

# Honey Butter Roasted Carrots

## Ingredients:

- 1 lbs carrots (two bunches) with tops, tops trimmed and skin peeled
- 2 tablespoons melted butter
- 2 cloves garlic, minced
- Salt
- Freshly cracked black pepper
- 2 teaspoons finely chopped parsley leaves
- 2 tablespoons honey or maple syrup, or to taste



## Directions:

1. Preheat the oven to 400°F
2. Toss the carrots with the melted butter, garlic, a large pinch of salt, black pepper, parsley, and honey in a big bowl, then transfer them on a baking sheet lined with parchment paper
3. Spread out in a single even layer, a roast for about 25 minutes, or until the carrot is fork-tender and lightly browned.

<b>Nutrition Facts</b>	
Serving Size 1/2 recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 253	Calories from Fat 108
<b>% Daily Values*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 31mg	<b>10%</b>
<b>Sodium</b> 235mg	<b>10%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 27g	
<b>Protein</b> 2g	<b>4%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	

Source: <http://rasamalaysia.com/honey-butter-roasted-carrots/>.

# **Lettuce, Avocado and Sunflower Seed Salad**

## **Ingredients:**

- ½ cup olive oil
- 1 ½ tablespoon red wine vinegar
- 1 ½ tablespoon balsamic vinegar
- 1 clove garlic, minced
- 1 tablespoon mayonnaise
- 2 heads Bibb lettuce – rinsed, dried and torn
- 1/3 cup sunflower seeds
- 2 avocados – peeled, pitted and sliced



## **Directions:**

1. Whisk together the olive oil, red wine vinegar, balsamic vinegar, garlic and mayonnaise. Season with salt and pepper to taste.
2. In a salad bowl, combine the lettuce and sunflower seeds. Toss with enough dressing to coat. Top with sliced avocado and serve.

## **Source:**

<http://allrecipes.com/recipe/14422/lettuce-avocado-and-sunflower-seed-salad/?internalSource=search%20result&referringContentType=search%20results>

# Spinach Basil Pasta Salad

## Ingredients:

- 1 (16 ounce) package bow tie pasta
- 1 (6 ounce) package spinach leaves
- 2 cups fresh basil leaves
- ½ cup extra virgin olive oil
- 3 cloves garlic, minced
- 4 ounces prosciutto, diced
- Salt and ground black pepper to taste
- ¾ cup freshly grated Parmesan cheese
- ½ cup toasted pine nuts



## Directions:

1. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Rinse with cold water to cool. Drain well in a colander set in the sink.
2. Toss the spinach and basil together in a large bowl.
3. Heat the olive oil in a skillet over medium heat; cook and stir the garlic in the hot oil for 1 minute; stir in the prosciutto and cook 2 to 3 minutes more. Remove from heat. Add to the bowl with the spinach and basil mixture; toss to combine. Pour in the drained pasta and retoss. Season with salt and pepper. Sprinkle with the Parmesan cheese and pine nuts to serve.

**Source:** <http://allrecipes.com/recipe/147565/spinach-basil-pasta-salad/?internalSource=search%20result&referringContentType=search%20results>

# Apple Kale Smoothie



## KALE SMOOTHIE FOR KIDS

PREP TIME

5 mins

TOTAL TIME

5 mins

Author: Sonnet  
Recipe type: Drink  
Serves: 4



## INGREDIENTS

12 ounces 100% apple juice  
3 - 4 large kale leaves (stem removed)  
3 bananas (peel removed)  
2 cups of ice

 PRINT

## INSTRUCTIONS

1. Blend juice and greens for about one minute on high. Make sure the greens are thoroughly blended. Then add the banana & ice and blend for an additional 30 seconds, until smooth.

**Source:** <http://www.insonnetskitchen.com/kale-smoothie-for-kids/>