

## **Cucumber Quinoa Salad**

**Serves 4 small**

### **SALAD INGREDIENTS:**

- 1 English cucumber, diced (or 3 small Persian cucumbers)
- 2 cups chilled cooked white quinoa (made with water)/1 cup dried
- 1/2 cup diced red onion
- 1/2 cup crumbled feta cheese OR ½ cup chickpeas (rinsed drained from a can)
- 3 cups organic baby spinach chopped
- 1/3 cup sunflower seeds

### **LEMONY ITALIAN VINAIGRETTE INGREDIENTS:**

- 1/4 cup olive oil
- 3 tablespoons apple cider vinegar or red wine vinegar
- 1 tablespoon fresh lemon juice (1/2 lemon)
- 1 large handful fresh curly parsley, chopped
- 1 teaspoon of honey
- ½ teaspoon salt to start and black pepper

### **INSTRUCTIONS:**

1. Cook quinoa in a pot while chopping all your veggies
2. Toss all ingredients of salad together in a large mixing bowl.
3. Whisk all vinaigrette ingredients together in a small bowl until combined (taste - adjust as needed to meet your pallet).
4. Drizzle dressing on top of salad and serve!

## **Thai Peanut Sauce with Chicken & Vegetables**

**Serves 4**

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## **SALAD INGREDIENTS**

- 2 cups shredded cabbage mix (can buy already done) or thinly slice red cabbage
- 1 cup carrots, julienned (can buy this in a bag as well)
- 1 cup broccoli florets
- 1 cup snow peas, thinly sliced
- ½ cup cilantro, chopped
- 1 cup shredded chicken breast (rotisserie works great)

## **SAUCE INGREDIENTS**

- ½ cup almond or peanut butter (natural nut-butters preferred)
- 1 Tablespoons fresh ginger, peeled and chopped
- 1 teaspoon salt
- 2 cloves garlic
- 1 ½ Tablespoons lemon juice (1-2 fresh lemons)
- 2 Tbs. sweetener (dates, raisins, prunes) OR 1 Tbs. honey
- 1 teaspoon serrano pepper, diced (optional)

## **INSTRUCTIONS**

1. In a highspeed blender, blend the almond butter, ginger, lemon juice, sweetener, garlic, salt, serrano pepper and water until smooth. Add water as needed to achieve desired thickness.
2. Toss sauce with vegetables and cilantro in a large mixing bowl.
3. Top with chicken or cubed tofu!