

Southwest Tortellini Pasta Salad

Ingredients

- 20 ounce package three cheese refrigerated tortellini
- 1 cup corn fresh from 1 ear of cooked corn, canned or frozen corn
- 15 ounce can black beans , drained and rinsed
- 1 red bell pepper chopped
- 1 avocado , chopped
- 1 1/2 cups cherry tomatoes , halved
- 1/4 cup red onion , chopped
- 1/4 cup fresh cilantro , chopped

Dressing:

- 3 Tablespoons olive oil
- juice from 2 limes
- 2 Tablespoons rice vinegar
- 1 clove garlic , minced
- 1 teaspoon granulated sugar
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- salt and freshly ground black pepper to taste

Instructions

1. Cook the tortellini according to package instructions. Drain and rinse with cold water.
2. Add tortellini to a large bowl. Add cooked corn, black beans, bell pepper, avocado, cherry tomatoes, onion, and cilantro.
3. Combine all of the dressing ingredients in a resealable jar. Shake until combined. Pour desired amount of dressing (you may not want to use it all) over the pasta and toss to coat.

Roasted Vegetable Bowls with Pesto

Ingredients – makes 4 servings

- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups broccoli florets
- 2 medium red bell peppers, quartered
- 1 cup sliced red onion
- 3 cups cooked brown rice
- 1 (15 ounce) can chickpeas, rinsed
- 4 tablespoons prepared pesto

Preparation

1. Preheat oven to 450°F.
2. Whisk 2 tablespoons oil, garlic powder, salt and pepper together in a large bowl. Add broccoli, peppers and onion; toss to coat. Transfer to a large rimmed baking sheet and roast, stirring once, until the vegetables are tender, about 20 minutes. Chop the peppers when cool enough to handle.
3. Stir the remaining 1 tablespoon oil into rice. Place about ¾ cup of the rice in each of four 2-cup microwave-safe, lidded containers. Divide chickpeas and the roasted vegetables among the bowls. Top each with 1 tablespoon pesto.

Mediterranean Kale, Kidney Bean and Farro Stew

- 2 Tbsp olive oil
- 1 cup carrots diced (about 2 medium)
- 1 cup chopped yellow onion (1 small)
- 1 cup chopped celery (about 2)
- 4 cloves garlic , minced
- 5 cups low-sodium vegetable broth
- 1 (14.5 oz) can diced tomatoes
- 1 cup farro , rinsed
- 1 tsp dried oregano
- 1 bay leaf
- Salt , to taste
- 1/2 cup slightly packed parsley sprigs (stems included)
- 4 cups slightly packed chopped kale , thick ribs removed
- 1 (15 oz) can kidney beans, drained and rinsed
- 1 Tbsp fresh lemon juice
- 1/2 cup Feta cheese , crumbled, for serving

Instructions

1. Heat oil in a large pot over medium-high heat.
2. Add carrots, onion and celery and saute 3 minutes. Add garlic and saute 30 seconds longer.
3. Stir in vegetable broth, tomatoes, farro, oregano, bay leaf and season with salt to taste.
4. Add parsley in a mound to soup and bring soup to a boil. Reduce heat just below medium.
5. Cover and simmer 20 minutes. Then remove parsley, stir in kale and cook 10 - 15 minutes longer until both farro and kale are tender.
6. Adding in cannellini beans and heat through, about 1 minute.
7. Remove bay leaf, stir in lemon juice and add additional vegetable broth or some water to thin soup as desired (the farro will absorb more liquid as the soup rests).
8. Serve warm topping each serving with feta cheese.

Chocolate PB "Ice cream"

Guilt free "ice cream"

2 tbsp peanut butter

2 chopped frozen bananas

1 tbsp cocoa powder

1. Chop and freeze 2 bananas. I do this when they're just starting to turn brown; I cut them up and throw them in a zip lock bag
2. Once frozen, placed the 2 chopped frozen bananas in a food processor (I use my single serve Ninja) and blend until smooth (I usually have to stop and stir a few times & sometimes add a drop or two of almond milk to get them to blend faster)
3. Add 2 tbsp of PB and 1 tbsp of cocoa powder (I've used hot cocoa mix and even chocolate slim fast powder) blend into bananas
4. Serve & eat immediately (but slowly to avoid brain freeze 😊)