



RECIPES
FOR
CENTERED
MAMAS



ALAVITA +

emmi[®]
MODERN MOMMY
DOC



COLLARD GREEN HUMMUS VEGGIE WRAP

SERVES 1 | ACTIVE TIME: 10 MIN

INGREDIENTS

- | | |
|---|------------------------|
| 1 Large Collard Green Leaf | 2 Tbsp Lemon Juice |
| 1/4 Cup Hummus | 1 Tbsp Olive Oil |
| 1/4 Avocado | 1/2 Tsp Dried Oregano |
| 2" of Carrot
(Cut into thin matchsticks.) | 1/2 Tsp Dried Rosemary |
| 2 " of Cucumber
(Cut into thin matchsticks.) | 1/2 Tsp Dried Basil |
| 1/4 Cup Sprouts or
Microgreens | Salt to Taste |
| 1/2 Cup Cooked Quinoa | |

PREPARATION

Cook quinoa. (1 cup dry quinoa will yield about 2 cups cooked.)

Mix cooked quinoa with lemon juice, olive oil, dried herbs and salt to taste.

Lay out collard green leaf. Cut out the large part of the stem, keeping the leaf intact, to make wrapping easier.

In the center of each collard green leaf, add hummus, avocado, carrot & cucumber sticks, microgreens/sprouts and herbed quinoa.

Roll up into wraps and enjoy.





LEMON TAHINI KALE SALAD

ACTIVE TIME: 15 MIN | SERVES: 1

INGREDIENTS

2 Cups Shredded Kale

4 Oz Organic Grilled Chicken
(Use pre-cooked.)

1/4 Cup Canned White Beans
(Drained and rinsed.)

Wedges of 1 Tangerine

1/4 Large Red Bell Pepper
(Chopped.)

DRESSING (Makes 1-2 Servings):

1/3 Cup Tahini

2 Tbsp Honey

1-2 Cloves Minced Garlic

1/3 Cup Fresh Lemon Juice

Large Pinch of Salt

2-3 Tbsp Cold Water
(More if needed to thin.)

PREPARATION

Make dressing: Mix all dressing ingredients together in a jar with a tight fitting lid, or in a blender or food processor.

Assemble salad and toss well with dressing right before eating.

Note: You will likely have extra dressing. Store in a mason jar or air-tight container in the fridge for up to 5 days.



SOBA NOODLE SALAD IN PEANUT SAUCE

ACTIVE TIME: 25 MIN | SERVES: 1

INGREDIENTS

1 Cup Soba Noodles, Cooked
(Look for 100% Soba on the Ingredients Label to Make Gluten Free)

1/4 Diced Red Bell Pepper

1/4 Cup Shelled Edamame

1/2 Cup Snap Peas, Chopped

1/4 Cup Grated Carrot

1/4 Chopped Cilantro

PEANUT SAUCE (Makes 4 Servings):

1/2 Cup Peanut Butter

2 Tbsp Honey

3 Tbsp Tamari

1/4 Cup Rice Vinegar

1/4 Cup Cold Water

2 Cloves Garlic

2" Fresh Ginger, Peeled

PREPARATION

Cook the noodles.

Make the peanut sauce: Mix all of the dressing ingredients in a blender or food processor until smooth. If it's too thick, add more cold water, 1 Tbsp at a time.

Toss all veggies and noodles with as much of the sauce as desired. Serve cold or at room temp.



VEGGIE BURRITO BOWL WITH YOGURT-CILANTRO DRESSING

PREP TIME: 10 MIN | SERVES: 1

INGREDIENTS

1/2 Cup Brown Rice, Cooked	1 Tbsp Pepitas
1/2 Cup Canned Black Beans, Drained & Rinsed	2 Cups Fresh Arugula
1/4 Large Avocado	DRESSING (2-4 servings)
1 Tbsp Shredded Cheese	1 Cup Plain Greek Yogurt
1/4 Cup Diced Tomato	1 Bunch Fresh Cilantro
1 Tbsp Red Onion (finely diced.)	Juice of 1 lime
	1/2 Tsp Salt (to taste)
	1-2 Jalapeños

PREPARATION

Mix all dressing ingredients in a blender or food processor until creamy.

Assemble salad, toss with as much dressing as desired, then garnish with fresh cilantro.

CASHEW-SHRIMP BOWL WITH "CREAMY" CILANTRO SAUCE

ACTIVE TIME: 20 MIN | SERVES: 1

INGREDIENTS

1/2 Cup Quinoa, Cooked
3-oz Shrimp
(Pre-cooked & Peeled)
1 Cup Broccoli Florets
1/4 Cup Chopped Roasted
Cashews
2 Minced Garlic Cloves
2 Tbsp Olive Oil
Healthy Pinch of Salt

CILANTRO SAUCE (Makes ~6 Servings):

12-oz Silken Tofu
1 Bunch Cilantro
Juice of 1 Lime
1/2 Cup Coconut Milk
1 Tbsp Curry Powder
1/2 Tsp Salt to Taste
(Add Cold Water as Needed to Thin)

PREPARATION

Preheat oven to 400°F. Cook quinoa, then set aside to cool.

Toss broccoli florets in olive oil, minced garlic and salt. Spread on a baking sheet and roast at 400°F for ~10 min. Turn up heat to 450°F, then carefully, mix in the shrimp with the broccoli, and cook another ~5-10 min until shrimp and broccoli start to brown.

While broccoli is roasting, make sauce: Blend all sauce ingredients on high until smooth and creamy.

Dish up roasted shrimp and broccoli over quinoa, top with cashews and fresh cilantro, and fresh lime to taste.



EASY TUNA NICOISE SALAD

ACTIVE TIME: 15 MIN | SERVES: 1

INGREDIENTS

1 Hard Boiled Egg	1 Cup Mixed Greens
3 Oz Wild-caught, Canned Tuna, Drained	Salt & Pepper to Taste
1/2 Cup Green Beans	DRESSING:
1/2 Large Tomato, Cut Into Wedges	2 Tbsp Olive Oil
1/2 Cup Diced Fingerling Potatoes	1 Tbsp Lemon Juice
	1 Tsp Dijon Mustard
	Salt & Pepper to Taste

PREPARATION

Hard boil the egg.

Bring potatoes to a boil in water with a generous amount of salt. Cook for ~10 minutes. Steam green beans over boiling potatoes for ~2-3 minutes. Be careful not to overcook - green beans should keep a deep green hue and a good amount of crunch. Remove green beans to cool. Once potatoes are soft, remove them with slotted spoon and set aside to cool.

Make dressing: Whisk together dressing ingredients or shake up in a mason jar.

Assemble salad, dress and enjoy!

