

## Spring Recipes from Healthy Seasonal Recipes

Snap Pea Mint and Feta Fattoush Salad

Carrot Ginger Soup with Oregano Croutons

Southwest Cobb Kale Salad

Creamy Chicken & Peas

Blueberries Manchego and Pumpkin Seed Cluster Salad

**RAINBOW**  
eat the rainbow!  
**DELICIOUS**

### Produce

- spring greens (8 oz)
- snap peas (2 C)
- radishes (5)
- English cucumber (1/2 large)
- red onion (1/4 C)
- lemons (2 T juice) (1/4 C juice)
- granny smith apples (2T)
- yellow onion (1 large)
- carrots (1 1/2 lbs) (1 C)
- celery (3 stalks)
- fresh ginger (2 T)
- garlic cloves (1) (1)
- limes (3 T juice)
- lacinto kale bunches (1 small) (1 large)
- jicama (1 C)
- corn kernels (1 C, frozen)
- frozen peas (2 C)
- fresh blueberries (1 C)
- shallot (2 T)

### Nuts

- pumpkin seeds (2/3 C)

### Herbs

- mint leaves (1/2 C)
- thyme leaves (1 1/2 t)
- fresh oregano (1 T)
- cilantro (1/4 C)
- chives (1/4 C)

### Spices

- sumac (1 T)
- oregano (2 t)
- cumin (1 t)
- chipotle powder (1/2 t) (1/4 t)
- cinnamon (1/4 t)

### Dairy

- mild feta cheese (1/2 C)
- hard boiled eggs (4)
- queso fresco or can use feta (1/2 C)
- sour cream (2 T)
- manchego or hard sheep cheese (2 oz)

### Pasta & Grains

- quinoa, rice, egg noodles (for serving chicken and peas, optional)

### Meat

- bacon (8 slices, optional)
- boneless chicken (1 lb)

### Bread & Tortillas

- whole wheat pita bread (2 large)
- crusty whole grain bread (4 C)

### Pantry Items

- olive oil (1/4 C + 1 T) (4 T) (1/4 C) (1 T) (1/4 C)
- honey (2 t) (3 t)
- mixed olives (12 large)
- vegetable broth (6 C) (1 C)
- apple cider vinegar (1 T)
- maple syrup (2 t)
- black beans (15 oz)
- all purpose flour (3 T)
- Dijon mustard (2 t)
- canola or avocado oil (1/4 C)