing separately.

Make it Vegan

Use coconut bacon instead of prosciutto and vegan mayonnaise.

No Prosciutto

Use bacon, ham, turkey breast, sardines, smoked salmon, smoked herring or smoked mackerel.

Ingredients

- 1 Yellow Potato (large, peeled and chopped)
- 1 tsp Dijon Mustard
- 1 tsp Apple Cider Vinegar
- 2 tbsps Mayonnaise
- 3 tbsps Extra Virgin Olive Oil
- 1/2 cup Chives (chopped)
- 4 cups Arugula
- 3 1/2 ozs Prosciutto (chopped)

Crunchy Cabbage Salad with Chicken

13 ingredients · 20 minutes · 4 servings



Directions

1. Coat the chicken with the onion powder, sesame seeds and sea salt. Heat a skillet over medium heat. Add the avocado oil and chicken. Cook for 6 to 7 minutes and then flip. Continue to cook until the chicken is cooked through. Remove and let cool, and then slice and set aside.
2. Whisk the extra virgin olive oil, rice vinegar, sesame oil and coconut sugar in a small bowl.
3. Add the cabbage, kale and carrots to a large bowl. Add the dressing and massage it in. Top the salad with chicken and cashews and lightly toss. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Nut-Free

Omit the cashews or use pumpkin seeds instead.

Make it Vegan

Top with tofu or chickpeas instead of chicken.

No Avocado Oil

Use extra virgin olive oil instead.

No Coconut Sugar

Use brown sugar or maple syrup instead.

Ingredients

- 12 ozs Chicken Breast (skinless and boneless)
- 2 tsps Onion Powder
- 2 tsps Sesame Seeds
- 1/2 tsp Sea Salt (divided)
- 1 tsp Avocado Oil
- 2 tbsps Extra Virgin Olive Oil
- 2 tsps Rice Vinegar
- 2 tsps Sesame Oil
- 1 1/2 tsps Coconut Sugar
- 3 cups Purple Cabbage (chopped)
- 3 cups Kale Leaves (de-stemmed and shredded)
- 3 Carrot (thinly sliced)
- 1/3 cup Cashews (roughly chopped)

Roasted Winter Salad with Halloumi

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. In a large bowl add the avocado oil, minced garlic, squash, cabbage, red onion, salt and pepper and toss to combine. Add to the baking sheet and roast for 20 to 25 minutes.
3. Remove the baking sheet and add the halloumi. Place back in the oven for an additional 15 minutes.
4. Remove the baking sheet and sprinkle the sumac on top of everything. Drizzle the lemon juice on top. Divide between plates and top with mint leaves. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to about 3/4 cup.

Dairy-Free

Omit the halloumi.

No Mint

Use parsley or basil.

No Sumac

Use another spice blend such as za'atar.

Ingredients

- 2 **tbps** Avocado Oil
- 2 **Garlic** (cloves, minced)
- 1 **Delicata Squash** (medium, seeds removed and sliced into rings)
- 3 **cups** Purple Cabbage (cut into 1" pieces)
- 1 **cup** Red Onion (roughly chopped into large wedges)
- Sea Salt & Black Pepper (to taste)
- 4 **ozs** Halloumi (cut into large pieces)
- 1 **tsp** Ground Sumac
- 1 **tbps** Lemon Juice
- 1/3 **cup** Mint Leaves (chopped)

Grilled Brussels Sprouts, Pear & Pecan Salad

9 ingredients · 20 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water and pat dry. Toss the Brussels sprouts in oil and season with salt.
2. Pierce the Brussels sprouts onto the skewers.
3. Grill over medium-high heat for about four minutes per side, until tender and slightly charred.
4. Divide the spinach, pear, pecans, cranberries, and grilled Brussels sprouts onto plates. Drizzle with lemon juice and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately 2 1/2 cups.

More Flavor

Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

Additional Toppings

Add olive oil, goat cheese, blue cheese, feta cheese or vegan cheese.

No Skewers

Use a grilling mat or basket instead.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Ingredients

4 cups Brussels Sprouts (trimmed, outer leaves removed, halved)

2 tbsps Avocado Oil

1/2 tsp Sea Salt (to taste)

8 Barbecue Skewers

4 cups Baby Spinach

2 Pear (cored, sliced)

1 cup Pecans (crushed)

1 cup Dried Unsweetened Cranberries

2 tbsps Lemon Juice (to taste)

Apple & Beet Quinoa Salad

11 ingredients · 25 minutes · 4 servings



Directions

1. Cook the quinoa according to package directions. Once it has finished cooking, set it aside to cool.
2. Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

Make it a Meal

Serve with your favorite protein on top.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 Apple (julienned)
- 2 Beet (small, peeled, grated)
- 2 Carrot (small, peeled, grated)
- 1 cup Kale Leaves (chopped)
- 1/3 cup Dried Unsweetened Cranberries
- 1/4 cup Orange Juice
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 2 tbsps Hemp Seeds
- 1/2 tsp Sea Salt

Maple Roasted Lentil & Sweet Potato Salad

9 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Add the sweet potato, lentils, and pecans to a baking sheet. Toss with half of the oil and maple syrup to combine. Season with cinnamon, salt, and pepper. Bake in the oven for 20 minutes, or until fork-tender.
3. Combine the remaining oil, lemon juice, salt, and pepper in a small dish. Whisk with a fork.
4. Divide the spinach evenly between bowls and add the lentil and sweet potato mixture. Drizzle with the lemon and oil dressing. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 2 1/2 cups.

Ingredients

- 1 Sweet Potato (medium, cubed)
- 1 cup Lentils (cooked)
- 1/2 cup Pecans
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Lemon Juice
- 4 cups Baby Spinach

Kale, Chickpea & Farro Salad

7 ingredients · 30 minutes · 2 servings



Directions

1. Cook the farro according to the package directions.
2. In a large bowl, add the farro, kale, chickpeas, artichoke hearts, oil, vinegar, salt and pepper. Toss to combine.
3. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 2 1/4 cups.

Additional Toppings

Top with feta cheese.

Gluten-Free

Use quinoa instead of farro.

No Red Wine Vinegar

Use white wine vinegar, apple cider vinegar, or lemon juice.

Ingredients

- 1/2 cup Farro (uncooked, rinsed)
- 4 cups Kale Leaves (chopped, massaged)
- 1 cup Chickpeas (cooked)
- 2/3 cup Artichoke Hearts (from the can, drained, chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 tsps Red Wine Vinegar
- Sea Salt & Black Pepper (to taste)

Roasted Carrot & Cauliflower Salad

7 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the carrots, cauliflower, half of the oil, garlic powder, salt, and pepper to the baking sheet. Toss to combine. Spread out into an even layer. Cook for 25 to 30 minutes or until browned and tender, turning halfway through.
3. Add the roasted vegetables to a bowl and mix in the onion and parsley. Add the remaining oil and season with salt and pepper. Divide into bowls or onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Top with lemon juice. Use your favorite salad dressing or use pesto instead.

Ingredients

- 2 Carrot (large, peeled, chopped)
- 1/2 head Cauliflower (small, cut into florets)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Red Onion (sliced)
- 1/4 cup Parsley (chopped)

Roasted Leek & Butternut Squash Salad

7 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Add the butternut squash and leeks to the baking sheet. Toss with olive oil, salt, and pepper. Bake in the oven for 20 to 25 minutes or until golden brown.
3. Arrange the mixed greens, butternut squash, and leeks on a serving plate. Top with olives and drizzle with balsamic glaze. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add pecans and chickpeas.

Ingredients

- 1 1/2 cups** Butternut Squash (seeds removed, cubed)
- 1** Leeks (medium, sliced)
- 1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 cups** Mixed Greens
- 1/3 cup** Green Olives (pitted, sliced)
- 2 tbsps** Balsamic Glaze

Beet, Fennel & Carrot Slaw

10 ingredients · 10 minutes · 4 servings



Directions

1. Add the cabbage and fennel to a large bowl. Add half of the oil and season with salt. Massage with hands to soften the vegetables.
2. Add the beets, carrots, apples, radishes, and parsley to the bowl. Add the remaining oil and lemon juice. Season with salt and pepper and toss to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

More Flavor

Add red onion.

Ingredients

- 2 cups Green Cabbage (thinly sliced)
- 1/2 bulb Fennel (medium, thinly sliced)
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Beet (medium, peeled, thinly sliced)
- 1 Carrot (medium, peeled, thinly sliced)
- 1 Apple (small, thinly sliced)
- 1/2 cup Radishes (medium, thinly sliced)
- 1/2 cup Parsley (chopped)
- 1/2 Lemon (medium, juiced)

Roasted Carrot & Fennel Salad

10 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Place the carrots and fennel on the baking sheet. Season with salt and pepper and spray with avocado oil. Bake in the oven for 25 to 30 minutes or until browned.
3. Meanwhile, in a bowl, whisk together the olive oil, lemon juice, honey, salt, and pepper.
4. In a serving bowl, toss together the arugula and spinach. Top with roasted carrots, fennel, and feta cheese. Serve with the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three cups.

Make it Vegan

Omit the feta cheese and use maple syrup instead of honey.

More Flavor

Add broccoli and bell pepper.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

- 2 Carrot (medium, roughly chopped)
- 1 bulb Fennel (medium, sliced into wedges)
- Sea Salt & Black Pepper (to taste)
- 1/16 oz Avocado Oil Spray
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1 tsp Raw Honey
- 2 cups Arugula
- 2 cups Baby Spinach
- 1/4 cup Feta Cheese (crumbled)

Lentil & Broccoli Salad with Tahini Dressing

8 ingredients · 20 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Add in the broccoli and cook for about 10 to 12 minutes or until browned.
2. Add the lentils and cook for another five minutes. Remove from the heat and stir in half of the lemon juice, parsley, salt, and pepper.
3. In a small bowl, whisk together the tahini, the remaining lemon juice, water, salt, and pepper. If the sauce seems too thick, add more water to reach the desired consistency.
4. Transfer the lentils and broccoli onto a serving plate. Drizzle the tahini dressing on top. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add asparagus, almonds, chopped dates, and/or dried chopped apricots.

Ingredients

- 1 **tsp** Extra Virgin Olive Oil
- 2 **cups** Broccoli (cut into large florets)
- 1 **1/2 cups** Green Lentils (cooked)
- 1 **Lemon** (juiced, divided)
- 2 **tbsps** Parsley
- Sea Salt & Black Pepper (to taste)
- 1 **1/2 tbsps** Tahini
- 1 **1/2 tbsps** Water (warm)

Turkey Harvest Salad with Honey Mustard Dressing

9 ingredients · 45 minutes · 2 servings



Directions

1. Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Spread the sweet potatoes out on the baking sheet. Nestle the turkey breast between the sweet potatoes. Drizzle lightly with oil, season with salt and pepper, then toss the sweet potatoes to coat evenly. Cook in the oven for 15 minutes.
3. Toss the sweet potatoes and flip the turkey breast. Place the baking sheet back in the oven for another 15 minutes, until the sweet potatoes are tender and the turkey is cooked through. Let the turkey rest for five minutes before slicing.
4. To assemble the salad, divide the kale, sliced turkey, sweet potatoes, apple, cranberries, and walnuts evenly between bowls. Top with dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

Serving Size

One serving is approximately one cup of kale, half a cup of turkey, 3/4 cup of sweet potatoes, 1/3 cup of toppings, and one tablespoon of dressing.

More Flavor

Add fresh-squeezed lemon juice or extra herbs like parsley.

Ingredients

- 2 Sweet Potato (small, peeled and cubed)
- 8 ozs Turkey Breast
- 1 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Kale
- 1 Apple (medium, chopped)
- 1 tbsps Dried Unsweetened Cranberries
- 1 tbsps Walnuts (toasted, crushed)
- 2 tbsps Honey Mustard Dressing

Shredded Brussels Sprouts, Bacon & Pepperoncini Salad

7 ingredients · 20 minutes · 2 servings



Directions

1. Heat a pan over medium heat and add the bacon. Cook for three to four minutes per side, until browned and crispy.
2. Transfer the bacon to a paper towel-lined plate to cool. Once cooled, chop into small pieces.
3. In a medium-sized bowl, whisk together the lemon juice, oil, salt, and pepper. Add the Brussels sprouts, bacon, pomegranate seeds, and pepperoncinis. Stir well to combine.
4. Divide evenly between bowls or plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one heaping cup.

More Flavor

Add parsley and pumpkin seeds.

Ingredients

- 3 slices Bacon
- 1/2 Lemon (medium, juiced)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Brussels Sprouts (shredded)
- 1/3 cup Pomegranate Seeds
- 1 1/2 ozs Pepperoncini Peppers (chopped)

Roasted Squash, Fennel & Apple Salad

10 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C). Line a large baking sheet with parchment paper.
2. Place the squash, fennel, and onion on the baking sheet. Drizzle with half of the oil and season with salt and pepper. Cook in the oven for 15 to 20 minutes or until just tender. Let cool.
3. Meanwhile, whisk together the apple cider, vinegar, maple syrup, and the remaining oil in a large bowl. Add salt and pepper.
4. Add the roasted vegetables, apple slices, and parsley to the bowl. Toss gently to coat. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add toasted pecans or walnuts.

Additional Toppings

Crumbled feta or goat cheese.

Ingredients

- 2 cups** Butternut Squash (peeled, seeds removed, sliced)
- 1/2 bulb** Fennel (large, sliced thick)
- 1 cup** Red Onion (sliced)
- 1 tbsp** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/4 fl oz** Apple Cider
- 1 1/2 tsps** Apple Cider Vinegar
- 1/2 tsp** Maple Syrup
- 1/4** Apple (thinly sliced, seeds removed)
- 2 tbsps** Parsley (chopped)

Crunchy Kale Salad with Cod

9 ingredients · 15 minutes · 2 servings



Directions

1. Pat the cod dry with a paper towel and season it with salt and pepper.
2. Melt the butter in a pan over medium heat. Add the cod and cook for three to four minutes until the bottom is browned. Flip the cod and cook it for two to three more minutes. Add the lemon juice during the last minute. Baste the cod with the butter and lemon a few times just before it's finished cooking. Remove it from the pan and set it aside.
3. Combine the kale and dressing in a large bowl and toss to coat it very well. Add the onion, apple, and pumpkin seeds and toss again.
4. Divide the salad evenly onto plates and top it with the cod. Enjoy!

Notes

Leftovers

The cod is best enjoyed fresh. Refrigerate the salad separately from the cod in an airtight container for up to two days.

Serving Size

One serving is approximately two cups of salad with cod.

More Flavor

Chili flakes.

Fillet Size

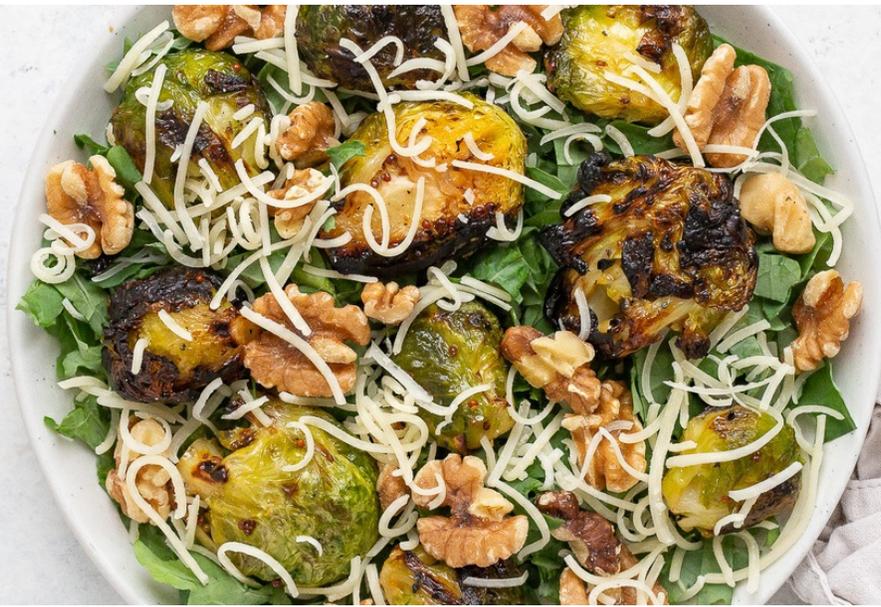
One fillet is equal to 231 grams or 8 ounces.

Ingredients

- 1 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Butter
- 2 tbsps Lemon Juice
- 4 cups Kale Leaves (finely chopped)
- 1/4 cup Honey Mustard Dressing
- 1/4 cup Red Onion (small, sliced)
- 1 Apple (large, sliced)
- 3 tbsps Pumpkin Seeds (toasted)

Grilled Brussels Sprouts, Walnut & Parmesan Salad

9 ingredients · 20 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water and pat dry. Toss the Brussels sprouts in 1/3 of the oil and season with half the salt.
2. Pierce the Brussels sprouts onto the skewers. Grill over medium-high heat for about four minutes per side, until tender and slightly charred.
3. In a jar, whisk together the remaining oil, remaining salt, lemon juice, and dijon mustard.
4. Divide the kale, Brussels sprouts, parmesan, and walnuts onto plates. Drizzle the dressing over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately 2 1/2 cups of salad.

More Flavor

Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Dairy-Free

Use vegan cheese instead of parmesan, or omit completely.

Ingredients

4 cups Brussels Sprouts (trimmed, outer leaves removed, halved)

1/3 cup Extra Virgin Olive Oil (divided)

1/2 tsp Sea Salt (to taste, divided)

8 Barbecue Skewers

1/4 cup Lemon Juice

1 tbsp Dijon Mustard

4 cups Kale Leaves (tough stems removed, sliced)

1 cup Parmigiano Reggiano (shredded)

1 1/2 cups Walnuts