Oatmeal pancakes with Berry Sauce
Makes 10
½ cup milk of your choice, soy, rice regular, etc
2 Eggs, mixed well
1 Egg White
1 ripe Banana
2 Tablespoons Maple Syrup
1 ½ cups Rolled Oats
2 teaspoons Baking Powder

For Sauce
1 tablespoon orange juice or water
1 tablespoon Agave nectar, more to taste
1 ½ cup frozen berries, or fresh if seasonal
1 teaspoon cornstarch or arrowroot mixed with 1 tablespoon orange juice or water

1. In a blender combine, milk with eggs, banana, maple syrup, oats, and baking powder.
2. Heat a cast-iron pan or non-stick pan over medium-high heat. Once the pan is hot, coat with oil or butter and then ladle batter into circles. Cook for 2-3 minutes of one side, flip and cook for another 1-2 minutes. Serve with berry sauce.
3. To make the berry sauce; combine orange juice or water with agave and berries in a small pot, cook until berries soften and sauce begins to boil. Stir in the cornstarch or arrowroot mixture, stir and cook just until sauce is thick, serve with pancakes.

EASIEST Bruschetta Lentil Salad (Trader Joe’s Version)
1 package Trader Joe’s Ready-to-Eat Steamed Lentils*
1 container Trader Joe’s Fresh Bruschetta Sauce*
8 ounces feta cheese crumbled

1. Combine all ingredients in a bowl and serve with veggie sticks, crackers, pita bread, chips, etc.

Fresh Bruschetta and Lentil Dip
Serves 8-10
1 lb cooked lentils, from about 8 oz uncooked
6 Roma tomatoes, deseeded and diced
8 fresh basil leaves, chopped
2 cloves minced garlic
¼ cup minced red onion
Salt and pepper to taste
1 tablespoon balsamic vinegar
2 tablespoons olive oil
1 teaspoon lemon juice or red wine vinegar
2 teaspoons dried Italian seasoning
1 ½ cups crumbled feta
veggie sticks, crackers, pita bread, chips etc to serve
1. Combine all the ingredients in a mixing bowl, mix well, and season with salt and pepper.
2. Serve dip with veggie sticks, crackers, pita bread, chips etc.

**Chicken Quinoa Tortilla Soup**

Serves 2-3

1 tablespoon oil
1/2 cup diced onion
1 tablespoon minced garlic
1/2 jalapeno diced, optional
1 pound boneless skinless chicken breasts or thighs, cut into bite-size pieces
3/4 cup quinoa, rinsed
1 can black beans drained and rinsed
1 15 oz diced tomatoes
1 1/2 cups frozen or can corn, defrosted and/or drained well
4 cups chicken broth or stock, more as needed
2 teaspoons cumin
2 teaspoons chili powder
2 teaspoons dried oregano
1 tablespoon chopped cilantro
Salt and pepper to taste
To serve: lime, hot sauce, tortilla strips, cheese, avocado

1. Heat a pot over medium-high heat, coat hot pot with oil, and once oil is hot, add in onion, garlic, and jalapeno, sauté until onions are soft and translucent.
2. Add chicken into the pot and sauté chicken until chicken turns white and begins to brown.
3. Stir in quinoa, beans, tomatoes with juices, corn, chicken stock or broth, cumin, chili powder, and oregano, and cilantro, bring everything to a boil, reduce heat to a simmer and cook for 30-40 minutes or until quinoa is cooked through—season soup with salt and pepper.
4. Serve soup with desired toppings.