Blueberry Walnut Quinoa Salad with Cauliflower Rice

1 cup fresh spinach, cleaned and washed
4 ounces Fresh blueberries, smaller the better
1 cup roasted or canned red and golden beets, diced
1/3 cup toasted and chopped walnuts
1 cup cannellini beans, rinsed and drained
1/3 cup red onion, diced
3 tablespoons fresh chives, minced
2 cups Cauliflower rice, thawed or made fresh

Dressing
1 clove of garlic, grated
4 tablespoons white vinegar
2 tablespoons olive oil
¼ teaspoon black pepper
1 tablespoon lemon juice
2 heads Boston lettuce, washed and drained

Place all salad ingredients in a bowl and lightly toss.
In a jar with tight fitting lid add all dressing ingredients and shake well.

Place Boston lettuce on plate, top with ½ cup of salad mixture and 1 tablespoon dressing. Roll into a warp and serve.
Mashed Carrots
The perfect alternative to sweet potato casserole

16 ounces carrots, cleaned and cut small
Water to cover

Cook carrots until easily mashed and tender.

Drain Carrots
Add 2 tablespoons unflavored whey powder
½ teaspoon black pepper
2 tablespoons orange juice
½ teaspoon nutmeg
½ teaspoon grated orange rind
1 tablespoon butter, reserved

In saucepan the carrots were cooked in, mash the carrots with a masher of mixer. Add other ingredients and whip until creamy. Pour out onto a bowl and top with reserved butter. Serve hot!

You will never miss sweet potatoes again.
Parmesan Asparagus Spears

INGREDIENTS

1 pound asparagus
Olive oil flavored spray
Salt and black pepper to taste
1/4 cup loosely packed grated parmesan cheese
1/4 cup almond meal
2 tablespoons whey protein powder

1. Combine whey protein powder, parmesan and almond meal in a resealable bag.
2. Clean and trim asparagus
3. Spray with olive oil spray
4. Drop into parmesan mixture and toss gently to coat.
4. Place in a non-stick skillet and roast until tender crisp about 8-10 minutes
Harvest Chicken Salad

INGREDIENTS
5.3-ounce Strawberry Greek yogurt (blueberry or vanilla can be used)
1 teaspoon Dijon mustard
1 ½ cups shredded roasted chicken (rotisserie is great)
½ cup chopped apple, peel left on
¼ cup toasted walnut pieces, chopped
½ cup chopped celery
¼ cup sliced green onions
4 cups salad greens

1. In a bowl combine Greek yogurt, mustard and salt and pepper. Mix well. Add remaining ingredients, except greens. Toss to coat.
2. To serve, place 1 cup of greens on each plate. Mound 1 scant cup chicken salad mixture on top of greens and serve.

Calories 195; Total fat 9g; Chol 50mg; Sodium 105mg; total carbs 9 g; Fiber 2g; Sugars 6g, Protein 20g.