



LiveWell
RAINBOW
RECIPE
PACK

Nutrient-dense recipes
to support physical
and mental health

AUTHENTIC GAZPACHO

INGREDIENTS

2 lb ripe tomatoes, halved and cored
1 small cucumber, peeled and seeded
1 medium bell pepper, cored
1/2 red onion, peeled
2 garlic cloves, peeled
3 T olive oil
2 T red wine vinegar
1 tsp sea salt
1/2 tsp black pepper
1/2 tsp cumin

PROCEDURE

Combine all ingredients in a blender and process until smooth. Taste and add extra pepper or cumin if needed.

Refrigerate about 4 hours, or until chilled thoroughly. Serve, garnished with whole grain croutons, fresh herbs, sriracha, jalapeno, or scallions.



SHEET PAN CITRUS SALMON

INGREDIENTS

- 1 lb baby potatoes, halved
- 4 T extra virgin olive oil
- 4 salmon fillets (about 5 oz each)
- 2 tsp dried oregano
- 1 tsp paprika
- 1 T orange zest, plus 6 orange slices
- 1 T lemon zest
- 1 pinch red pepper flakes
- 1/2 small onion, thin sliced
- 2 c baby arugula or spinach

GUAC INGREDIENTS

- 1 avocado
- 1/2 c cilantro, chopped
- 1 T red wine vinegar
- Juice 1/2 orange
- Juice 1/2 lemon
- Water, as needed

PROCEDURE

Preheat oven to 425 F. On a baking sheet, toss the potatoes with 2 T oil and roast 20 minutes. Rub salmon fillets with oregano, paprika, citrus zest and pepper flakes. Push potatoes to one side of pan and arrange salmon on the other half. Lay onions and orange slices on top. Return and roast 10 - 20 more minutes, depending on salmon thickness.

Meanwhile, make guac by smashing ingredients in a bowl. Place a handful of greens on your plate, topping with salmon. Spoon salsa over salmon and potatoes and enjoy!



GRILLED SPICED PINEAPPLE

INGREDIENTS

2 T honey
1 tsp olive oil
1 T fresh lime juice
1 tsp cinnamon
8 pineapple slices, 1/2" thick

PROCEDURE

In a small bowl, combine honey, oil, lime juice and cinnamon. Heat the grill or cast iron skillet to medium high heat. Brush each pineapple slice with the marinade. Grill, turning and brushing once or twice until tender and browned, about 4 minutes per side. Serve warm.

Pairs well with long grain brown rice, grilled shrimp or white fish, black beans and red peppers.



MASSAGED KALE SALAD

INGREDIENTS

- 1 bunch kale, destemmed and thin sliced
- 1/4 c extra virgin olive oil
- 2 T apple cider vinegar
- 1/2 c dried cherries or 1 apple, diced
- 1/2 c sliced almonds
- 1/3 c bleu cheese, optional

PROCEDURE

Place kale in a large bowl. Massage thoroughly (roughly) with hands, until kale wilts, color deepens and becomes fragrant, about 2-3 minutes. Drizzle with oil and vinegar and mix to disperse. Top with remaining ingredients and toss to combine.

Experiment with other topping combinations. Blueberries, almonds and feta work well, as does peaches, pecans and avocado.



BLUEBERRY CASHEW SMOOTHIE

INGREDIENTS

1 banana
1 c frozen blueberries
1/4 c cashews
1/2 c plain yogurt
handful spinach
1/2 tsp vanilla extract
Pinch of cinnamon
1 T ground flaxseed

PROCEDURE

Place all ingredients into a blender and puree until smooth. Enjoy right away.

Avoid fresh blueberries, as your texture will be off. If using a lower-powered blender, soak cashews to soften before blending. Or, substitute 1 T almond or cashew butter instead.



ROSEMARY CHICKEN WITH GRAPES

INGREDIENTS

- 1 T olive oil
- 1 garlic clove, smashed
- 4 chicken thighs, skinless
- 3 shallots, peeled, sliced lengthwise
- 1 T balsamic vinegar
- 1 lb seedless red grapes, divided in groups
- 1 T chopped rosemary

PROCEDURE

Preheat oven to 400 F. Heat oil in an over-safe skillet over medium high. Add smashed garlic, stir for 30 seconds, then add chicken to brown. Sear thighs for 6-7 minutes before flipping. Place shallots around the chicken, drizzle with vinegar. Top with grape clusters, sprinkle with rosemary and bake in oven for 20 minutes.

When done, place skillet back on stovetop and simmer until juices slightly reduce. Drizzle over chicken and any side, if desired.

Serve warm with roasted green beans or a simple spinach salad.

