



HGG MEMBER RECIPE CLUB

september week three

RECIPE 1: BREAKFAST

fall quinoa breakfast bowl

MAKES 1 SERVING

INGREDIENTS:

1/2 cup cooked quinoa
1 apple, cored and chopped
1/2 banana, sliced
1/4 cup walnuts, chopped
1/2 cup non-dairy milk
1/2 teaspoon pumpkin pie spice

DIRECTIONS:

Add cooked quinoa, non-dairy milk and spices into a bowl and stir until combined. Top with apple, banana and walnuts.

This recipe can be enjoyed warm or cold! Don't want to use quinoa? Take out the non-dairy milk & quinoa and replace this recipe with 1/2-1 cup cooked oats!

RECIPE 2: LUNCH

spinach & chickpea veggie salad

MAKES 2-4 SERVINGS

INGREDIENTS:

4 cups spinach
1 (15-ounce) can chickpeas, drained & rinsed
2 tomatoes, diced
1 bell pepper, diced
4 green onion springs, chopped

Dressing:

1/2 cup olive oil
1 lemon, juiced
Salt and pepper, to taste
Sprinkle of red pepper flakes

DIRECTIONS:

Whisk together dressing and set aside. Add spinach to large bowl and top with chopped veggies and chickpeas. Add in dressing and mix until well incorporated.



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RECIPE 3: DINNER

very veggie italian pasta salad

MAKES 4 SERVINGS

INGREDIENTS:

1 box pasta of choice
1 (15-ounce) can olives, sliced
1 cup cherry tomatoes, sliced
1/4 cup artichoke hearts
1 cup broccoli, chopped
1/4 cup parsley, chopped
6 tablespoons Italian salad dressing

DIRECTIONS:

Cook pasta according to directions. In a large bowl add cooked pasta and all other ingredients. Toss together with salad dressing until well combined.

NUTRITION + SHOPPING TIPS:

what's in season...

Apples
Tomatoes
Broccoli

how to...

Want an extra boost of protein added to your dinner? Use lentil or other bean noodles, which are a great source of protein and add flavor!

did you know...

Artichokes are a nutritious vegetable that contain fiber, niacin, magnesium, potassium, copper, phosphorous, vitamin C, folate and vitamin K!

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september week three grocery list

PRODUCE

- 1 apple
- 1 banana
- 4 cups spinach
- 2 tomatoes
- 1 bell pepper
- 1 bunch green onions
- 1 lemon
- 1 cup cherry tomatoes
- 1/4 cup artichoke hearts
- 1 cup broccoli
- 1 bunch parsley

DRY, BULK, PANTRY

- 1/4 cup dry quinoa
- 1/4 cup walnuts
- 1/2 cup non-dairy milk
- 1 (15-ounce) can chickpeas
- 1 box pasta of choice
- 1 (15-ounce) can olives

HERBS & SPICES

- Salt
- Black pepper
- Pumpkin pie spice
- Red pepper flakes

OILS AND CONDIMENTS

- Italian dressing
- Olive oil

ADDITIONAL GROCERIES