



# THE GRAZER

February 13, 2018

## Recipes for the week of February 13

### **Breakfast**

- [Baked Oatmeal Bars](#)
- [Mini Strawberry Breakfast Pizzas](#)
- [Greens & Fruit Breakfast Salad](#)

### **Lunch & Light Dinner:**

- [Stuffed Veggie Subs](#)
- [Cauliflower Sharp Cheddar Soup](#)
- [Chicken Stew](#)
- [Kale and Lentil Stew](#)

### **Entrees:**

- [Pasta with Vegetables and Cauliflower "Alfredo" Sauce](#)
- [Penne Pasta with Spring Veggies and Salmon](#)
- [Maple Mustard Salmon and Broccoli](#)
- [Baked Fish and Spring Veggie Bowls](#)
- [Cauliflower Fried Rice](#)
- [Ratatouille Tian](#)
- [Cherry Tomato Veggie Galette](#)
- [Chicken and Spinach-Radish Salad Pizza](#)

### **Salads:**

- [Beets & Greens Salad with Fig Jam Vinaigrette](#)
- [Chard and Strawberry Salad](#)
- [Chinese Chicken Salad](#)
- [Asian Cabbage & Mixed Greens with Squash & Broccoli](#)

### **Sides:**

- [Quick and Easy Kimchi](#)
- [Ginger Garlic Asparagus](#)

### **Desserts:**

- [Berries with Whipped Aquafaba](#)
- [Chocolate Beet Brownies](#)

### **Want more ideas?**

Click link below to access to all Urban Graze recipes: [Urban Grazer Recipe Library](#)

To use the library: Click on the "Get Cookin'" Tab; Search method: in column on the right side of page, click on the veggie name of your choice to access recipes using that veggie

"Keep love in your heart. A life without it is like a sunless garden when the flowers are dead."  
-Oscar Wilde

### **I Love Your Heart!**

What better way to celebrate Valentine's Day than to treat your heart to some extra loving by eating super foods.

See how many heart healthy foods you can incorporate into your Valentine's Day menus. Here are some of the healthiest:

#### Veggies:

- Asparagus
- Bell Peppers
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Green Beans
- Greens— Kale, Spinach, Beet, Chard, Watercress, Baby/Micros
- Peas
- Tomatoes

#### More:

- Salmon (and other "oily" fish like tuna and trout)
- Whole Grains, Oatmeal
- Legumes— Nuts, and Dried Beans, Peas, Lentils
- Berries, Pomegranates, Apples, Citrus
- Avocado
- Olive Oil
- Garlic
- Probiotics- Yogurt, Kefir, Kombucha
- Soy
- Dark Chocolate
- Red Wine
- Green Tea