



HGG MEMBER RECIPE CLUB

may week four

RECIPE 1: BREAKFAST

very berry overnight oats

MAKES 2 SERVINGS

INGREDIENTS:

1 cup rolled oats
1 cup unsweetened non-dairy milk
1 tablespoon chia seeds
1 teaspoon vanilla extract
1/2 cup blueberries
1/2 cup strawberries
2 tablespoons almonds, sliced

DIRECTIONS:

Add oats, non-dairy milk, chia seeds and vanilla extract to a bowl and mix together. Separate into two containers and store in refrigerator overnight. In the morning, top with blueberries, strawberries and almonds!

RECIPE 2: LUNCH

southwest pasta salad

MAKES 4 SERVINGS

INGREDIENTS:

1 box lentil pasta
1 (15-ounce) can black beans, drained & rinsed
1 cup sweet corn
1 tomato, diced
1 bunch green onions, chopped
1/4 cup cilantro, chopped
1 avocado, diced

Dressing:

1 lime, juiced
1/2 cup olive oil
1/2 teaspoon garlic powder
1 teaspoon chili powder
Salt and pepper, to taste

DIRECTIONS:

Cook pasta according to directions. Whisk together dressing ingredients in a small bowl and set aside. In a large bowl add black beans, corn, tomato, green onions, cilantro and avocado. Add pasta and dressing. Toss to combine! Store in fridge & enjoy for lunch!



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RECIPE 3: DINNER

spicy mushroom fajitas

MAKES 2 SERVINGS

INGREDIENTS:

6 corn tortillas
2 small bell peppers, diced
1/2 pound mushrooms of choice, sliced
1/2 teaspoon cumin
1/2 teaspoon chili powder
1/2 teaspoon sea salt
2 tablespoons coconut oil
1/2 cup grape tomatoes
1 small shallot
2 tablespoons fresh cilantro
1 jalapeno (optional)

DIRECTIONS:

Add 1 tablespoon of coconut oil to saute pan over medium heat. Add bell peppers and cook with lid on for 3-4 minutes. Add mushrooms, cumin, chili powder, salt and one more tablespoon of oil. Stir together and cook with lid off for 5-8 minutes or until desired tenderness. In a separate pan on low-medium heat, warm tortillas for 1-2 minutes each. Top tortillas with saute mix, sliced tomatoes & shallot, cilantro and optional jalapeno!

NUTRITION + SHOPPING TIPS:

what's in season...

Bell peppers
Mushrooms
Cilantro

how to...

When buying corn tortillas, look for the USDA organic label to ensure they are minimally processed and contain no genetically modified ingredients.

did you know...

Mushrooms are high in fiber, iron and selenium. They also contain the B-vitamins riboflavin, pantothenic acid and niacin. Make sure mushrooms are cooked to receive their full nutritional benefits!

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may week four grocery list

PRODUCE

2 small bell peppers
1/2 pound mushrooms
1 tomato
1 bunch green onions
1 bunch cilantro
1 avocado
1/2 cup grape tomatoes
1 small shallot
1 jalapeno (optional)
1/2 cup blueberries
1/2 cup strawberries
1 lime

DRY, BULK, PANTRY

1 (15-ounce) can black beans
1 (15-ounce) can corn
1 box lentil pasta
1 cup rolled oats
1 tablespoon chia seeds
2 tablespoons almonds
1 jar salsa
6 corn tortillas
1 cup unsweetened non-dairy milk

OILS AND CONDIMENTS

Coconut oil
Olive oil
Vanilla extract

HERBS & SPICES

Cumin
Garlic powder
Chili powder
Salt

ADDITIONAL GROCERIES