

Quaran Lean Recipes

Breakfast

Black Bean Scramble

(Makes 1 serving)

INGREDIENTS:

- 2 whole eggs
- 2 egg whites
- 1/2 cup black beans
- 1/4 cup red onion, chopped
- 1/2 avocado
- 2 tablespoons salsa
- 1/2 teaspoon olive oil

DIRECTIONS:

1. Saute your onions in oil in a non-stick pan. Add eggs & cook until scrambled. Once egg is almost cooked, stir in beans & cook until heated.
2. Transfer to a plate and top with salsa and avocado.



LUNCH

Festive Greens

This incredible salad is loaded with nutrition! From heart healthy pomegranates, avocados and walnuts to the wonderful minerals in spinach and dark leafy greens. I add GOJI berries to mine as they are high in protein and antioxidants....and they are red and festive! You can add your favorites to it and make it your own. Enjoy in great health! 😊

Ingredients:

Mix together

1 large container or Organic mixed greens

1 small container/bunch of Organic baby spinach

1 pomegranate, seeded

1 avocado, peeled and sliced (these can be done ahead and covered with lime juice until ready to use)

1 red onion, sliced thinly (optional)

¼ cup GOJI berries, soaked in water

¼ cup raw pepitas (pumpkin seeds)

In a small pan over LOW heat, place:

¼ cup walnut halves

1-2 TBS maple syrup

Stir continuously until walnut pieces are covered and syrup begins to evaporate. Remove from heat and allow to harden on parchment paper.

Dressing:

¼ cup POM pomegranate juice

2-3 TBS Balsamic vinegar

2 TBS raw unpasteurized honey

Warm the above ingredients in a small saucepan and allow to simmer until slightly thickened. Then add ¼ extra virgin olive oil. Keep warm by placing in a jar and wrapping with a towel.

When ready to serve salad, toss all ingredients with dressing and top with walnut pieces. This salad is lovely layered on a flat plate.

Dinner

Grilled Vegetable with Quinoa (Salad or hot)

1 uncooked cups quinoa
3 zucchini
1 red onion
3 portobello mushroom caps (optional)
2 or 3 peppers (can be any colour)
2 cloves garlic minced
1/3 cup olive oil
1/4 cup sherry vinegar (red wine vinegar with a bit of sherry would do. Balsamic is also be good...I would decrease the oil a little and increase the vinegar)
1/4 tspn sugar
1/4 tsp pepper
1 tsp salt
1/3 cup chopped fresh parsley

Remove gills of mushroom caps and chop veggies.

Combine garlic, oil, vinegar, sugar, pepper, salt and lightly brush some of this dressing over the veggies before grilling

Grill veggies.

Meanwhile cook up quinoa. Rinse it very well and drain. Put in pot with 1 2/3 cups water and bring to a boil. Simmer for 15 - 20 minutes until no more moisture and it is cooked but not mushy. Let it cool if making a salad

Combine quinoa and grilled veggies and rest of dressing and parsley and let stand for 1 hour or refridgerate up to 24 hours.

TIPS: I have also served this as a hot dish but decrease the amount of dressing and throw in a bunch of herbs such as oregano, basil, chives....all good.

Instead of quinoa you can use any small pasta such as orzo, ditalani, acini di pepe or small shells. WW is good. Try to find a whole wheat pasta that is small.

Please email me at
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for a My Blueprint Personal
Nutrition Program. At the
moment I can only take on
8 more clients. Please RSVP
ME and I will Help!