



## RECIPES

### QUINOA PROTEIN BREAKFAST BOWL

1/2 cup cooked quinoa  
 1 lb. GF Breakfast Sausage (Johnsonville)  
 1/2 c chopped onion  
 1/2 c mushrooms quartered  
 2 cups baby spinach  
 1/2 lemon juiced  
 1 egg  
 1-2 Tbsp chives freshly chopped  
 Olive oil  
 salt & pepper

Cook one cup of quinoa in 2 cups of water (save extra for other use)

Begin cooking onions and mushrooms in a medium sized fry pan with 1-2 Tbsp of olive oil. As they caramelize, add breakfast sausage, cook until done.

Add cooked quinoa to pan with onions, mushrooms and sausage. Add spinach and squeeze lemon over ingredients.

Cook egg in separate pan sunny-side up. Top quinoa mixture with egg and sprinkle with chopped chives. Salt and pepper to taste

### MANDARIN SALAD WITH OLIVES

3 cups fresh baby arugula  
 1/3 c kalamata olives  
 1/3 c fresh or canned mandarin oranges (drained) and chopped  
 1/4 c chopped red onion  
 2-3 Tbsp; chopped pistachio

#### Dressing:

1/2 fresh lemon juiced  
 Add remaining champagne vinegar to 1/3 c  
 1/3 c lemon (or extra virgin) olive oil  
 2 Tbsp. honey  
 Salt & Pepper

Combine arugula, olives, oranges, onions in a large serving bowl.

Add the vinaigrette to the salad and toss to coat. Top with pistachios

Additional ingredient suggestions...

Avocado, beets, hard boiled eggs, chicken or chickpeas

### THANKSGIVING LENTIL SALAD

1 Medium butternut squash peeled and cut into 1/2" cubes  
 1 large red onion cut into 1/2" cubes  
 2 cloves garlic, unpeeled  
 salt/pepper

3 cups green lentils  
 2 bay leaves  
 1 bunch kale (stem removed)  
 1/2 c. toasted pecans, raisins & parsley

#### Dressing:

1/4 c sherry (or redwine) vinegar  
 1 Tbsp Dijon mustard  
 6 Tbsp olive oil

Coat butternut squash and onions w/olive oil sprinkle with salt and pepper.  
 Roast in 425 degree oven 25-30 min

Cover lentils in water 1" above and add bay leaf . Bring to boil and reduce heat to simmer. Cook until tender 15-20 min. Drain and discard bay leaves. Salt lentils after cooking is complete.

Remove garlic and remove skin. Squeeze out cooled cloves and blend with dressing.

Add dressing to warm lentils. Add kale and toss until well coated. Add roasted vegetables, pecans, raisins and parsley. Serve warm or room temperature (recipe from [www.thekitchn.com](http://www.thekitchn.com))