



Jenna's Simple Salad Dressing

- 1-Medium sized tomato
- ¼-Onion
- 1-2 Garlic cloves, pressed
- 2-Tbsp olive oil
- 2-Tbsp BRAG Liquid Aminos*
- 2-Tbsp apple cider vinegar

Combine the olive oil, BRAG and vinegar in bowl. Add pressed garlic and stir. Dice onions and tomatoes and add to the mix. Let sit for 5 to 10 minutes for the dressing to soak up all the flavor.

Try it with mixed greens or romaine. Top with pine nuts, cashews, or walnuts and apple or tangerine slices for more flavor!

*BRAG Liquid Aminos is derived from soybeans which contain essential and non-essential amino acids. Amino acids are the building blocks of protein. In other words, this component adds protein to the dressing.





Marinated 3 Bean Salad

- 1 – 8.5 ounce can lima beans, drained
- 1 – 8 ounce can cut green beans, drained
- 1 – 8 ounce can red kidney beans, drained
- 1 medium onion, thinly sliced and separated into two rings
- 1/2 cup chopped sweet green bell pepper
- 1/2 cup fat-free Italian salad dressing

In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper. Pour the Italian salad dressing over the vegetables and toss lightly. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be prepared the night before and left in the refrigerator overnight.

Preparation Time: 10 minutes

Chill Time: 1 hour

Serves: 4

Nutrition facts per serving

Calories: 150

Total Fat: 1 g

Cholesterol: 0 mg

Sodium: 430 mg

Total Carbohydrate: 29 g

Protein: 8 g

Serve with: Mixed greens





Greek Rice Salad

- 3- cups cooked medium grain brown rice
- 1- cup red grape tomatoes, sliced in half
- 1/3- cup pitted Kalamata olives, sliced
- 1/4- cup crumbled Feta cheese
- 1/4- cup vinaigrette or Italian-style dressing
- Salt and pepper to taste
- Romaine lettuce leaves

Combine rice, tomatoes, olives, feta cheese and dressing in large bowl. Season with salt and pepper. Toss well and serve on lettuce leaves, or use lettuce leaves as "wraps" to hold filling.

Nutrition Facts per serving

- Calories: 186
- Total Fat: 8g
- Cholesterol: 6mg
- Sodium: 135 mg
- Total Carbohydrate: 25 g
- Dietary Fiber: 2 g
- Protein: 4 g

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Egg-Cellent Asparagus Salad

- 8- Asparagus spears
- 2- Teaspoons olive oil
- 1- Garlic clove
- 2- Cups mixed greens
- 1- Hardboiled egg
- 1- Tablespoon vinegar
- Salt
- Pepper

Cut 8 asparagus spears into 2-inch pieces. Sauté with 2 teaspoons olive oil and 1 minced garlic clove. Top 2 cups of greens with cooked asparagus, 1 chopped hardboiled egg, 1 tablespoon vinegar and salt and pepper to taste.



Fiesta Bowl Salad

- ¼- Cup black beans (rinsed and drained)
- ¼- Cup cubed avocados
- ¼- Cup canned corn (drained)
- ¼- Cup cherry tomatoes
- ½- Lime, juiced
- 2- Cups romaine lettuce

Combine ¼ cup each of canned black beans, chopped avocado, canned corn, and chopped cherry tomatoes with the juice of ½ fresh lime and salt to taste. Serve on top of 2 cups romaine.

