

## Salad Fixings - RenataCollective.com

A warming, filling, delicious salad is a perfect lunch or dinner and a perfect way to get great nutrition with not a lot of effort!

Leafy Greens, especially Spinach, are extremely nutrient-rich vegetable, including potassium, magnesium, and vitamins B6, B9, E, C, K, high amounts of carotenoids (turns into VitA in the body), folic acid, iron, and calcium. Arugula is a 'bitter' green that supports gut health and is beneficial for digestion.

Sweet Potatoes have many nutritional benefits. An excellent source of the plant-based calcium, the antioxidant beta carotene which converts into an active form of VitA in our bodies which is beneficial in supporting eye health, a rich source of fiber to aid in digestion and contain VitC to support immune health, and choline to support the nervous system plus a range of vitamin B vitamins.

Cauliflower, in the same family as broccoli, kale and cabbage. is an antioxidant and anti-inflammatory, high in fiber to help digestion and plant sterols to support the balancing of cholesterol levels, rich in VitC to promote heart health, Vit K, Folate and VitB6, the latter 2 supporting the nervous system and the metabolism of energy and potassium to help regulate high blood pressure.

Other veggies good for roasting: carrots, zucchini, broccoli, beets.

Other veggies good raw: carrots, zucchini, celery, cucumber, kohlrabi, peas

Grains: quinoa, brown rice, faro, barley, pasta,

Other add ins: cubed cheese, goat cheese, hardboiled eggs, roast chicken or other lean cooked meats, tofu, tempeh, edamame beans, chickpeas, cannellini, black beans, fruits: sliced apples, pears, berries, halved grapes, pomegranate seeds, nuts

### Roasting Veggies:

- Preheat your oven to 400 degrees. Prepare a sheet pan by covering it with foil, a silicon pad or parchment paper.
- Next, put your diced sweet potatoes and cauliflower in a bowl, and drizzle some olive oil on top, season with herbed seasoned sea salt or plain sea salt and generous grinds of black pepper. Toss to cover the veggies in the oil and seasonings. Spread the veggies on the sheet pan and roast in the oven for 20 minutes, stirring half way through. After 20 minutes check to see if they are fork-tender. If so, remove them from the oven and let cool. If not, let them roast another 5 minutes and check again. Cook until they are done.

### Quinoa:

- Start by soaking 1 cup quinoa in 2 cups of water for 15 minutes. Rinse until there are no more 'suds'.
- Next you will toast the soaked quinoa in the sauce pan you will cook it in: heat 1 tablespoon of oil in the pan and heat it up. Add the quinoa and let it roast in the oil until dry and 'popping'. Add 1¾ cup water or veggie bouillon, stir, and bring to a rapid boil. Add a pinch of herbed seasoned sea salt or plain sea salt. Reduce the heat to medium-low, cover the pot and cook for 15 minutes. Check after 15 minutes to see if the water has absorbed. When done, turn off the heat and set the pot aside to cool. After 5 minutes, remove the lid and gently stir the quinoa with a fork to fluff.