

HEALTHY HYDRATION

enjoy the nutritional benefits of
infused water



SALVE REGINA
dining

Cucumber Mint Infused Water

Ingredients yield 1 pitcher

8 cups water

12 mint leaves

1 English cucumber, thinly sliced

Directions

Add mint leaves to a pitcher and mash.

Stir in 1 thinly sliced English cucumber. Add water.

Infused water can be served immediately, but for more flavor let sit for a few hours to infuse.

Strawberry Pineapple Infused Water

Ingredients yield 1 pitcher

8 cups water

1 cup strawberries, thinly sliced

1 cup pineapple, chopped

Directions

Add pineapple to a pitcher and mash gently.

Stir in strawberries. Add water.

Infused water can be served immediately, but for more flavor let sit for a few hours to infuse.

POWER UP WITH PLANT PROTEIN

enjoy the nutritional benefits of
quinoa



SALVE REGINA
dining

Quinoa & Edamame Salad

Ingredients yield 15 servings

- 2 ¹/₃ cups edamame, frozen
- 1 ¹/₂ quarts water
- 2 ¹/₂ teaspoons salt
- 1 ²/₃ cup quinoa, raw
- 2 fluid ounces lime juice, fresh
- 1 ¹/₄ fluid ounces olive oil
- ¹/₄ cup red onion, diced ¹/₄"
- ¹/₂ cup red peppers, diced ¹/₄"
- ³/₄ cups Asian pears, peeled, cored & chopped
- 4 tablespoons cilantro, fresh & chopped fine
- ¹/₄ teaspoon salt
- ¹/₄ teaspoon black pepper

Directions

Bring water (not listed) to a boil over medium heat. Add edamame and cook for 3 minutes. Drain and spread out on a sheet pan. Let cool.

Bring water to a boil over medium heat. Stir in 1st listed salt and quinoa and turn heat to low. Cook, stirring occasionally, until grains are cooked but not split, about 5 minutes. Remove from heat, drain, and spread out on a sheet pan.

While quinoa is chilling, combine edamame, lime juice, olive oil, onion, bell pepper, pear, cilantro, 2nd listed salt, and black pepper in a mixing bowl. Add quinoa and toss until well combined.

Nutrition Facts per 4 ounces

CALORIES 120	CARBS 18g	PROTEIN 5g	FAT 4g
SAT FAT 0.5g	SODIUM 150mg	FIBER 3g	

POWER UP WITH PLANT PROTEIN

enjoy the nutritional benefits of hummus



SALVE REGINA
dining

Roasted Red Pepper Hummus

Ingredients yield 2 cups

1 (15 ounce) can no-salt-added chickpeas, rinsed

5 ounces roasted red peppers

$\frac{1}{4}$ cup tahini

$\frac{1}{4}$ cup extra-virgin olive oil

$\frac{1}{4}$ cup lemon juice

1 teaspoon minced garlic

1 teaspoon ground cumin

$\frac{1}{2}$ teaspoon salt

Directions

Combine chickpeas, peppers, tahini, lemon juice, garlic, cumin, and salt in the bowl of a food processor. Pulse until blended. Scrape down the sides of the bowl as needed to integrate any large chunks.

Next add olive oil and blend until smooth.

Serve with vegetable sticks or pita chips.

Nutrition Facts per 2 tablespoons

CALORIES
90

CARBS
8g

PROTEIN
3g

FAT
6g

SAT FAT
1g

SODIUM
150mg

FIBER
2g

POWER UP WITH PLANT PROTEIN

enjoy the nutritional benefits of hummus
as a spread



SALVE REGINA
dining

Red Pepper Hummus Vegetable & Chicken Wrap

Ingredients yield 1 wrap

3 ounces grilled chicken

1 spinach herb wrap

2 tbsp. roasted red pepper hummus

1 cup spinach leaves

2 tbsp. feta cheese

2 tbsp. diced cucumbers

Directions

Prepare Roasted Red Pepper Hummus according to recipe (Roasted Red Pepper Hummus).

Grill chicken to an internal temperature of 165° F. Slice chicken into strips.

Spread hummus over the center of the wrap. Top the hummus with spinach, feta, cucumbers, and sliced chicken.

Roll the wrap and serve immediately.

Nutrition Facts per 1 wrap



VARY YOUR VEGGIES

enjoy the nutritional benefits of
carrots



SALVE REGINA
dining

Carrot & Ginger Soup

Ingredients yield 1 1/2 gallons

- 1 gallon low sodium vegetable stock
- 2 tablespoons canola oil
- 1 pound yellow onions, chopped
- 2 fluid ounces ginger, fresh, peeled and minced
- 3 1/2 pounds carrots, peeled, sliced 1/2"
- 9 ounces sweet potato, peeled, diced 1/2"
- 2 cups 2% milk
- 3/4 cup orange juice
- 1 1/2 fluid ounces orange zest, fresh, grated
- 1 teaspoon salt, kosher
- 1/3 teaspoon cayenne pepper

Directions

Prepare the vegetable stock according to recipe.

Heat oil in a pot over medium heat. Add onion and ginger. Sauté for 4-5 minutes.

Add carrots and potatoes. Sauté for 8 minutes.

Add stock, bring to a boil. Reduce heat, and simmer for 35 minutes or until potatoes are tender.

Puree with an immersion blender until smooth. Return to a simmer. Add milk, orange juice, orange zest, pepper, and cayenne pepper. Return to a simmer, and remove from heat.

Nutrition Facts per 8 ounces

CALORIES
70

CARBS
12g

PROTEIN
2g

FAT
1.5g

SAT FAT
0g

SODIUM
210mg

FIBER
3g

VARY YOUR VEGGIES

enjoy the nutritional benefits of
kale



SALVE REGINA
dining

Harvest Kale Salad

Ingredients yield 6 servings

For the Salad:

1 tablespoon extra virgin olive oil
 $\frac{1}{2}$ medium butternut squash,
peeled and cut into $\frac{1}{2}$ inch cubes
1 bunch of red kale
Seeds from 1 pomegranate
 $\frac{1}{2}$ cup hulled pumpkin seeds
 $\frac{1}{3}$ cup crumbled feta cheese

For the Dressing:

1 tablespoon pure maple syrup
 $\frac{1}{2}$ tablespoon Dijon mustard
1 small clove garlic
2 tablespoons apple cider
vinegar
 $\frac{1}{3}$ cup extra virgin olive oil
Sea salt and cracked black
pepper to taste

Directions

Preheat the oven to 375° F. Toss the butternut squash with 1 tablespoon of olive oil. Arrange in a single layer on a large parchment-lined baking sheet and roast until the squash is fork-tender and golden brown (30-40 minutes). Let cool.

While the squash is roasting, destem the kale (cut it away from the woody stems) and then cut it into thin ribbons. Put the ribbons into a large salad bowl. Sprinkle with sea salt and use your hands to massage the kale by squeezing it firmly.

Combine all the dressing ingredients in a small bowl. Combine well.

Toss the kale with the dressing, and sprinkle the roasted squash, pomegranate seeds, pumpkin seeds, and feta overtop.

Nutrition Facts per 1 salad

CALORIES
350

CARBS
35g

PROTEIN
9g

FAT
23g

SAT FAT
4g

SODIUM
130mg

FIBER
10g

FOCUS ON FRUIT

enjoy the nutritional benefits of fruit



SALVE REGINA
dining

Orange Strawberry Smoothie

Ingredients yield 4 smoothies

1 $\frac{1}{3}$ cups plain nonfat Greek yogurt

1 cup frozen strawberries, whole

1 cup orange juice

1 tablespoon agave nectar, light

$\frac{1}{2}$ cup ice cubes

Directions

Place all ingredients in a blender. Blend on high until smooth.

Serve with an orange slice or fresh strawberry. Enjoy!

Directions per 8 fluid ounces

CALORIES
90

CARBS
14g

PROTEIN
8g

FAT
0g

SAT FAT
0g

SODIUM
30mg

FIBER
1g