



What's on your plate?

Balance your plate with healthy eating and an active lifestyle to help fight breast cancer.

Pink Ribbon Produce along with Harris Teeter and its produce vendors want to help you bring balance to your life. By filling half your plate with fruits and vegetables and staying active, you're well on your way to making a difference in the fight against breast cancer.



The U.S. Department of Agriculture's ChooseMyPlate icon is sectioned off to show fruits and vegetables taking up half of the plate—your goal each day. The American Cancer Society recommends eating at least 2 1/2 cups of fruits and vegetables each day to help lower cancer risk. These foods contain important vitamins, minerals, phytochemicals and antioxidants and are usually low in calories. **Choose produce with the most color—dark green, red, yellow, and orange—as they have the most nutrients.**



To learn more about Pink Ribbon Produce, visit www.pinkribbonproduce.org





How to Store



DRIZZLE →



WRAP TIGHTLY →



REFRIGERATE

Avocados From Mexico

Always in season, Avocados From Mexico are the perfectly delicious way to boost your intake of plant-powered, naturally good fats at every meal. The Dietary Guidelines for Americans recommends making “half the plate” fruits and vegetables.

You can slice, dice, mash or stuff avocados to boost plant-powered, naturally good fats at any meal:

Breakfast: Enjoy mashed avocado on toast

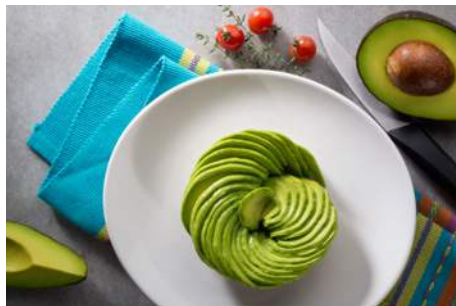
Lunch: Serve as a creamy topping on soup or salad

Snack: Fresh avocado dip is a great combo with chips or veggie sticks

Dinner: Avocados are a great side dish

Dessert: Brownies made with avocados are decadent

Avocados are cholesterol-free, contain less than one gram of sugar per serving and have nearly 20 vitamins and minerals.



Fresh Express

Tender Garden Mix: This nutritional salad mix features the health benefits of broccoli and cauliflower, containing antioxidants and anti-inflammatory properties which help prevent cancer and other diseases. High in fiber, this powerhouse salad mix supports digestion and detoxification.

Sunflower Crisp Chopped Kit: Our Sunflower Crisp Chopped Kit is one of the new chopped kits now available at Harris Teeter. Easy to prepare and delightfully delicious, this popular salad blend offers the benefits of plant-based source protein (such as soy and edamame) with each kit containing seven grams of protein along with vitamin A, C, fiber and other key nutrients.

Salads are a great source of fiber, vitamin A, vitamin C and other nutrients.



Nature's Way Farms, Inc./Farmers Market

Farmers Market russet, red, white, Yukon and bulk sweet potatoes are packed and shipped by Nature's Way Farms, and you can count on the highest quality at Harris Teeter throughout the year. Potatoes are not only delicious but a healthy addition to your daily diet, loaded with carbohydrates, protein, calcium, niacin and vitamin C. Sweet potatoes provide more than twice the daily recommended intake of vitamin A and one-third of the daily requirement of vitamin C. They're full of vitamin B6, fiber, iron and potassium and contain little fat and sodium.

Potatoes are a simple, cost effective and tasty way to meet the healthy plate challenge!



Earthbound Farm

Earthbound Farm Organic Baby Spinach is prized for its mild flavor, tender texture and easy convenience. Triple-washed and ready to use—no prep needed—this baby spinach is perfect in all kinds of recipes from smoothies to salads, soups to sautés, pastas to casseroles and more. Among the world's healthiest, most nutritious and antioxidant-rich veggies, spinach is low in calories and free of fat and cholesterol, too.

A delicious and versatile foundation for just about any healthy meal, Earthbound Farm Organic Baby Spinach makes it easy to add greens to your day.



Sunlight International

Flavor comes first at Sunlight International Sales/J. P. Dulcich & Sons. This family-owned company is dedicated to growing the finest California table grapes available. Popular brands include Pretty Lady, Harvest Hobgoblin and Sunlight, as well as others recognized worldwide. Numerous studies on grapes suggest that grapes contribute to heart health. Grapes are rich in antioxidants, and the role of grapes in maintaining cell health to prevent the development of cancer is an area of ongoing scientific interest.

A three-quarter cup of grapes contains just 90 calories, but no fat, no cholesterol and virtually no sodium. (Source: California Table Grape Commission)



Evolution Fresh

Evolution Fresh was founded on one idea: the pursuit of an authentic juice experience. And this has led us to a different approach for making juice. Most juices are heat pasteurized, which may affect the natural flavors of the ingredients. Our juices are cold-pressed using high-pressure processing to help protect flavor and nutrients. No colors or flavors are added; just our favorite produce, minimally processed.

Because high-quality cold-pressed juices are what we do best, and having good-for-you nutrition at your fingertips is our passion.



Eat Smart®

Eat Smart® knows that fresh, flavorful vegetables are an important part of a healthy lifestyle and is committed to providing you with the highest quality ingredients. Every Eat Smart gourmet salad kit contains five to eight superfoods paired with an exciting combination of toppings and dressings. Eat Smart bagged vegetable products are washed and trimmed, making them easy to enjoy straight from the bag or in a variety of dishes such as salads, soups, side dishes and casseroles.

Eat Smart fresh vegetables support a healthy lifestyle and the Eat Smart brand proudly brings you the best in healthy, convenient, value-conscious fresh products for you and your family year-round. Look for Eat Smart in your local produce section!



WHOLLY
AMERICA'S #1
GUACAMOLE



Wholly Guacamole

With just the right amount of spice and garlic, Wholly Guacamole® products are sure to be a hit with everyone, with real homemade guacamole taste that keeps well in your freezer for up to 3 months.

Wholly Guacamole Classic dip is all natural, no preservatives, gluten free, kosher certified, naturally cholesterol free. Plus, Wholly™ products add to your daily fruit consumption because avocados are fruits!

Naturally Fresh® Products

Preparing fresh, healthy meals from start to finish isn't always practical. To keep up with work and family, you need great tasting options that are quick and convenient. Naturally Fresh® products are the perfect way to fit homemade taste into an on-the-go lifestyle. These versatile dressings bring just the right accent to salad, provide a tasty dip for fruits and vegetables and can be used as a marinade or ingredient in a recipe.

Naturally Fresh® dressings' great homemade taste comes from using quality ingredients with no artificial colors, flavors or preservatives. Available in your store's refrigerated section, Naturally Fresh® dressings taste like you made them yourself.

Ginger Shrimp & Scallops

Total time: 30 min. | 4 servings

- 1/2 lb. shrimp, peeled and deveined
- 1/2 lb. scallops
- 1 green onion, sliced thin
- 4 tbsp. Naturally Fresh® Ginger Dressing
- Salt & pepper to taste

Directions: Combine all ingredients in skillet over medium heat. Sauté until seafood is cooked. Serve with rice and steamed vegetables.

Other serving suggestions:

1. Serve atop a bed of greens with any vegetables and dress with more Naturally Fresh Ginger Dressing.
2. Cook lo mein noodles according to package, return noodles to pot once drained and toss the seafood with vegetables and drizzle a little Naturally Fresh Ginger Dressing, mix and serve.



Butternut squash delivers an ample dose of dietary fiber, vitamin B6 and potassium!

Earthbound Farm Rustic Salad

Total time: 60 min. | 4 servings

Roasted Vegetables

- 1 Earthbound Farm Organic Butternut Squash (about 1 lb. whole, peeled and cut in half lengthwise through the stem end)
- 1 Earthbound Farm Organic Fennel Bulb (cut in half lengthwise, cored and cut in 1/2-inch-thick wedges)
- 1 tbsp. olive oil
- 1 tbsp. pure maple syrup
- Dash sea salt and freshly ground black pepper

Hazelnut Dressing

- 3 tbsp. hazelnut oil
- 1 tbsp. tarragon vinegar (or white wine vinegar)
- 1 tsp. Dijon mustard
- 1/4 tsp. dried tarragon
- 1/4 tsp. salt
- Freshly ground black pepper

Salad

- 3 oz. Earthbound Farm Organic Spring Mix (about 3 1/2 cups lightly packed)
- 1 Earthbound Farm Organic Romaine Heart (washed, dried and cut into 1/2-inch wide ribbons, about 3 cups lightly packed)
- 1/3 cup Earthbound Farm Organic Dried Cranberries
- 1/4 tbsp. toasted hazelnuts (chopped)

Directions: Position a rack in the middle of the oven and preheat the oven to 400°F. Remove the seeds and strings from the butternut squash and discard. Cut the butternut squash crosswise into 1/2-inch-thick slices and place in a large bowl and add the fennel wedges. Drizzle the oil and maple syrup over the vegetables and toss to coat. Season with salt and pepper, toss again.

Transfer the vegetables to a rimmed baking sheet and spread in a single layer so the pieces don't touch. Bake for 12 minutes, turn the vegetables with a spatula and continue cooking until tender and caramelized, 10 to 15 minutes longer. Set aside to cool.

Meanwhile, make the hazelnut dressing: Place the hazelnut oil, tarragon vinegar, mustard, tarragon and salt in a small glass jar and seal with a lid. Shake vigorously to combine. Season with pepper to taste. Set the dressing aside at room temperature. (It can be refrigerated for up to one month).

Just before serving, place the spring mix and romaine in a large bowl and toss to combine. Add two-thirds of the hazelnut dressing and toss again to coat the leaves.

Divide the greens among four salad plates or arrange greens on a platter. Top with the roasted vegetables, then sprinkle with the cranberries and hazelnuts. Serve immediately.





Mini Wedge Salad

Total time: 10 min. | 4 servings

- 1/2 head iceberg lettuce
- Bacon crumbles
- Cherry tomatoes
- Blue cheese crumbles
- 4 oz. Wholly Guacamole® Avocado Verde

Directions: Cut the lettuce into mini wedges, about 3 inches each. Top with bacon, tomatoes and blue cheese.

Drizzle with Wholly Guacamole Avocado Verde.

Avocados Provide
Nearly 20 Vitamins
& Nutrients!



Harvest Grape Salad

Total time: 30 min. | 16 servings

- 12 cups leaf lettuce
- 1 lb. green and 1 lb. red grapes (seedless)
- 1/2 lb. cooked medium shrimp, peeled and deveined
- 1 package (3 oz.) ramen noodles
- 1/4 cup raisins
- 1/4 cup golden raisins
- 1/4 cup sliced green onions
- 1/4 cup toasted walnuts or sunflower kernels
- Salad dressing of your choice

Directions: In a large bowl, combine lettuce, grapes and shrimp. Break ramen noodles into small pieces (save the seasoning packet for another use) and add to salad with raisins, onion, and walnuts or sunflower kernels.

Drizzle with dressing, toss to coat.





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meijer®



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Highline Mushrooms

Mushrooms pack a nutritional punch. They're a low-calorie, fat-free, cholesterol-free and low-sodium veggie, and they provide several nutrients. They are a good source of B vitamins, such as riboflavin, niacin and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates. Mushrooms are also a source of important minerals such as selenium, copper and potassium and they're the only item in the produce aisle that contains natural vitamin D. Since they are a low energy-dense food (meaning few calories given the volume of food), they help with feeling satiated during weight management.

Enjoy healthier versions of your favorite recipes without sacrificing taste and texture when you blend chopped mushrooms with ground meat. Use mushrooms in family favorite meals such as burgers, meatballs, tacos, lasagna, and pasta sauce.

Feel good about eliminating pesticides from the foods that you feed your family when you use Highline Mushrooms.

Wonderful citrus™



Wonderful Citrus

Valencia Orange and Lime Honey Vanilla Smoothie

Prep: 5 min.

Servings: two, 8-ounce smoothies

Waking up to fresh citrus gets your day off to a good start. Sweeten your breakfast smoothie with the fresh juice of Valencia oranges. This recipe uses honey-flavored yogurt to create a creamy drink with lots of orange and a hint of tangy lime.

- 1 cup fresh Valencia orange juice
- Juice of 2 limes
- 1 cup honey-flavored Greek yogurt
- 1/4 teaspoon pure vanilla extract
- 1 to 1 1/2 cups ice

Directions: Place all ingredients in a blender with 1 cup of the ice. Puree until smooth. Add additional ice to thicken your smoothie, if desired. Serve immediately.

For the freshest citrus, choose Valencia oranges and limes from Wonderful Citrus.



Southern Selects

Now your family can enjoy gourmet every day in minutes with Southern Selects French Beans and Asparagus. For years, chefs in the finest restaurants have prized Southern Selects French Beans. Now, your family can enjoy the great flavor of these slender, quick-cooking gourmet beans. With a lovely tapered tip for a unique presentation, these wonderful beans are trimmed for convenience and can be steamed, sautéed, boiled or microwaved in minutes. Enjoy these tender beauties as an impressive side dish, in casseroles, or as a flavor addition to your favorite salads. Eating this healthy never tasted so good! Give your family excellent levels of dietary fiber, antioxidants, vitamin A, and more by serving the best-tasting green bean ever: Southern Selects French Beans.

There's never been a better time for your family to enjoy the great flavor and versatility of nutritious, fresh Southern Selects Asparagus. Prep is so easy: simply steam, roast or microwave. Oh, and did we mention that Southern Selects Asparagus is terrific in soups, salads and pasta dishes as well?

Asparagus provides a wide variety of antioxidant nutrients, including vitamin C, beta-carotene, vitamin E, and the minerals zinc, manganese and selenium. French beans provide antioxidant benefits and a good source of vitamin C, vitamin K, fiber and disease-fighting phytochemicals such as carotenoids and flavonoids. Southern Selects specialty vegetables are non-GMO.



INSPIRED BY FLAVOR™



DOLE®

Keep DOLE® Salads on hand! They're an easy, tasty way to help you get your daily boost of the vitamins and nutrients that you need to power through your day!

DOLE Blends: Find your inspiration with our extensive gallery of greens. From sweet hearts of romaine to robust field greens, our variety of salads inspire a world of delicious possibilities for any occasion. You'll have the greens to complement any dish on your menu, so you can get deliciously creative!

DOLE Salad Kits: Experience your own salad adventure with a variety of salad kits! Packed with everything you need to create a distinctively flavorful salad, these kits combine blends of fresh, wholesome lettuces with perfectly paired ingredients and toppings like artisan-style croutons, indulgent cheeses and our uniquely delicious dressings.

DOLE Chopped Kits: With layers of crave-worthy flavors, these savory lettuce blends with perfectly bite-size cut veggies come with restaurant-inspired dressings and delectable toppings. Chopped salad kits offer a convenient mix of flavors, textures and tastes to create what you love in a salad that's perfectly balanced and purely delicious.

SUNSET® Campari® brand cocktail tomatoes The tomato lover's tomato!™

In 1995, SUNSET® pushed the boundaries on flavor by introducing a European tomato and for the first time in history, a tomato was called by the name Campari®. This changed the industry and opened the door to flavor.

In addition to a perfect balance of sweetness and acidity, there's something about Campari's smallish size that seems just right. Ask any foodie and they will tell you that this multi-talented European rocks the kitchen all year long.

DNE World Fruit

Mandarins/Tangerines/Oranges

Welcome fall with vibrant citrus varieties that are sweet, juicy, rich in flavor and loaded with vitamin C. Petite and easy to peel, Mandarins and tangerines make for the perfect snack that's convenient and healthy. Midnight oranges—a slightly larger, late-season citrus—is seedless and bursting with juice. Not only do these fall favorites taste delicious, but they're a nutrient-dense food delivering a wide variety of nutrients to help support a healthy immune system. Pack them into lunch boxes and serve as a delicious after-school snack!

High in vitamin C, vitamin A, potassium, calcium and dietary fiber. Fat free, cholesterol free and sodium free.

Pero Family Farms

Mini Sweet Pepper Rings

Pero Family Farms Mini Sweet Pepper Rings are perfect for snacks, salads and cooking. They're an excellent source of vitamin C, low in calories and contain no fat or cholesterol.

Mini Sweet Peppers

Pero Family Farms Mini Sweet Peppers are the perfect snack and are delicious with your favorite dip, in your salad or right off the grill. Any way you choose, Pero Family Farms Mini Sweet Peppers are a sweet treat to eat!

Organic Green Beans

Pero Snipped Green Beans are convenient and perfect for almost every course. The sweet flavor and crunchy texture add excitement to any recipe. Pero Green Beans have no fat or cholesterol and are a good source of dietary fiber and vitamin C. Great for salads, stir fries, steaming or as a snack.



How to Store



Avocados From Mexico

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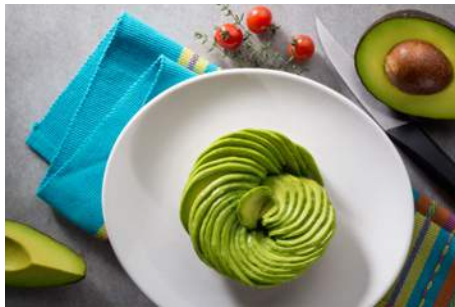
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Lunch: Serve as a creamy topping on soup or salad

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Litehouse

Continually growing in popularity, Greek yogurt is a healthy alternative with its creamy texture and outstanding nutritional benefits. Litehouse's goal was to deliver these health benefits to you and your family by creating delicious products with more protein, fewer calories and all of the incredible flavor you expect from Litehouse. The result? Goal accomplished, and more!

Lighthouse uses Greek yogurt as a base for the OPA by Litehouse™ product line. Now, you can enjoy the benefits of Greek yogurt as you create incredible meals for your family and friends, without compromising great taste. With Lighthouse's Greek yogurt line of products, you can enjoy the perfect dressing for your fresh salad, a delicious dip with healthy veggies, or even as a tasty marinade for your favorite dinner entrees.

With no added preservatives or MSG, gluten-free and with a wide variety of flavors to choose from, OPA by Litehouse™ dressings give you ways to create delightful meals that you can feel good about!

KEVITA®



KeVita

KeVita is the leader in fermented probiotic beverages, making natural digestive and immune health refreshingly accessible. With three unique product lines with at least four billion live cultures in every bottle, each of the more than two dozen flavors of Sparkling Probiotic Drink, Master Brew Kombucha and Cleansing Probiotic Tonic are certified organic, non-GMO, low calorie, gluten-free and vegan. Handcrafted since 2009, KeVita has grown from a farm stand in Ojai, CA to more than 20,000 retail locations across North America. KeVita uses only the purest possible ingredients and pairs age-old techniques with modern technology to provide the best quality, flavor and functionality in the market. This commitment to quality continues through their advocacy for rigorous testing and transparency in fermented beverage labeling.



Spinach & Cheese Stuffed Portabellas

Total time: 40 min. | 4 servings

- 4 Highline Portabella Mushrooms, trimmed and cleaned
- 3 tbsp. olive oil
- 3 tsp. balsamic vinegar
- 4 tomato slices
- 2 cups fresh baby spinach
- 3 oz. goat cheese
- Salt and pepper to taste

Directions: Preheat oven to 350°F. Place mushrooms—gill-side up—on a baking sheet. Drizzle with olive oil and balsamic vinegar. Bake for 20–25 minutes.

Remove mushrooms from oven and top with tomato, spinach and goat cheese. Salt and pepper to taste. Serve warm.





Nonnie's Green Bean Salad

Total time: 15 min. | 4 servings

- 12 oz. Pero Family Farms® Snipped Green Beans
- 1/2 cup Pero Family Farms® grape tomatoes, sliced in half
- 1/2 cup onion, chopped
- 1 tsp. garlic, minced
- 1/4 cup apple cider vinegar
- 2 tbsp. olive oil
- Salt and pepper to taste

Directions: Plunge green beans into boiling water for a few minutes. Chill green beans immediately and transfer to a bowl. Add tomatoes, onions, garlic, apple cider vinegar and olive oil. Mix well. Salt and pepper to taste.



Oranges are a
good source of
vitamin C.

Citrus Green Salad

Total time: 20 min. | 6 servings

- 1 1/2 cups fresh pineapple, cut into chunks
- 1 pkg. (10 oz.) DOLE® Field Greens
- 1 orange, peeled, halved and sliced
- 1/2 cup halved and sliced red onion
- 1 cup chopped nuts, toasted
- 1/2 cup crumbled feta cheese
- 1/4 cup orange juice
- 1 tbsp. grated orange peel
- 2 tbsp. vegetable oil
- 2 tbsp. balsamic or red wine vinegar

Directions: Combine pineapple chunks, field greens, sliced orange, onion, nuts and cheese in large serving bowl; set aside. Stir together orange juice, orange peel, oil and vinegar in small bowl. Pour over salad just before serving; toss to evenly coat.





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Fowler Packing

What could be more delicious and convenient than grapes from family-owned and operated Fowler Packing? Juicy bite-size pieces packed in a cluster ready to pop into your mouth, grapes truly are nature's candy. Grapes can also be frozen for a delicious, ready-to-eat, frozen fruit snack or a perfect ingredient for your daily fruit smoothie. Red, green and black grapes also make the perfect ingredients to add fun and exciting colors to any recipe.

Founded in 1950, Fowler Packing continues to be a California-based, family-run and owned farming operation. They take great pride in their commitment to the land and their people, investing heavily in solar energy and providing an industry-leading health-care facility for all employees. Fowler Packing takes great pride in delivering the best tasting grapes on the market, all season long.

Plus, one cup of grapes provides more than one-quarter of the daily recommended values of vitamins K and C while also containing a variety of antioxidants.



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Apple A Day

Fresh Seasons asparagus are succulent, tender, tasty green spears and are a snap to prepare by simply steaming, boiling or roasting. A delicacy since ancient times, asparagus is a rich source of glutathione (a detoxifying compound that helps break down carcinogens and other harmful compounds) so eating asparagus may help fight and protect against certain forms of cancer.

Packed with antioxidants, asparagus is a brain booster and a natural diuretic.



Charles & Alice

Charles & Alice believes that fruit is perfect just the way it is—nature has already done the work. To capture that perfection, they created 100% Fruit for All™, a great new way to enjoy all-natural fruit in a fresh, convenient and healthy snack. Charles & Alice 100% fruit cups contain no added sugar or GMO products, giving you and your family a perfect way to enjoy one serving of fruit.

Always non-GMO, 100% Fruit for All is a great source of vitamin C, is gluten free and with no sugar added.

Goat Cheese Stuffed Mushrooms

Prep: 30 min.

Servings: 8

- 4.4 oz. cup Charles & Alice 100% Fruit for All Blueberry with Apple
- 1 clove garlic, finely chopped
- 2/3 cup goat cheese
- 1 egg
- Parsley, chopped
- Salt & pepper
- 16 button mushrooms, cleaned with stems removed
- 10 walnut halves, crushed

Directions: Preheat oven to 350° F. Place garlic and goat cheese in a bowl. Add egg, sprinkle with chopped parsley, salt, pepper and mix to combine ingredients. Stuff the mushrooms with the goat cheese mixture and sprinkle with a few kernels of crushed walnuts. Place the mushrooms in a greased baking dish and bake 25 minutes. Before serving, put a strip of Charles & Alice 100% Fruit for All Blueberry with Apple on each mushroom. Serve and enjoy!



Fresh Gourmet®

Plan easy and healthy meal pairings with Fresh Gourmet® Cheese Crisps. Sprinkle on salads and soups or enjoy these tasty crisps with grapes, apples or cherry tomatoes for a quick, tasty, energy-boosting snack.

Made from 100% cheese, these crispy bites are packed with flavor and are naturally gluten free and carb free. At just 25–30 calories per serving, they offer a convenient, low-calorie snacking option.



Bushwick Potato Company

For 80 years, Bushwick Potato Company has been delivering the finest potatoes direct from the farm, fresh to your table.

The russet potato is the most popular baking potato but also makes fantastic french fries and mashed potatoes. Red potatoes are great in soups and make a terrific side dish for any meal. Yukon Gold potatoes are perfect for baking, mashing, whipping and roasting. White potatoes (or "all purpose" potatoes) are great for baking, frying, boiling and roasting, and are excellent in a summer potato salad.

Did you know that potatoes rank in the top 5 sources of vitamin C? The average-size potato contains more potassium than bananas and best of all, they are fat free! Potatoes have long been a healthy staple in many families' meals, everyone has their favorite!



Rosemary Roasted Potatoes

Prep: 10 min.

Servings: 4

1 1/2 lb. potatoes

1/8 cup olive oil

1 tbsp. garlic, chopped

1/4 cup balsamic vinegar

2 tbsp. rosemary

Directions: Preheat oven to 450°F. Cut potatoes into one-inch chunks. Toss potatoes with olive oil and chopped garlic. Arrange in a single layer on a baking pan. Roast 30 minutes. Sprinkle with balsamic vinegar and rosemary. Toss and serve.



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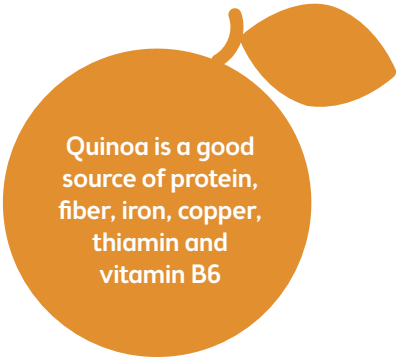
Eat Smart fresh vegetables support a healthy lifestyle and the Eat Smart brand proudly brings you the best in healthy, convenient, value-conscious fresh products for you and your family year-round. Look for Eat Smart in your local produce section!



Hudson River Fruit

Family-owned and operated for four generations, Hudson River Fruit is committed to offering quality products, and all apples are hand-picked and hand-packed to ensure quality and ripeness. Delicious and convenient, apples have been shown to reduce cancer and heart disease risks.

Because apples are high in dietary fiber, they aid in digestion and help to regulate blood sugar in diabetes while offering an excellent source of vitamins C and B, calcium, potassium and phosphorus.



Quinoa is a good source of protein, fiber, iron, copper, thiamin and vitamin B6



Wild Greens and Quinoa with Tofu

- 1 9-oz. bag Eat Smart Wild Greens and Quinoa Salad Kit
- 1 15-oz. package extra firm tofu
- 1 lime, juiced
- 1 1/2 tsp. Cajun seasoning
- 1 tsp. agave
- 1 tbsp. canola oil
- Salt and pepper to taste

Directions: For the marinade, combine lime juice, Cajun seasoning and agave in a bowl and set aside.

Slice the block of tofu horizontally in half. Stack tofu between two paper towels, place a plate on top and press down to remove some of the water. Press the tofu for about 5–15 minutes. Remove the paper towels and chop the tofu into small cubes. Marinate the cubes in the lime mixture for at least one hour, then season with salt and toss. Heat canola oil in a non-stick pan over medium heat. Pan-fry tofu until golden brown on all sides.

Mix the wild greens and quinoa in a bowl and place half of salad on a plate. Top with the marinated tofu or place tofu on the side.

