

## FARRO SALAD WITH ASPARGUS AND PARMESAN

*Farro is rich in fiber, magnesium and vitamins A,B,C & E*

### INGREDIENTS

- |  |   |
|--|---|
| 2 cups farro                                 | 3/4 cup dried cranberries                 |
| 3/4 pound fresh asparagus, trimmed           | 1/2 cup chopped fresh parsley             |
| 1 cup red and yellow cherry tomatoes, halved | 1/3 cup chopped fresh chives              |
| 3/4 cup chopped walnuts                      | 1/4 cup balsamic vinaigrette, or to taste |
|  | 1 cup shaved Parmesan cheese, divided     |

### DIRECTIONS

1. Soak farro in a large bowl of water for at least 12 hours. Drain.
2. 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 drained farro, and return to a boil. Reduce heat to medium, then cook the farro uncovered, stirring occasionally for 20 minutes. Reduce heat to low, cover, and continue simmering until tender, about 30 more minutes. Drain and allow to cool.
3. Bring a large pot of lightly salted water to a boil. Add the asparagus, and cook uncovered until tender, about 3 minutes. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the asparagus is cold, drain well, and chop. Set aside.
4. Place farro, asparagus, tomatoes, walnuts, cranberries, parsley, and chives in a large bowl. Drizzle the balsamic vinaigrette over and sprinkle about 3/4 cups Parmesan cheese, then toss. Top with the remaining 1/4 cup of Parmesan cheese. Serve at room temperature.



## 2000 Calorie Meal Plan

Grains: 6 oz | Vegetables: 2½ cups | Fruits: 2 cups | Dairy: 3 cups | Protein: 5½ oz

The following meal plans are based on calorie levels and food group recommendations published by the USDA at the [www.myplate.gov](http://www.myplate.gov) website.

### MEAL PLAN

#### Breakfast

2 ounces Protein  
½ cup Vegetables  
1 ounce Grain  
1 cup Fruit

#### Lunch

2 ounces Protein  
½ cup Dairy  
2 ounces Grain  
1 cup Fruit  
1 cup Dairy

#### Dinner

5 Ounces Protein  
2 ounces Grain  
1 serving Vegetables  
1 cup Dairy

#### Snacks

1 cup Dairy  
1 ounce Grain  
1 cup Vegetables  
4 ounces Frozen Yogurt  
½ cup Fruit

### SAMPLE MENU

#### Breakfast

Vegetable Omelet:  
2 eggs  
½ cup vegetables

Wheat toast (1 slice),  
1 Tbsp light margarine  
½ half Grapefruit  
6 ounces coffee

#### Lunch

##### Tuna Melt:

2.5 ounces canned tuna in water  
2 Tbsp Light mayonnaise  
2 slices Whole Wheat Bread  
1 slice cheddar cheese

1 medium apple  
1 cup 1% milk

#### Dinner

3 ounces Lean Steak (about the size of a deck of cards)  
½ cup Farro salad with Asparagus & Parmesan (recipe on reverse side)  
½ cup (about 6) Baby Carrots (cooked or raw)  
1 cup 1% Milk

#### Snacks

1 part-skim string cheese  
Frozen vanilla yogurt  
1 cup low sodium 100% vegetable juice

5 whole wheat crackers  
½ cup sliced strawberries

NOTE: Due to the healthful food choices in each food group, the sample menu contains approximately 1855 calories, allowing you to include 145 additional discretionary calories.

## TEX MEX QUINOA SALAD

*Quinoa is rich in calcium and is gluten free.  
It contains more protein than any other grain.*

### INGREDIENTS

- |                                  |   |
|----------------------------------|---|
| 1 cup quinoa                     | 1 (14 ounce) can diced tomatoes with green chile peppers, drained |
| 2 cups water                     | 1 (14 ounce) can garbanzo beans, drained and rinsed               |
| 1 teaspoon kosher salt           | 1 bunch cilantro, chopped   |
| 1/4 cup fresh lime juice         | 2 avocados, cubed   |
| 2 tablespoons olive oil          | 1/4 cup crumbled cotija cheese                                    |
| 1/8 teaspoon ground black pepper |   |



### DIRECTIONS

1. Bring quinoa, water, and salt to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes. Meanwhile, stir together the lime juice, olive oil, pepper, diced tomatoes, and garbanzo beans. When the quinoa is done, stir it into the tomato mixture, then cool in refrigerator until cold, about 2 hours
2. When the quinoa is cold, fluff with a spoon, and gently fold in the cilantro, avocados, and cheese.

# 1800 Calorie Meal Plan

Grains: 6 oz | Vegetables: 2½ cups | Fruits: 1½ cups | Dairy: 3 cups | Protein: 5 oz

The following meal plans are based on calorie levels and food group recommendations published by the USDA at the [www.myplate.gov](http://www.myplate.gov) website.

## MEAL PLAN

<u>Breakfast</u>	2 ounces Grain 1½ cups Fruit ½ cup Dairy
<u>Lunch</u>	2 ounces Grain 3 ounces Protein 1 cup Vegetables ½ cup Fruit 1 cup Dairy
<u>Dinner</u>	4 ounces Protein 2 ounces Grain 1½ cups Vegetables 1 cup Dairy
<u>Snacks</u>	¾ cup Fruit 1 cup Dairy

## SAMPLE MENU

### Breakfast

Cold cereal:

1 cup shredded wheat	1 slice whole wheat toast
½ cup sliced banana	1 Tbsp all-fruit preserves
½ cup 1% milk	1 cup 100% orange juice

### Lunch

Turkey sandwich:

1 whole grain pita bread (2 oz)	1 cup 1% milk
3 oz roasted turkey, sliced	½ cup grapes
¼ cup shredded lettuce	1 stalk (1/2 cup) celery sticks
2 slices tomato	
1 tsp mustard	
1 Tbsp light mayonnaise	

### Dinner

Roasted lime & garlic chicken:

3 ounces cooked chicken breast	1 cup steamed zucchini
lime juice, garlic	1 cup 1% milk
½ cup Tex Mex Quinoa salad (recipe on reverse side)	

### Snacks

1 small slice angel food cake	¾ cup sliced strawberries
1 cup flavored yogurt	

NOTE: Due to the healthful food choices in each food group, the sample menu contains approximately 1650 calories, allowing you to include 150 additional discretionary calories.

## INGREDIENTS

- 2 cups Freekeh
- 1 cup chopped walnuts
- 2 medium apples,  
cored and chopped
- 1 cup seedless raisins
- 1 cup finely chopped parsley
- 1/4 cup apple cider vinegar
- 1/2 cup apple juice
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 3 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 1/2 teaspoon of both salt & pepper

Cook and drain Freekeh. See cooking instructions on reverse side.  
When cool, add the above ingredients. Stir and serve chilled.

## FREEKEH WALDORF SALAD

*Freekeh is high in calcium, iron and zinc.  
It has more than 4 times the fiber content of brown rice.*



Freekeh (pronounced free-ka) is roasted green wheat that has a unique, smoky aroma and a nutty, toasted taste. Freekeh comes either cracked or whole grain and is simple to cook and use. Freekeh can be used in place of rice, added to soups and casseroles and even eaten like hot cereal.



## **Basic Recipe for preparing cracked Freekeh**

### **Microwave Method**

Place 4 cups of boiling water, 2 cups freekeh, 1 tsp. salt and 1 tbs. olive oil (optional) in a deep microwave bowl. Cover and cook on high for 10-15 minutes if cooking cracked grain, 30-35 minutes for whole grain. Remove from microwave and allow to stand for 5 minutes, covered, while grains swell and soften further.

### **Absorption Method**

Place 5 cups cold water, 2 cups freekeh, 1 tsp. salt, and 1 tbs. olive oil (optional) in a large saucepan. Bring to boil, stirring occasionally. Cover the saucepan with a tightly fitting lid. Lower heat and simmer for 10-15 minutes if cooking cracked grain, and 40-45 minutes for whole grain. Ensure all water is absorbed and grains are tender before serving.

**For Wholegrain**, the Microwave method is 2 cups of water to 1 cup of freekeh.  
For absorption method is 5 cups of water to 1 cup of freekeh.