

# *Healthy Recipes for Meals on Wheels*

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## **Herbed Quinoa and Chickpea Salad**

### **Ingredients:**

1 cup quinoa  
1 red bell pepper, diced  
3 green onions, thinly sliced  
1/4 bunch fresh cilantro, chopped (or parsley and thyme)  
1, 15-ounce can chickpeas, rinsed and drained  
2 lemons (~ ½ c. juice)  
rice vinegar, splash  
olive oil, splash  
salt and pepper

### **Method of Preparation:**

1. Rinse the quinoa thoroughly in cold water. Add the rinsed quinoa to a small saucepan over medium heat. Toast it until it dries, turns golden, and smells deliciously toasty. Meanwhile, boil 1 ¾ cups of salted water. Add the boiling water to the toasted quinoa. It will boil vigorously – be warned. Stir, reduce heat to low, cover and simmer for 20 minutes. Remove from heat and let stand covered for 10 minutes. Set aside.
2. In a large mixing bowl, combined chopped red pepper, onions, cilantro and chickpeas.
3. In a small mixing bowl, whisk to combine the juice from 2 lemons, a splash of rice vinegar and a splash of olive oil. Season with salt and pepper.
4. Add quinoa to mixing bowl with other ingredients and toss to dress with lemon juice mixture. Add additional lemon juice, olive oil and salt/pepper to taste.

**Serves: 4-6**

**Recipe adapted from [www.getyouryummyback.com](http://www.getyouryummyback.com)  
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## **Asian-Style Three-Bean Salad**

### **Ingredients:**

1 pound fresh green beans, trimmed and cut into 1-inch pieces  
One 10-ounce bag frozen shelled edamame  
3 tablespoons canola oil  
3 tablespoons rice vinegar  
¼ cup 100% fruit apricot preserves  
1 teaspoon peeled and grated fresh ginger  
One 15-ounce can black beans, drained and rinsed  
2 scallions (white and green parts), thinly sliced  
Salt to taste

### **Method of Preparation:**

Put the green beans and frozen edamame in a steamer basket over several inches of boiling water and steam them for 4 minutes. Drain well, then transfer the beans to a large bowl and put them into the refrigerator to cool for 15 minutes or longer.

In a small bowl, whisk together the oil, vinegar, apricot preserves, sugar and ginger.

Add the black beans and scallions to the green beans and edamame drizzle with the dressing, and toss to coat. Season with salt and serve at room temperature or chilled. This salad will keep in the refrigerator in an airtight container for about 3 days.

**Serves 8 serving size ¼ cup**

### **Nutrition per Serving:**

Calories 180 total fat 7G, protein 7G, carb 25G, fiber 6G, cholesterol 0 mg, sodium 72 mg

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## **Whole-Wheat Pasta Salad with Walnut Pesto, Broccoli, and Salmon**

### **Ingredients:**

2 cups uncooked whole-wheat penne (about 6 ounces)  
2 cups flaked cooked salmon (can be fresh or canned)  
2 cups small, steamed broccoli florets

### **Walnut Pesto:**

1 cup basil leaves  
1/2 cup fresh parsley leaves  
3 tablespoons coarsely chopped walnuts, toasted  
1 1/2 tablespoons extra virgin olive oil  
1 tablespoon white wine vinegar  
1/2 teaspoon salt  
1 garlic clove

### **Remaining ingredient:**

4 curly leaf lettuce leaves

### **Method of Preparation:**

1. To prepare salad, cook pasta according to package directions, omitting salt and fat. Drain; rinse with cold water. Combine pasta, salmon, and broccoli in a large bowl.
2. To prepare walnut pesto, combine basil and next 6 ingredients (through garlic) in a food processor; pulse 6 times or until finely minced. Add pesto to pasta mixture, tossing gently to coat. Place 1 lettuce leaf on each of 4 plates; top each serving with salad mixture.

**Serves: 4, serving size: 1 1/2 cups of salad and 1 lettuce leaf**

### **Nutrition per Serving:**

Calories: 374, Protein: 29.4 grams, Carb: 36.3 grams, Fat: 12.5 grams, Fiber: 4 grams

**Recipe by Michele Powers-Farber, R.D.**  
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