



## Fruit Salad with Mint

SERVINGS: 10

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

### Ingredients

1 mini watermelon

1 cantaloupe

1 pint of strawberries

1 pint of blueberries

3 sprigs of mint

#### \*Optional substitutions

1 pineapple

1 1/2 cups grapes

1 honeydew melon

1 cup pomegranate seeds



### Directions

1. Wash your fruit and mint thoroughly.
2. On a cutting board, cut the watermelon in half. Take each half of the melon and cut it into slices. Cut each slice into 1/2-inch cubes.
3. Cut the cantaloupe in half. Take each half of the melon and cut it into slices. Cut each slice into 1/2-inch cubes.
4. Destem the strawberries and slice each strawberry into quarters.
5. Add all of the fruit to a serving bowl.
6. Roll the mint tightly together and finely julienne.
7. Toss all ingredients together until well combined.
8. Enjoy!



## Caprese Salad

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

### Ingredients

- 12 ounces fresh mozzarella
- 3 ripe heirloom tomatoes
- 16 fresh basil leaves
- Drizzle of Balsamic glaze
- Sprinkle of Celtic sea salt
- Drizzle of olive oil



### Directions

1. Cut the tomatoes into slices or wedges and arrange them in a circle on a large plate or in a line on a platter.
2. Cut the mozzarella into slices no larger than 1/4 inch. Assemble between the tomatoes.
3. Place a basil leaf on each mozzarella slice.
4. Drizzle olive oil and balsamic glaze over the dish.
5. Sprinkle with sea salt.
6. Serve immediately.



# Baked Lentil Falafel

Recipe inspired by Laurel of Darngoodveggies.com:  
<https://www.darngoodveggies.com/30-minute-baked-lentil-falafel/>

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

## Ingredients

- |   |                                 |
|---|---------------------------------|
| 1 cup black caviar lentils, soaked 4-12 hours | 2 green onions, cut into chunks |
| 2 cloves garlic, peeled                       | 1 lemon juiced                  |
| 1 cup fresh spinach                           | 1/4 cup extra virgin olive oil  |
| 1/2 cup cilantro                              | 1 teaspoon cumin                |
| 1/2 cup parsley                               | 1 teaspoon salt                 |
| 1/4 cup mint                                  | 1/2 teaspoon pepper             |
|   | Avocado oil for the pan         |

## Directions

1. Soak the lentils overnight or for at least 4 hours ahead of time.
2. Preheat the oven to 425 degrees. Drizzle a sheet pan generously with avocado oil.
3. Add the lentils, garlic, spinach, cilantro, parsley, mint, green onions, lemon juice, olive oil, cumin, salt, and pepper to the food processor. Process until the mixture is well combined and sticks together when pinched.
4. Using a tablespoon, scoop a heaping spoonful and form it into a ball or disc. Place it on the oiled baking sheet and repeat.
5. Bake for ten minutes on one side, then flip and bake for another ten minutes on the other side.
6. Serve and enjoy!