

# March Greens



6 Easy Recipes to  
GREEN Up Your Plate





# Classic Spinach Salad

**Yields** Approx. 5 cups of salad

## Dressing Ingredients

**3 Tbsp.** Red Wine Vinegar

**2 Tbsp.** EVOO

**2 tsp.** Dijon Mustard

**Dash** of Liquid Smoke (optional)

All Purpose Low Sodium Seasoning

\*OR Morton's Natures Seasoning

\*OR Kosher Salt + Black Pepper

## Salad Ingredients

**3 oz. (about 4 c.)** Baby Spinach Leaves

**8 oz.** Button Mushrooms, sliced

**3/4 c.** Purple Onion, sliced into thin strips (optional)

**1 med.** Orange or Red Bell Pepper, seeded, thinly sliced into strips

**1** hard-boiled Egg, peeled, chopped

**8 Large** \*Croutons

\*OR **2 Large** Plain Rice Cakes broken

## Directions

### Step 1

For the dressing, place the first 3 or 4 ingredients in a bottle with a lid and shake to combine. Season with either spice option to taste.

### Step 2

Add all salad ingredients to a large salad bowl. Add dressing and toss. Serve immediately. If you're not going to eat all the salad at once, don't add all the dressing.

## Portion Sizes

**2 Units Fat & Carbs:** 2 cups salad

**3 Units Fat & Carbs:** 3 cups salad

**4 Units Fat & Carbs:** 4 cups salad

**5 Units Fat & Carbs:** 5 cups salad



# Roasted Brussels Sprouts with Sage

**Yields** About 5 1/2 cups

## Ingredients

**1 large Leek**, white and light green part only, thinly sliced

**2 lbs.** (about 8 cups) Brussels sprouts, trimmed, halved

**2 Tbsp.** Fresh Sage, finely chopped

**2 Tbsp.** EVOO

**1 Tbsp.** Raw Honey

 **finger pinch** Kosher Salt

 **finger pinch** Black Pepper

 **finger pinch** Red Pepper Chili Flakes

## Directions

Pre heat oven to 450 F. Line a rimmed baking sheet with parchment paper; set aside.

### Step 1

Rinse whole leek, removing any dirt. Pat dry before slicing. Combine with halved Brussels sprouts, sage, oil, honey, salt, pepper, and chili pepper flakes in a large bowl, tossing to combine.

### Step 2

Pour onto prepared baking sheet and arrange in a single layer. Roast until tender, stirring once mid-way for about 18 - 20 min.



## Portion Sizes

**2 Units Carbs:** 1 1/2 cups sprouts

**3 Units Carbs:** 2 1/4 cups sprouts

**4 Units Carbs:** 3 cups sprouts

**5 Units Carbs:** 3 3/4 cups sprouts





# Ginger Sesame Broccoli

**Yields** A ton!

## Ingredients

**32 oz. bag** Broccoli Florets (or 3 lbs. whole Broccoli), cut into florets

**2 Tbsp.** Avocado Oil

**1 Tbsp.** Sesame Oil

**1 1/2 tsp.** Fresh Ginger, peeled, minced

**1 Tbsp.** Garlic, minced

**finger pinch** Red Chili Pepper Flakes

Juice of one Orange

Toasted Sesame Seeds

## Directions

Prepare ginger and garlic as directed. Have all other ingredients ready to go.

### Step 1

Put both types of oil into a wok or a deep skillet. Place over HIGH heat until oil begins to “pop.” Add broccoli first, then remaining ingredients. Push it all around often using a wooden utensil. Only cook until the broccoli seems tender, but still bright green. You want it to be a little crunchy. About 4 - 5 minutes. Don’t cook it to death!

### Step 2

Just before you’re about to remove the broccoli from the wok or skillet, squeeze orange juice all over. Remove broccoli from the skillet/wok, sprinkle with a few shakes of sesame seeds and serve immediately.



## Portion Sizes

**1 Unit Carbs:** 2 cups broccoli

# Edamame Dip

**Yields** 3 cups

## Ingredients

**1 1/2 cups** Frozen Shelled Edamame thawed and boiled

**1 cup** 2% LF Cottage Cheese

**2/3 cup** Water

**1/4 cup** Purple Onion, coarsely chopped

**3 Tbsp.** Fresh Cilantro, coarsely chopped

**2 Tbsp.** Rice Vinegar

**1 1/2 Tbsp.** Avocado Oil

 **finger pinch** Garlic Salt

**1 Tbsp.** Chili Garlic Sauce -more if you like it spicy!

**1 cup** canned Cannellini Beans, rinsed, drained

## Directions

Place all ingredients in a food processor or a blender and process until smooth.

## Portion Sizes

**2 Units Carbs:** 1/2 cup dip & 1/2 Sandwich sized Ziploc Veggies

**3 Units Carbs:** 3/4 cup dip & 1/2 Sandwich sized Ziploc Veggies

**4 Units Carbs:** 1 cup dip & 3/4 Sandwich sized Ziploc Veggies

**5 Units Carbs:** 1 heaping cup dip & 3/4 Sandwich sized Ziploc Veggies





# Easy Grilled Asparagus

**Yields** 24-40 spears

## Ingredients

**2 bunches** thick Asparagus, tough ends trimmed (24 - 40 spears)

Olive Oil Cooking Spray

 **finger pinch** Salt

 **finger pinch** Black Pepper

EVOO or Avocado Oil

## Directions

Brush grill with EVOO. When ready, pre heat grill to med-high or place a grill pan on your stove top, over high heat.

### Step 1

Place prepped asparagus on a piece of parchment paper in a single layer. Sprinkle with salt and pepper. When grill is hot, transfer asparagus to the center of the grill. Close lid or cover and cook, turning once at 4 - 6 minutes. Close lid again and cook for 4 - 6 more minutes, or until browned and tender.



## Portion Sizes

**1 Unit Carbs:** 10 spears



# Bok Choy Tofu Bowl

**Yields** About 5 cups

## Ingredients

**8 oz.** Rice Noodles

**2 Tbsp.** Low Sodium Soy sauce

**1 Tbsp.** Dark Sesame Oil

**1 1/2 Tbsp.** \*Sake  
\*OR Rice Vinegar

**1 cup** Low Sodium Vegetable Broth

**12 - 14 oz. pkg.** Firm Tofu

**2 Tbsp.** Avocado Oil, divided

**1 Tbsp.** Fresh Ginger, minced

**1 Tbsp.** Garlic, minced

**4** Baby Bok Choy (about 1 lb.) leaves,  
separated. Remove & discard stems

**4** Green Onions, trimmed, sliced thin

**1 1/2 Tbsp.** Toasted Sesame Seeds

**1 Tbsp.** Red Pepper Chili Flakes

## Portion Sizes

**2 Units Meal:** 2 cups

**3 Units Meal:** 3 cups

**4 Units Meal:** up to 4 cups

**5 Units Meal:** up to 5 cups

## Step 1

Before anything, cut tofu into three lengthwise pieces, then crosswise into ½" sticks. Place on the counter in a single layer on a few paper towels, then cover with more paper towels and place a baking sheet atop of that to remove as much moisture as possible. Let sit for 15 - 20 min. before using.

## Step 2

Meanwhile, combine soy sauce, sesame oil, sake, and broth; Set aside.

## Step 3

Prepare rice noodles according to package directions. When finished, divide among number of bowls you will be serving.

## Step 4

When tofu is ready, heat 1 Tbsp. oil in a large skillet over high heat. Brown tofu sticks, 4 minutes; gently flip then brown on the other side. Use a spatula, not a spoon. Set atop noodles in individual bowl.

## Step 5

Add remaining 1 Tbsp. oil to the same skillet; now over med-high heat. Add ginger and garlic and cook about 30 seconds; until fragrant. Add bok choy leaves and cook until wilted; about 5 minutes. (You can use spinach leaves if preferred.)

## Step 6

After Bok Choy is wilted, add reserved broth mixture and cook until hot; about 1 minute. Spoon mixture over tofu and noodles. Sprinkle with onions, sesame seeds, and red pepper flakes.

