

HEALTHY SUMMER EATING

Good-For-You Summer Salads

Multi-Bean Salad

Beans pack a nutritional punch and help regulate blood sugar.



- 1 cup each green & yellow beans, cut into 1" pieces
- 1/4 cup red wine vinegar
- 2 tbsp olive oil
- 2 tbsp honey
- 1 tsp Dijon mustard
- 1 540 ml can of bean medley, drained and rinsed
- 1/4 cup chopped, fresh parsley

Place trimmed beans in a large saucepan of boiling water for 3 minutes. Drain and rinse with cold water. Pat dry and set aside.

To make the dressing, whisk together vinegar, oil, honey, and mustard in a medium bowl.

Add cooked beans, bean medley, and parsley to the dressing and stir. Cover and refrigerate until serving.

Nutritional Information Per Burger:

Cal: 213 | Fat: 8g | Carb: 30g | Sodium: 355mg | Protein 7g | Fibre: 7g

Watermelon Salad

Sweet and slightly salty, this fresh salad is perfect for lunch or a side dish.



- 3 tbsp olive oil
- 150 g cherry tomatoes in different colours
- 2 tbsp white wine vinegar
- 900 g watermelon, cubed
- 2 tbsp chopped mint
- 2 cups arugula
- 1/2 kosher salt
- 120 g feta, crumbled

To make the dressing, mix oil, vinegar, and mint. Season to taste, if needed.

Slice the larger tomatoes in half. Add tomatoes and watermelon to a bowl.

Pour dressing over the fruit and gently stir.

Let stand for 10 minutes. Sprinkle feta on top and serve.

Nutritional Information Per Burger:

Cal: 131 | Fat: 8.4g | Carb: 12.4g | Sodium: 215mg | Protein 3.3g | Fibre: 3g

Fibre Punch Pasta Salad

- 1 box (375 g) whole wheat pasta, uncooked
- 1 medium onion, diced
- 3 cups grape tomatoes, cut into halves
- 2 cups portobello mushrooms, chopped
- 1/2 cup fresh basil, chopped
- 2 bunch asparagus, chopped into 1" pieces
- 1/2 cup garbanzo or white beans
- 4 cloves garlic, crushed
- 6 tbsp olive oil
- 1 tbsp ginger, minced
- 1 cup sliced almonds
- Parmesan cheese



Cook pasta according to package directions. Meanwhile, mix tomatoes, basil, and 2 tbsp oil in a bowl. Set aside.

Saute onions in oil for 2 minutes. Add almonds, mushrooms, beans, and asparagus and cook for 6 minutes or until asparagus is tender, but crisp.

Add garlic and ginger and cook for another 1-2 minutes. Season to taste.

Brown Rice Salad

Serve this versatile dish chilled or at room temperature.



Quinoa Salad

A heart-healthy dish with antioxidants, protein, and good fat thanks to quinoa!



2½ cups cooked, long-grain brown rice
 1/2 cup chopped carrots
 1/2 cup chopped seedless cucumber
 1/2 cup sliced radishes
 1/2 chopped celery
 1/2 cup chopped red onion
 1 cup fresh or frozen (thawed) peas
 1/4 cup chopped fresh parsley

For the dressing:

1/4 cup chopped basil
 1/4 cup chopped mint
 1 tbsp honey
 2 tbsp olive oil
 3 tbsp lemon juice
 1 tsp Dijon mustard
 1/2 tsp red pepper flakes (optional)
 1/4 tsp sea salt

To make the dressing, add all ingredients in a small bowl and whisk until combined.

Add all salad ingredients into a large bowl. Pour in the dressing and toss gently to combine.

Cover and chill in the refrigerator for 1 to 2 hours to allow flavours to meld. If you would like to enjoy the salad at room temperature, remove from the fridge 30 minutes before serving.

Nutritional Information Per Burger:

Cal: 180 | Fat: 6g | Carb: 29g | Sodium: 170mg | Protein 4g | Fibre: 4g

1 cup quinoa (beige, red, or black)
 1 cup water
 1 can chickpeas, rinsed and drained
 1½ unpeeled cucumber, chopped
 1 pint cherry or baby heirloom tomatoes, halved
 1 cup roughly chopped flat-leaf parsley
 1 cup sliced baby spinach leaves
 1½ cups crumbled low-fat feta cheese
 1/4 cup red wine or balsamic vinegar
 1 tsp honey
 1/3 cup olive oil
 2 tsp smoked paprika
 Salt and pepper to taste

Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until tender (about 10-15 minutes). Do not overcook! Chill in the fridge to cool.

In a large bowl, combine chickpeas, tomatoes, cucumber, parsley, spinach, and half of the feta.

Gently toss in cooled quinoa. Do not overmix.

In a small bowl, whisk together vinegar, salt, honey, and paprika. Gradually add in the oil. Add salt and pepper.

Drizzle dressing over the quinoa and vegetable mixture. Toss gently and top with feta. Serve immediately.

Nutritional Information Per Burger:

Cal: 458.8 | Fat: 23.7g | Carb: 46g | Protein 15.7g | Fibre: 13.9g



Sources wnetwork.com | bonappetit.com
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