POMEGRANATE QUINOA WITH PISTACHIOS AND MINT

SERVINGS: 6
PREP TIME: 15 MIN

Though it belongs to the berry family, pomegranate means "apple with many seeds". With it's incredible level of antioxidants, this fruit pairs perfectly with protein packed quinoa. Studded with roasted pistachios and finished with fresh mint, this salad will is sure to be a festive (and healthy!) addition to your table.

Ingredients:

- 3 cups cooked quinoa
- 1 pomegranate, seeded
- ½ cup roasted pistachios, roughly chopped
- ¾ cup of your favorite vinaigrette
- 2 TBL fresh mint, chiffonade

Preparation:

1. To remove seeds from pomegranate: cut fruit in half, through the "equator" section. Gently squeeze to loosen up the seeds. Over a bowl of cold water, tap the back of each pomegranate half until all of the seeds have fallen into the water. The pulp will float to the top, leaving the seeds in the bottom of the bowl. Strain pulp, then strain water. Set seeds aside.
2. In a large bowl, combine quinoa, pistachio, pomegranate seeds, mint, and dressing. For best results, chill for 1-2 hours in order to allow the flavors to develop. Optional additions: crumbled feta cheese or grilled chicken.

Taste the bounty of the season!

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THAI FRIED GREEN BEANS

SERVINGS: 4
PREP TIME: 20 MIN

This is not your Thanksgiving green bean casserole! A recent trip to Thailand has me enamored with fish sauce. While it can be intimidating at first, the umami-filled sauce adds an undeniable depth of flavor to any dish. Sautéed with green beans, peppers, soy, lime, and brown sugar- this dish will transport you from the kitchen to a Thai paradise.

Ingredients:

- ½ lbs green beans, ends trimmed
- ½ lbs red bell pepper, julienned
- ½ bunch green onion, chopped
- ½ bunch cilantro, chopped
- 3 TBL sesame oil
- 2 TBL fish sauce
- 2 TBL lime juice
- 2 TBL soy sauce (can substitute tamari or bragg's aminos)
- 1 TBL red chile flake
- 1 TBL brown sugar

Preparation:

1. In a small bowl, combine fish sauce, lime juice, soy sauce, chile flakes, and sugar. Set aside.
2. Heat a large sauté pan on high heat. Add sesame oil, then green beans and red bell peppers.
3. Once vegetables start to become slightly tender, add fish sauce marinade to pan and allow the vegetables to finish cooking in the sauce. Cook for approximately 3-4 minutes until sauce reduces enough to coat vegetables.
4. Finish by tossing with green onion and cilantro. Serve immediately.

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