

HEALTHY RECIPE

ITALIAN CHOPPED SALAD

YIELDS: 8-10 SERVINGS

PREP TIME: 15 MIN

TOTAL TIME: 20 MIN

Ingredients:

- 1 bag of chopped romaine lettuce
- 1/4 cup sliced banana peppers
- 1/2 cup shredded mozzarella cheese
- 1/2 cup pepperoni slices (cut halves)
- 1/2 cup deli turkey slices (chopped)
- 10 cherry tomatoes, sliced in half
- 1/2 cup Italian Dressing
- salt and pepper to taste



Directions:

1. Place lettuce in a large bowl.
2. To assemble the salad: Mix in banana pepper rings, pepperoni, turkey and mozzarella cheese. Drizzle 1/2 cup of Italian Dressing and mix together.
3. Add tomatoes on top as a final touch. Sprinkle fresh ground pepper if desired.

Notes:

This salad is colorful and flavor-packed!

FOR MORE HEALTHY RECIPES, GO TO [JCSCHOOLS.US](https://www.jcschools.us)



HEALTHY RECIPE

LOADED CHICKEN SALAD

YIELDS: 8-10 SERVINGS

PREP TIME: 15 MIN

TOTAL TIME: 20 MIN

Ingredients:

- 2 cans chicken, shredded
- 1/4 cup mayonnaise
- 1/4 cup bacon crumbles
- 1/2 cup celery, finely chopped
- 1/2 cup shredded cheddar cheese
- salt and pepper to taste



Directions:

1. Place the chicken, mayonnaise, bacon crumbles, celery and cheese all in one bowl.
2. Mix well then season with salt and pepper to taste. Maybe 1 tsp of each.
3. Enjoy!

Notes:

Serve on toast, "in an avocado," in a lettuce wrap, with crackers, or your favorite way to eat chicken salad!

FOR MORE HEALTHY RECIPES, GO TO JCSCHOOLS.US



HEALTHY RECIPE

MEDITERRANEAN QUINOA SALAD

YIELDS: 6 SERVINGS

PREP TIME: 15 MIN

TOTAL TIME: 20 MIN

Ingredients:

- 2 bags microwave quinoa
- 1/4 cup red onion, diced
- 1/2 lemon, squeezed
- 1/4 cup (about 10) kalamata olives, pitted and sliced
- 1 tbsp extra-virgin olive oil
- 2 cups cucumber, peeled and diced (1 english cucumber)
- 1 cup cherry tomatoes, quartered
- 1/3 cup crumbled feta
- salt and pepper to taste

Directions:

1. Dice all the vegetables
2. Follow microwave instructions for quinoa
3. When quinoa cools, add the red onion, olives, cucumber, tomatoes and squeeze 1/2 lemon over it.
4. Drizzle olive oil over the quinoa, then add feta, salt and pepper to taste.



Notes:

Save time and learn how to make quinoa in the microwave in just minutes! **Quinoa is so nutritious and high in fiber**, it is super healthy and can be added into just about any dish.

FOR MORE HEALTHY RECIPES, GO TO JCSCHOOLS.US



HEALTHY RECIPE

RAINBOW FRUIT SALAD

YIELDS: 8-10 SERVINGS

PREP TIME: 15 MIN

TOTAL TIME: 20 MIN

Ingredients:

- fresh strawberries, diced
- fresh pineapple, diced
- fresh blueberries
- red grapes, diced into halves
- large apple, diced
- can mandarin oranges, drained and sliced into halves



Directions:

1. Add all fruit into a large mixing bowl. Set aside
2. In a small bowl, whisk together the honey, lime zest and lime juice. Pour over fruit just before serving and toss evenly to coat (as it sits for a few minutes the juices will gather at the bottom, so toss again before serving).

Notes:

Easy to make!

Honey Lime Dressing:

- 1/4 cup honey
- 2 tsp lime zest
- 1 tbsp fresh lime juice

FOR MORE HEALTHY RECIPES, GO TO [JCSCHOOLS.US](https://www.jcschools.us)



HEALTHY RECIPE

STRAWBERRY & SPINACH SALAD

YIELDS: SEVERAL

PREP TIME: 15 MIN

TOTAL TIME: 15 MIN

Ingredients:

- 1 large bag baby spinach
- 1 quart strawberries, sliced (about 1 pound)
- 1 cup candied pecans, chopped
- 1 cup crumbled feta cheese



Directions:

1. Assemble the salad: place spinach in big serving bowl. Add sliced strawberries. Drizzle about half of the dressing over the salad and toss (You want leaves to be nicely moistened but not swimming in dressing).
2. Add the feta and pecans. Toss lightly to combine.

Poppy Seed Dressing:

- 1/4 cup balsamic vinegar
 - 3 tbsp olive oil
 - 1 1/2 tbsp poppy seeds
 - 1 1/2 tbsp honey
 - 1/2 tsp dijon mustard
 - 1/2 tsp salt
 - 1/2 tsp pepper
- whisk together all of the ingredients until well combined.

FOR MORE HEALTHY RECIPES, GO TO JCSCHOOLS.US

