



Summer Recipes

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Recipe Notes:

Check serving sizes.

Swap avocado oil for olive oil or coconut oil. Avoid canola oil.

Swap avocado for nuts and seeds or olive oil when not in season.

Frozen fruit and vegetables are just as good as fresh, and often cheaper. If you don't have an ingredient try and swap for something you do have.





Kale Blueberry Salad with Lemon Tahini Dressing

4 servings

15 minutes

Ingredients

8 cups Kale Leaves (chopped)
2 tbsps Extra Virgin Olive Oil (divided)
1 1/2 tsps Red Wine Vinegar
Sea Salt & Black Pepper (to taste)
1/4 cup Tahini
1 Lemon (juiced)
1 tbsp Maple Syrup
1/4 cup Water
2 cups Lentils (cooked, drained and rinsed)
2 cups Frozen Peas (thawed)
2 cups Radishes (finely sliced)
1 cup Blueberries

Directions

- 1 Place kale leaves in a large bowl. Add half of your olive oil, red wine vinegar and season with sea salt and black pepper to taste. Massage very well until kale is coated. Set aside.
- 2 In a blender or food processor, combine your remaining olive oil and lemon juice with tahini, maple syrup and water. Add a pinch of sea salt and blend very well until smooth. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
- 3 Divide your kale in between bowls and top with lentils, green peas, radishes and blueberries. Drizzle with desired amount of lemon-tahini dressing and enjoy!



Summer Buddha Bowl

2 servings

20 minutes

Ingredients

- 1 1/2 tbsps Tahini
- 1 1/2 tbsps Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Maple Syrup
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 3 cups Arugula
- 1 Carrot (large, shredded)
- 1/2 cup Strawberries (halved)
- 1 Avocado
- 1/2 cup Chickpeas (roasted)

Directions

- 1 Add tahini, lemon juice, extra virgin olive oil, maple syrup, water and sea salt to a blender or food processor. Blend until smooth and creamy.
- 2 Divide arugula between bowls and top with shredded carrot, strawberries, avocado and chickpeas. Drizzle with tahini dressing. Serve and enjoy!



Spiralized Veggie Noodles with Peanut Sauce

4 servings

15 minutes

Ingredients

- 1 1/3 Zucchini (medium)
- 1 1/3 Carrot (large, peeled)
- 1 1/3 Red Bell Pepper (thinly sliced)
- 2 cups Purple Cabbage (thinly sliced)
- 1/3 cup All Natural Peanut Butter
- 2 2/3 tbsps Water
- 2 2/3 tbsps Lime Juice
- 1 1/3 tbsps Tamari
- 1 1/3 tbsps Maple Syrup
- 1 1/3 Garlic (clove, minced)
- 1 1/3 tpsps Ginger (minced)
- 1/4 cup Hemp Seeds

Directions

- 1 Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
- 2 In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
- 3 To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!



Zucchini Noodles with Creamy Avocado Sauce

4 servings

10 minutes

Ingredients

- 1 cup Basil Leaves (plus additional for garnish)
- 1 Avocado
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/4 cup Pumpkin Seeds (plus additional for garnish)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 3 tbsps Water
- 4 Zucchini (large)
- 1 cup Cherry Tomatoes (halved)

Directions

- 1 In a blender or food processor, add the basil, avocado, extra virgin olive oil, lemon juice, pumpkin seeds, nutritional yeast and sea salt. Blend while slowly adding the water to thin.
- 2 Spiralize the zucchinis and add to a bowl. Toss with the avocado sauce and add the tomatoes, extra pumpkin seeds and basil. Divide between bowls and enjoy!



Peach & Sweet Potato Salad

4 servings

15 minutes

Ingredients

1/3 cup Extra Virgin Olive Oil (divided)
1 1/3 Sweet Potato (medium, sliced into small cubes)
1 1/3 Peach (sliced)
1/3 tsp Sea Salt
1 1/3 tbsps Balsamic Vinegar
2 tsps Maple Syrup
5 1/3 cups Baby Spinach
2/3 cup Cherry Tomatoes (halved)
1/3 cup Pistachios (shelled and chopped)
1/3 cup Goat Cheese (crumbled)

Directions

- 1 Heat 1/4 of the olive oil in a skillet over medium heat. Cook sweet potato for about 7 minutes, stirring occasionally. Add the peach slices. Cook until slightly browned and the sweet potatoes are tender, adding more oil if necessary.
- 2 In a bowl or mason jar, whisk together the remaining oil, salt, balsamic vinegar and maple syrup.
- 3 Divide spinach, sweet potato, peaches, tomatoes, pistachios and cheese into bowls. Drizzle with your desired amount of dressing. Enjoy!



Strawberry Asparagus Salad with Tahini Dressing

4 servings

20 minutes

Ingredients

- 2 cups Asparagus
- 4 cups Arugula
- 1 cup Radishes (thinly sliced)
- 1 cup Strawberries (thinly sliced)
- 1 cup Frozen Peas (thawed)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1 Lemon (juiced)
- 2 tbsps Water (warm)

Directions

- 1 Trim the woody ends from the asparagus and cut the spears in half.
- 2 Fill a steamer pot with water and bring to a boil. Place asparagus in the steaming basket and steam for about 5 to 7 minutes, or until tender. (Note: The thicker the spears, the longer they will need to steam.) Remove the steamer from stovetop and run the asparagus under cold water until completely cool.
- 3 Fill the bottom of a salad bowl with arugula. Top with sliced radishes, strawberries thawed green peas and asparagus.
- 4 In a small jar, combine the tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin if necessary.
- 5 Drizzle desired amount of dressing over top of the salad and serve.



Grilled Pineapple & Chicken Salad

4 servings

20 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil (divided)
1 tbsp Apple Cider Vinegar
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)
454 grams Chicken Breast
3 cups Pineapple (sliced into rings)
6 cups Baby Spinach
1 cup Blueberries
1 Avocado (diced)
1/2 cup Feta Cheese (crumbled)
1/2 cup Red Onion (thinly sliced)

Directions

- 1 Add 3/4 of the olive oil, apple cider vinegar, maple syrup, salt and pepper (to taste) to a small mason jar. Shake and set aside.
- 2 Preheat grill on medium heat. Brush both sides of each chicken breast with the remaining olive oil and season with salt, pepper and any other spices you like.
- 3 Place pineapple slices and chicken breasts on the grill. Grill the chicken about 15 to 20 minutes or until cooked through, flipping halfway. Cook pineapple slices until grill marks appear, about 6 minutes each side.
- 4 Meanwhile, toss together spinach, blueberries, avocado, feta and red onion in a large bowl. Chop pineapple into chunks and chicken into strips. Add to salad. Divide onto plates and coat with desired amount of salad dressing.



Thai Chopped Chicken Salad with Peanut Sauce

4 servings

30 minutes

Ingredients

302 grams Chicken Breast (skinless and boneless)
1/8 tsp Chili Powder
1/8 tsp Smoked Paprika
1/8 tsp Sea Salt
1/4 cup All Natural Peanut Butter
1 1/3 tbsps Tamari
1 1/3 tbsps Raw Honey
1 1/3 tbsps Lime Juice
1 1/3 Garlic (clove, minced)
1 1/3 tbsps Ginger (minced)
2 2/3 tbsps Water
4 cups Green Cabbage (chopped)
2 2/3 Carrot (shredded)
2/3 Red Bell Pepper
2/3 Mango (cubed)
4 stalks Green Onion (chopped)

Directions

- 1 Add the chicken to a small bowl and season with chili powder, smoked paprika and sea salt. In a skillet over medium heat, cook the chicken on both sides until cooked through, approximately 8 to 10 minutes. Remove, let cool slightly and then shred with two forks.
- 2 In a blender, add the peanut butter, tamari, honey, lime juice, garlic, ginger and water. Blend until smooth and creamy.
- 3 In a large bowl, add the cabbage, carrots, pepper, mango and green onions. Add the shredded chicken to the bowl and toss with the dressing. Serve and enjoy!



Raspberry Avocado Ice Cream

2 servings

5 minutes

Ingredients

- 1 Avocado
- 1 cup Raspberries (frozen)
- 1/2 Banana (small, frozen)
- 3 tbsps Organic Coconut Milk (full fat, from the can)
- 1 tbsp Maple Syrup

Directions

- 1 Add all ingredients to a food processor and blend until smooth and creamy.
- 2 Serve immediately and enjoy!



Mojito Sorbet

2 servings

10 minutes

Ingredients

1/2 Cucumber (large, chopped and frozen)

1/4 cup Mint Leaves (fresh)

1/2 Lime (juiced)

1 tbsp Maple Syrup

2 tbsps Water (cold)

Directions

- 1 Add frozen cucumber and mint to a food processor or high-powered blender and blend until completely shaved.
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- 2 Add lime juice, maple syrup and water until well combined and smooth. Scoop into bowls and enjoy!