

Friends with Food

May 2019

Salads and Overnight Oats

Hey all!

I decided to do a meal planning/prep kind of article this month so you have some killer new salads and parfaits ready to go for your breakfast and lunch! The goal is to make something balanced (macro nutrient-wise), colorful, fresh, filling and tasty. So many lovely fruits and veggies are in season right now so let's take advantage. Mother Nature knows when and what we should eat which coincides with our body's optimal health. How brilliant is she?!

Balanced Salads:

1. Have protein, fat, and carbohydrates
2. Have at least 3 different colors
3. Are filling and satiating but yet make you feel light and energetic
4. Whole food dressing (that can be your fat source)
5. Delicious!!!

The "Power to the People" Kale and Tofu Salad



Ingredients:

- Wild Rice/Barley
- Lentils

- Spicy Ginger Tofu
- Kale
- Red onion
- Carrots
- Steamed broccoli
- Bell pepper
- Sunflower seeds

The Immuno-Boosting Burrito Bowl



Ingredients:

- Black Beans

- Tomatoes
- Red onion
- Quinoa
- Avocado
- Bell pepper
- Sweet potatoes

The Immuno-Boosting Buddha Bowl



Ingredients:

- Chickpeas
- Spicy Ginger Tofu
- Kale
- Spinach
- Quinoa
- Bell pepper
- Broccoli
- Sweet potatoes
- Avocado
- Crumbled Feta cheese

Avocado Spinach Summer Quinoa Salad



<https://www.allrecipes.com/recipe/247169/summer-quinoa-salad/?internalSource=hub%20recipe&referringId=260&referringContentType=Recipe%20Hub&clickId=cardslot%2012>

Ingredients:

- Spinach
- Quinoa
- Black beans
- Tomatoes
- Avocado
- Bell pepper
- Black olives
- Red onions

Kale, Quinoa, and Avocado Salad with Lemon Dijon Vinaigrette



<https://www.allrecipes.com/recipe/230050/kale-quinoa-and-avocado-salad-with-lemon-dijon-vinaigrette/?internalSource=hub%20recipe&referringContentType=Search>

Ingredients:

- Quinoa
- Kale
- Tofu
- Avocado
- Cucumber
- Bell Pepper
- Red onion
- Top with crumbled feta cheese

Chicken Summer Salad



<https://www.allrecipes.com/recipe/168936/amys-sensational-summer-salad/?internalSource=recipe%20hub&referringId=260&referringContentType=Recipe%20Hub&clickId=cardslot%2050>

Ingredients:

- Romaine lettuce
- Chicken Breast
- Avocado
- Diced strawberries
- Dried cranberries

Southwestern Tofu Salad



<https://healthiersteps.com/recipe/southwestern-tofu-salad/>

Ingredients:

- Romaine lettuce
- Black beans
- Tofu
- Avocado
- Tomatoes
- Sweet Corn kernels
- Bell pepper
- Red onion

Now let's talk Overnight Oats!

Balanced Overnight Oats Have:

1. Whole grain oats
2. Protein
3. Fat
4. Fruit
5. Flavor!

PB & J Overnight Oats



<https://www.bbcgoodfood.com/recipes/pbj-overnight-oats>

Ingredients:

- raspberries
- oats
- 1 tsp maple syrup
- 1 tbsp peanut butter

Whole Foods Overnight Oats



https://www.wholefoodsmarket.com/recipe/overnight-oatmeal?qt-mobile_recipe_details=1

Ingredients:

- 2 cups rolled oats (not instant or quick cooking)
- 2 cups low-fat milk, unsweetened soymilk or almond milk
- 1 teaspoon lemon zest
- 1/2 teaspoon pure vanilla extract
- 1/4 cup chopped pecans, walnuts or almonds
- 2 peaches or apricots, pitted and sliced
- 2 tablespoons agave nectar (optional)

Chocolate Banana Overnight Oats



<https://rachelgoodnutrition.com/chocolate-banana-overnight-oats/>

Ingredients:

- ½ cup rolled oats
- 1 tablespoon chia seeds
- 1 cup milk of choice
- 1 medium sized ripe banana
- 3 teaspoons unprocessed unsweetened cocoa powder (I like Hershey's)
- 1 teaspoon vanilla extract
- 2 teaspoons hot water

Carrot Cake Overnight Protein Oatmeal



<https://dashingdish.com/recipe/carrot-cake-overnight-protein-oatmeal/>

Ingredients:

- Unsweetened almond milk (or milk of choice)
- 1/2 cup Plain low fat Greek yogurt (or mashed banana, applesauce or pumpkin)
- 1/2 cup Grated carrots (I used one large carrot)
- 1/4 tsp Salt (or to taste)
- 1/2 tsp Cinnamon
- 1/2 tsp Apple pie spice
- 2 tbs Baking stevia (or 1/4 cup sweetener)
- 1 cup Old fashioned oats
- 1/4 cup Protein powder (or additional oats)

Hope you feel a little food inspired for some of your meals. Hit me up and let me know what you've tried!

Miriam Turner MPH, RD, CPT, Certified Intuitive Eating Counselor
mjirari@ucsd.edu