

## **Momma's favorite Vegetarian Lunch**

Assemble the following

- Spinach or baby kale (contains vitamins A, K & Calcium)
- Cut-up cucumber (contains vitamins B1, B5 & B7)
- Small avocado (great source of Potassium)
- Sunflower or pumpkin seeds (helps balance blood sugar levels)
- Top off with Diablo Verde Creamy Cilantro Sauce & Enjoy!

## **"Momma didn't have time to cook!" Recipe**

**Steps**

- Left over rice, quinoa, potatoes or pasta
- Diced rotisserie chicken, grilled shrimp, or steak
- Cover with Diablo Verde Creamy Cilantro Sauce
- Heat in microwave
- Serve with salad using Diablo Verde as dressing & Enjoy!!
- Don't forget to thank your Momma for a fabulous dinner!
- & put your plate in the dishwasher!