

*Fettuccine with Grilled Asparagus, Peas, and Lemon*

Serves 2

Asparagus and peas, with the lightness of lemons and parsley, create a beautiful springtime dish, perfect for lunch or dinner.

- 6–8 stalks asparagus
- 2 cloves garlic, minced
- Juice of 1 lemon, about 2 tablespoons
- Pinch of coarse sea salt
- Water
- 6 ounces fettuccine
- 2 tablespoons minced parsley
- 1 cup peas

*Instructions:* Toss the asparagus in the garlic, lemon juice, and salt. Grill the asparagus until it just starts to develop a few blackened spots. The asparagus should still have some crispness to it. Cut the asparagus into 2-inch pieces. Bring the water to a boil. Boil the pasta until it is al dente. Toss the cooked pasta with the asparagus, parsley, and peas.

Per serving: 375 calories, 11 g protein, 77 g carbohydrate, 6 g sugar, 0.3 g total fat, 0.7% calories from fat, 9 g fiber, 209 mg sodium

*Penne al Forno*

Serves 4

While you don't need to bake this dish, it finishes off nicely in the oven, helping everything set and giving the sauce a slightly caramelized taste.

- 8–10 basil leaves
- 2 carrots, sliced
- 2 stalks celery, sliced
- 2 zucchini, sliced
- ½ yellow onion, chopped
- Water
- 16 ounces brown rice penne pasta
- 2 roasted red peppers, chopped
- 3 Roma tomatoes, chopped

*Blue Corn Chip Salad*

Serves 2

Blue corn chips are a feast for the eye and the taste buds.

- 4 cups baked blue corn chips (other colored corn chips can be substituted)
- 1 small head red-leaf lettuce, torn into bite-size pieces
- 16 ounces cooked, rinsed black beans
- 1 cup salsa
- 3 roasted red peppers, sliced into strips about 2" long by ½" thick
- 1 Roma tomato, diced
- Option:* ¼ cup pepitas (green pumpkin seeds)

*Instructions:* Place the corn chips on the plates first, followed by the lettuce, then the beans, then the tomatoes, then the salsa, and top it off with the sliced roasted red peppers.

*Option:* If you add pepitas, make them the final ingredients you place on the salad.

*Core Concepts:* Baked corn chips make excellent croutons, a perfect substitute for the bread kind that are usually fried in and laden with oil.

Per serving: 239 calories, 10 g protein, 39 g carbohydrate, 16 g sugar, 2 g total fat, 9% calories from fat, 15 g fiber, 340 mg sodium

*Quinoa and Red Bean Salad*

Serves 2

The combination of Salsa Verde and apple cider vinegar really makes this salad, letting simple ingredients play the bass notes, with salsa's pop and sizzle over the top.

- ¾ cup Salsa Verde (page 294)
- 2 teaspoons apple cider vinegar
- 1 small tomato, diced
- 1 yellow squash, diced
- 4 green onions, sliced
- 2 cups sliced Napa cabbage