

Lemon Basil Orzo Salad

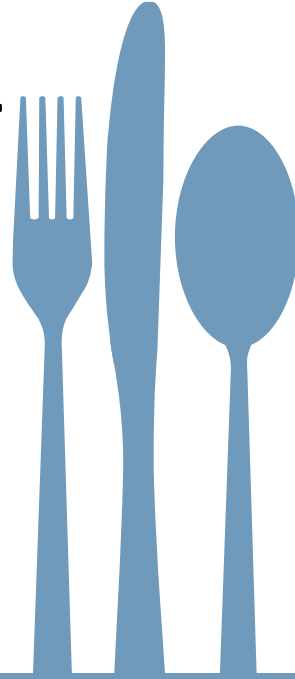
DIRECTIONS

1. Cook orzo according to package.
2. Juice and zest 2 large lemons.
3. Combine ingredients and toss with 1/2 cup olive oil.



INGREDIENTS

- Orzo, 1 pound
- Lemon, 2
- Roasted red peppers, 1/2 cup chopped
- Yellow grape tomatoes, 1 pint halved and roasted
- Green onions, 1/2 cup chopped
- Parsley, 1/2 cup chopped
- Fresh basil, chopped



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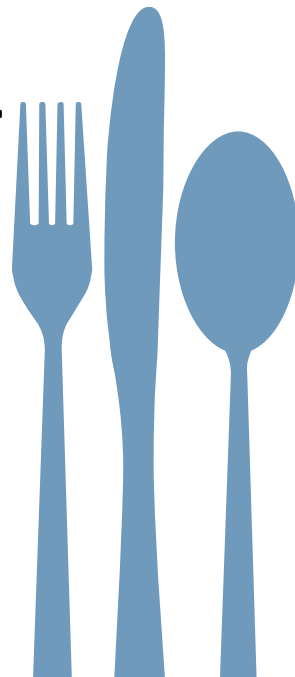
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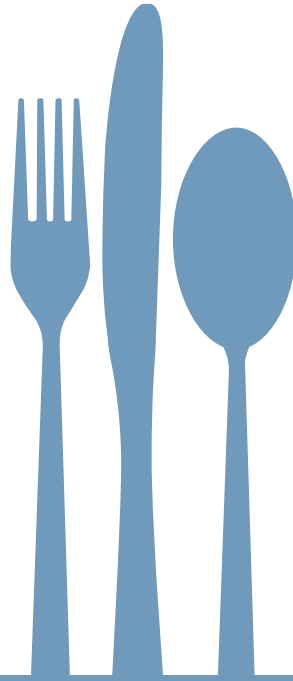
Avocado Greek Salad

SALAD DIRECTIONS

1. Slice 1 large cucumber, 4 ripened tomatoes, 1 green pepper, 1/2 red onion, 1 large avocado, 1/2 cup feta cheese, and 1/2 cup Kalamata olives.



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DRESSING

DIRECTIONS

- Combine 1/4 cup olive oil, 2 Tbsp. red wine vinegar, 1 tsp. minced garlic, 2 tsp. dried oregano.

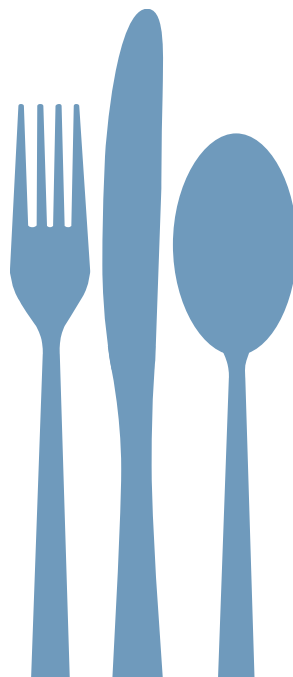
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Berry Feta Salad with Strawberry Poppy Seed Dressing

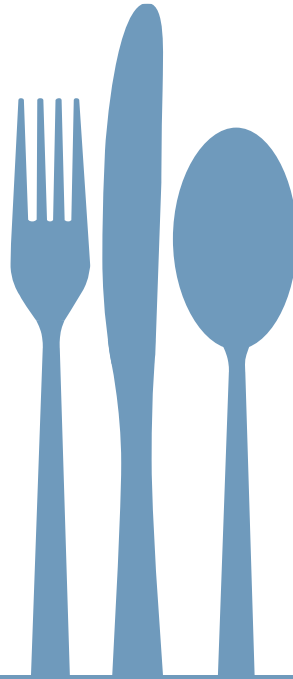
SALAD DIRECTIONS

1. Mix baby spinach, 1/2 cup sliced strawberries, 1/2 cup blueberries, 1/2 cup raspberries, 1/2 red onion thinly sliced, 1 sweet apple diced, 1 kiwi peeled and diced, and 1/3 cup feta cheese in a large bowl.



DRESSING DIRECTIONS

- Combine 5 ounces strawberry yogurt, 1/4 cup plain yogurt, 2 Tbsp. milk, 1 Tbsp. apple cider vinegar into blender. Pulse 1 Tbsp. poppy seed and 1 Tbsp. sesame seed after combined.
- For more sweetness, add sugar, for more tanginess add vinegar.



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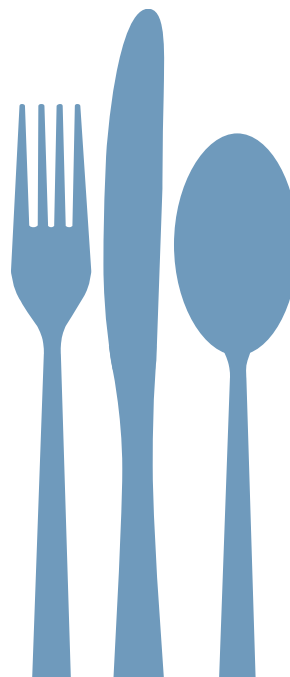
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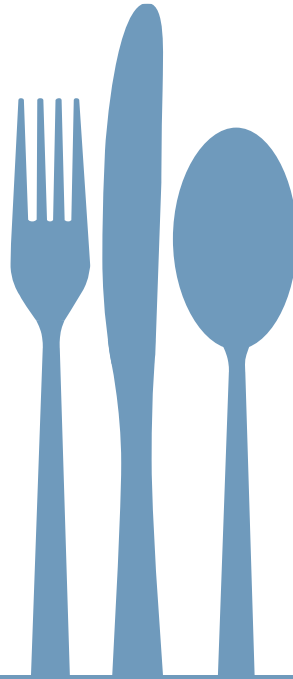
Chili Lime Southwest Salad

DIRECTIONS

1. Combine red leaf lettuce with 1 cup sliced cherry tomatoes, 1 ripe sliced avocado, 1 cup black beans, 1 cup corn, 1 cup shredded cheddar cheese, and 1 cup shredded chicken with homemade taco seasoning (optional).



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INGREDIENTS

- Combine 2 Tbsp. olive oil, 1/3 cup fresh lime juice, 4 Tbsp. cilantro, 2 cloves of garlic, 1/2 tsp. red pepper flakes, 1 tsp. cumin, and 1/4 cup plain Greek yogurt.

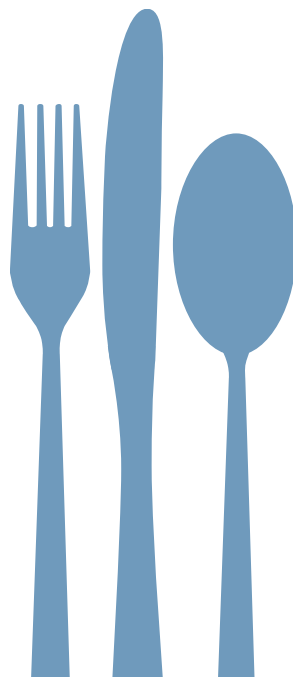
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