


Arugula & Quinoa Salad with Citrus Dressing

Ingredients for approximately 15 salads

- 1 lb of baby arugula* (1 lb of baby arugula is needed for every 12-15 salads)
- 5 English cucumbers* diced into ¼ inch cubes (1 English cucumber yields approx. 2 cups)
- 15 cups of cooked tri-colored or red quinoa*

	<p>Ingredients to make Quinoa</p> <ul style="list-style-type: none"> • 4 cups of tri-colored* or red quinoa* • 4 cups of water • 4 cups of veggie broth* • 2 tsp Salt <p>Directions to make Quinoa. Rinse 4 cups of quinoa under cold water till water runs clear. Add rinsed quinoa, water, vegetable broth and salt to a pot and bring to a gentle boil. Once boiling, reduce heat to low, cover and simmer on low for approximately 15 minutes. After 15 minutes all liquid should be absorbed. If all liquid is not absorbed, keep cooking until all liquid is absorbed. Once all liquid is absorbed, turn off heat and keep covered for an additional 5 minutes. Use a fork to fluff the quinoa. Place cooked quinoa in the refrigerator to cool. Quinoa must be fully cooled before salad assembly. This step can be done the day before salad assembly.</p>
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- 12 to 14 sweet potatoes* diced into ½ inch cubes

	<p>Ingredients to make roasted sweet potatoes:</p> <ul style="list-style-type: none"> • 12 to 14 sweet potatoes* diced into ½ inch cubes • ¼ to ½ cup of olive oil* • 1 to 2 tsp of salt <p>Directions to make roasted sweet potatoes. Preheat oven to 400 degrees. Place diced sweet potatoes on parchment lined baking sheets (multiple baking sheets will be needed because you want the sweet potatoes to have room to roast, they should not be crowded on the sheets). Cover sweet potatoes with olive oil and salt. Roast sweet potatoes for 30 to 40 minutes, turning every 10 minutes or so Rosted potatoes are finished when they are golden brown on the edges of the potatoes. Sweet potatoes must be fully cooled before salad assembly. When you take out of oven, let sweet potatoes come to room temperature before placing in the refrigerator. This step can be done the day before salad assembly.</p>
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- 3 cups of pickled red onions*

	<p>Ingredients to make pickled red onions:</p> <ul style="list-style-type: none"> • 2 to 4 large red onions* diced into ½ inch cubes • 1 TBSP of salt • Lime juice (enough to cover onions) <p>Directions make pickled red onions. Dice red onions into ½ inch cubes and put in a red bin. Cover with lime juice and salt. Refrigerate. Let the onions marinate in fridge for a minimum of 1 hour, ideally overnight.</p> <p>This step can be done the day before salad assembly</p>
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- 4 cups Chili Pumpkin Seeds*

	<p>Ingredients to make pickled red onions:</p> <ul style="list-style-type: none"> • 4 cups of pumpkin seeds* • 2 TBSP of maple syrup* • 2 tsp of chili powder* • 1 tsp of salt <p>Directions make pickled red onions. Preheat oven to 350 degrees. Line two baking sheets with parchment paper. Coat pumpkin seeds with maple syrup, chili powder and salt. Add mixture to the lined baking sheets. Toast until pumpkin seed mixture is dry for approximately 25 to 30 minutes. Make sure to toss every 10 minutes or so.</p> <p>This step can be done up to three weeks before salad assembly. The Chili Pumpkin Seeds have a month shelf life.</p>
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Citrus Dressing Recipe for approximately 25 servings:

- 1.5 cups +2 TBPS extra virgin olive oil (EVOO)*
- 1 ¼ cups apple cider vinegar*
- 2/3 cup lemon juice*
- 2/3 cup orange juice*
- 5 cloves of garlic*
- 1 cup honey*
- 2.5 tsp salt

Directions make Citrus Dressing. Blend all citrus dressing ingredients in Vitamix for a minimum of 30 seconds. Pour ingredients into 3.5 oz cups and cover with lids. Should make approximately 25 servings.

**Ingredients used must be organic*





Directions for Salad Assembly:

Use 24 oz plastic container. Assemble the salad as follows:

1. Layer the following ingredients side by side in the container:
 - 1 heaping cup baby arugula
 - 1 cup of cooked quinoa
 - ½ to 2/3 cup of roasted sweet potato
 - ½ - 2/3 cup of diced cucumbers
2. Sprinkle the top of the salad with:
 - 2 TBSP of pickled red onion
3. Add a 3.5 oz container of the Citrus Dressing to one of the corners of the salad container
4. Add a 2 oz container of the Ultimate Salad Crunch to one of the corners of the salad container
5. Label the container with a round sticker and ingredient label and include a best by date.

BEST BY: 6 DAYS

INGREDIENT SOURCING

Ingredient	Source 1	Source 2	Source 3
Baby Arugula	Premier One (pre-washed)	Kroger or Whole Foods (pre-washed)	
English Cucumbers	Premier One	Costco	Krogers or Whole Foods
Red Onions	Krogers or Whole Foods	Premier One	
Red Quinoa	Krogers (Simple Truth Organics) 		
Tri-Colored Quinoa	Terrasoul 		
Olive Oil	Costco (Kirkland)		
Chili Powder	Krogers or Amazon		



Greens with Berries & Poppy Seed Dressing

Ingredients for approximately 15 salads

- 2 lbs of pre-washed mixed green* (1 lb of mixed greens yields approx. 8 salads)
 - You can also use other greens such as pre-washed arugula or spinach
- 2 lbs of blueberries*
- 3 lbs of strawberries* diced into ¼ inch
- 4 to 5 of English cucumbers* diced into ¼ inch
- 4 cups of candied pecans*, coarsely chopped

Ingredients to candied pecans:

- 4 cups of pecans*
- ¼ to ½ cup of maple syrup*
- 1 salt

Directions to make roasted sweet potatoes.

Preheat oven to 300 degrees.

Place pecans on parchment lined ½ sheet pan (multiple baking sheets will be needed because you want the pecans to have room to toast, they should not be overly crowded on the sheet pan).

Cover pecans with maple syrup and salt.

Bake/toast pecans for approximately 20 to 35 minutes, turning every 10 minutes or so.

The candied pecans will be finished when the maple syrup is hard, not gooey.

Cool pecans completely before storing.

**This step can be done up to 3 weeks in advance of the salad assembly.
Candied pecans are good to use up to 1 Month.**

Best By: 1 Month

- 3 cups of pickled red onions*

Ingredients to make pickled red onions:

- 2 to 4 large red onions* diced into ½ inch
- 1 TBSP of salt
- Lime juice (enough to cover onions)

Directions make pickled red onions. Thinly slice red onions and put in a red bin. Cover with lime juice and salt. Refrigerate. Let the onions marinate in fridge for a minimum of an hour.

This step can be done the day before salad assembly



Poppyseed Dressing Recipe for approximately 15 servings:

- 2 cups extra virgin olive oil (EVOO)*
- 1 cups white wine vinegar
- $\frac{3}{4}$ cup honey*
- 2 shallots* diced
- 3.5 TBSP poppy seeds*
- 1 TBSP Dijon mustard*
- 1.5 tsp salt

Directions make Poppyseed Dressing. Blend all ingredients, *with exception of the poppyseeds* in Vitamix on high for a minimum of 30 seconds. Add poppyseeds and blend on low for an additional 10 seconds. Pour ingredients into 3.5 oz cups and cover with lids. Should make between 15-20 servings.

**Ingredients used must be organic*

Directions for Salad Assembly:







Use 24 oz plastic salad container. Assemble the salad as follows:

1. Add mixed greens to the bottom of the 24 oz salad container (approx. 2 cups)
2. Add the following ingredients to each corner of the salad container:
 - $\frac{1}{2}$ to $\frac{3}{4}$ cup of diced cucumbers
 - $\frac{1}{4}$ to $\frac{1}{2}$ cup sliced strawberries
 - $\frac{1}{4}$ cup blueberries
3. Sprinkle the top of the salad with:
 - 2 TBSP of pickled red onion
4. Add a 3.5 oz container of the Poppyseed Dressing to one of the sides of the salad container
5. Add a 2 oz container of the coarsely chopped candied pecans to one of the sides of the salad container
6. Label the container with a round sticker and ingredient label and include a best by date.

BEST BY: 6 DAYS



INGREDIENT SOURCING

Ingredient	Source 1	Source 2	Source 3
Mixed Greens or Spring Greens	Premier One (pre-washed spring greens)	Costco (organic pre-washed spring greens)	Krogers or Whole Foods
Fresh Blueberries	Costco	Krogers or Whole Foods	Premier One
Fresh Strawberries	Costco	Krogers or Whole Foods	Premier One
English Cucumbers	Premier One	Costco	Krogers or Whole Foods
Red Onions	Krogers or Whole Foods		
Pecans	Terrasoul		
Olive Oil	Costco (Kirkland) 		
Shallots	Krogers or Whole Foods		
Poppy seeds	Krogers (Simple Truth Organics) 	Amazon (Frontier brand) 	Whole Foods
Dijon Mustard	Krogers (Simple Truth Organics) 	Whole Foods (365 Organics) 	
White Wine Vinegar	Krogers or Whole Foods	Amazon (Pompeian brand) 	


Thai Noodle Salad with Peanut Dressing

Ingredients for 10 salads

- 20 cups of shredded purple and green cabbage* (can also use pre-shredded coleslaw mix)
- 5 cups pre-shredded carrots*
- 5 cups diced English or Persian cucumbers*
- 1 ¼ cups diced green onions*
- 1 ½ cups Ultimate Salad Crunch (see recipe attached)
- 5 cups of cooked edamame

	Directions to make cooked edamame INSERT INFO HERE
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- 10 heaping cup of cooked buckwheat soba noodles*

	Directions to make buckwheat soba noodles: <ul style="list-style-type: none">• 3 – 8 oz packages of Eden Buckwheat Soba Noodles• 2 TBSP salt• Large pot of boiling water Add noodles to the boiling water (make sure to stir and separate noodles). Cook noodles for 4.5 minutes (exactly) . Drain noodles, rinse noodles under cold water and place in a bowl of cold water for no longer than 5 minutes. Drain cooked noodles and place on baking sheets lined with paper towels. Make sure noodles dry completely (approx. 1 hour) – you may need to replace paper towels on baking sheets multiple times to ensure all moisture is absorbed Once noodles are dry, store in refrigerator.
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Peanut Dressing Recipe for approximately 10 servings:

- 1 cup of peanut butter*
- ½ cup toasted sesame oil
- 1 cup of orange juice*
- 2/3 cup lime juice*
- ½ cup of Tamari*
- 4 cloves of garlic*
- 4-inch knob of ginger* (peeled and sliced)
- 2/3 cup honey*
- 2.5 tsp salt

Directions to make Peanut Dressing: Blend all peanut dressing ingredients in Vitamix on high for a minimum of 30 seconds. Pour ingredients into 3.5 oz sample cup containers and cover with lids. Should make between 10-14 servings.

**Ingredients must be organic*



Directions for Salad Assembly:

Use 24 oz plastic container. Assemble the salad as follows:

1. Layer the bottom of the container with:
 - 1 cup shredded red cabbage
 - 1 cup shredded green cabbage
 - Or 2 cups of pre-shredded coleslaw mix
2. Add a scoop of the following to the sides of the container:
 - ½ cup shredded carrots
 - ½ cup diced English or Persian cucumbers
 - ½ cup of cooked edamame
3. Add a scoop of the following to the middle of the container:
 - 1 cup of cooked buckwheat noodles
4. Sprinkle the top of the salad with:
 - 2 TBSP of diced green onions
5. Add a 3.5 oz container of the Peanut Dressing to one of the corners of the salad container
6. Add a 2 oz container of the Ultimate Salad Crunch to one of the corners of the salad container
7. Label the container with a round sticker and ingredient label and include a best by date.

BEST BY: 6 DAYS



Vegan Taco Salad with Chipotle Cheese Dressing

Ingredients for approximately 10 salads

- 20 cups of shredded romaine*
- 2.5 cups of diced English or Persian cucumbers*
- 3 cans (15 oz) black beans* (rinsed, drained and dried on paper towels)
- 2.5 cups grape tomatoes*
- 2.5 cups of fire-roasted corn* (thawed and dried on paper towels)
- 8-10 cups of vegan taco meat

Ingredients to make vegan taco meat

- 4 cans (15 oz) garbanzo beans* (rinsed and drained)
- 3 cups of raw walnuts
- $\frac{3}{4}$ cup taco seasoning*
- $\frac{1}{4}$ cup of water
- $\frac{1}{2}$ cup nutritional yeast*
- 2 tsp salt

Directions to make vegan taco meat

Preheat oven 375 degrees

Add garbanzo beans, walnuts, taco seasoning, water and nutritional yeast to food processor.

Pulse a few times until medium/small crumbles form. DO NOT OVER PROCESS.

Spread out crumbles on multiple parchment lined baking sheets, making sure crumbles are spread out and have space to toast, not steam.

Bake for 20 -25 minutes, mixing $\frac{1}{2}$ way through baking time.

Let vegan taco meat cool completely before using in salad assembly.

This step can be done the day before salad assembly.

- 1.5 cups of pickled red onions*

Ingredients to make pickled red onions:

- 2 large red onions* (thinly sliced)
- 1 TBSP of salt
- 1 TBSP of coconut palm sugar*
- 1.5 cups of vinegar* (white or apple cider)
- $\frac{1}{2}$ cup of water

Directions make pickled red onions. Thinly slice red onions and put in a heat-proof container or glass jar. Add water, vinegar, salt and coconut sugar to a pot and heat over medium-high heat until the salt and sugar dissolve. Let liquid cool for approximately 5 to 10 minutes. Pour cooled liquid over the ed onions, cover and refrigerate. Let the onions marinate in fridge for a minimum of an hour.

This step can be done the day before salad assembly

Chipotle Cheese Dressing Recipe for approximately 10-14 servings:

- 3 cups cashews*
- 3 red bell peppers*
- 1/2 cup lime juice*
- 1/2 cup nutritional yeast*
- 1.5 tsp onion powder*
- 2 chipotle chiles in adobo sauce
- ½ to ¾ cup of water
- 1.5 TBSP maple syrup*
- 1 tsp turmeric powder*
- 1.5 tsp salt

Directions make Chipotle Dressing. Blend all ingredients in Vitamix until smooth. If too thick, add additional water. Pour ingredients into 3.5 oz cups and cover with lids. Should make between 10-14 servings.

**Ingredients used must be organic*

Directions for Salad Assembly:

Use 24 oz plastic container. Assemble the salad as follows:

1. Cover the bottom of the container with:
 - 2 cups of shredded romaine
2. Add the following ingredients to the corners of the container:
 - ¼ cup of cucumber
 - 1/3 cups of black beans
 - ¼ cup of fire roasted corn
 - 2 TBPS of pickled red onion
 - ¼ cup of grape tomatoes
3. Add 2/3 of a cup of vegan taco meat to the center of the salad/container
4. Add a 3.5 oz container of the chipotle dressing to one of the sides of the salad container
5. Label the container with a round sticker and ingredient label and include a best by date.

BEST BY: 6 DAYS



Where to source:

Shredded romaine



Romaine

Ingredients	Source 1	Source 2
English or Persian Cucumbers		
black beans (15 oz cans)		
grape tomatoes		
fire-roasted corn		
Romaine (shredded)		
garbanzo beans (15 oz cans)		
walnuts		
Taco seasoning		
Nutritional yeast		
Red onions		
Coconut palm sugar		
Vinegar (white or apple cider)		
Cashews		
Red bell peppers		
Onion powder		
chipotle chiles in adobo sauce		
Maple syrup		
Turmeric powder		

- English or Persian cucumbers*
- black beans
- grape tomatoes*
- fire-roasted corn*
- shredded romaine
- garbanzo beans (15 oz cans)
- raw walnuts
- taco seasoning*
- nutritional yeast
- salt
- red onions
- coconut palm sugar
- white vinegar (white or apple cider)
- cashews



- red bell peppers
- lime
- onion powder
- chipotle chiles in adobo sauce
- maple syrup
- turmeric powder

