

# Simple Baked Chicken

## INGREDIENTS

- 5-6 boneless, skinless chicken breasts, about 6 oz each
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon black pepper

## DIRECTIONS

1. Preheat oven to 400°F.
2. Toss chicken breasts with olive oil and seasonings. Mix well to coat.
3. Place on a lightly greased pan and bake 22-26 minutes or until internal temperature reaches 165°F.
4. Rest 5 minutes before slicing

Recipe provided by Dana Mealing, RDN, LN, Tevis Center for Wellness



# Rainbow Chickpea Salad

## INGREDIENTS

- 1/2 15-ounce can low sodium garbanzo beans/chickpeas, drained and rinsed
- 1/2 red bell pepper, diced
- 1 large carrot, shredded
- 1/2 cup of sweet corn
- 1/2 cucumber, diced
- 4-6 cups mixed salad greens
- 1/2 cup blueberries
- 1/6 of a red cabbage, shredded
- 1/4 cup sweet onion, diced

## DIRECTIONS

1. In a large bowl lay out your salad greens
2. Arrange the diced veggies in a rainbow order: red bell pepper, carrot, sweet corn, cucumber, blueberries, red cabbage, onion. Save time and effort cutting the veggies by using a food processor.
3. Sprinkle garbanzo beans over the top of the salad.
4. Add your favorite dressing and toppings, toss and serve.

# Tahini Dressing

## INGREDIENTS

- 1/4 cup extra-virgin olive oil
- 1/4 cup tahini
- 2-3 tablespoons lemon juice, to taste
- 2 teaspoons Dijon mustard
- 2 teaspoons maple syrup or honey
- 1/2 teaspoon fine sea salt
- Freshly ground black pepper, to taste
- 2 tablespoons ice-cold water, more as needed

## DIRECTIONS

1. In a liquid measuring cup or jar, combine the olive oil, tahini, 2 tablespoons lemon juice, mustard, maple syrup, salt, and several twists of black pepper. Whisk until thoroughly blended.
2. Add the cold water, and whisk again. The dressing should become remarkably creamy. Taste, and add more lemon juice (for zing) and pepper, if desired. If your dressing is too thick to drizzle, whisk in more cold water, 1 tablespoon at a time. Serve!

This dressing will keep well in the refrigerator, covered, for about 1 week. It may thicken with time; simply thin it with a little more water as needed.

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