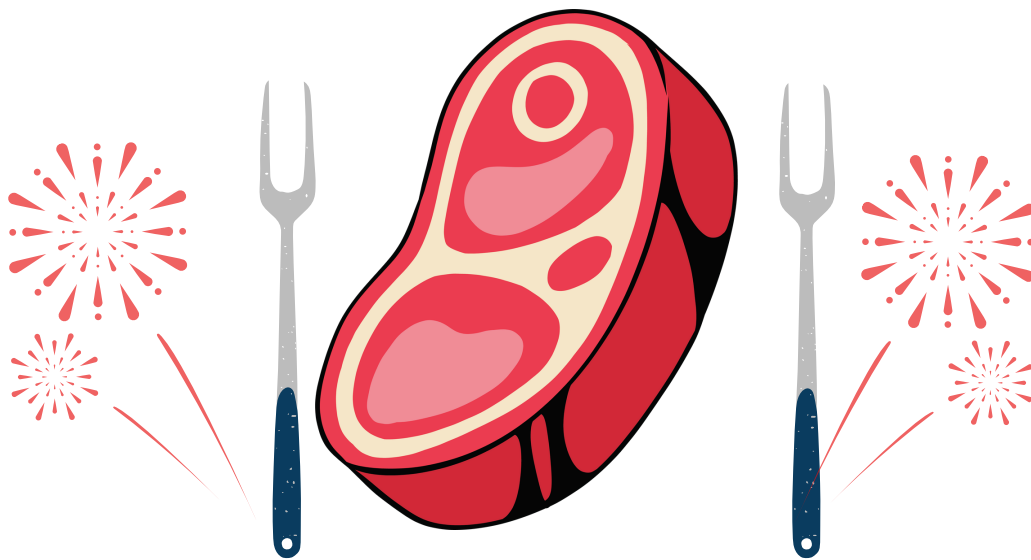


4th of July



**PATRIOTIC PLATES:
NUTRITIOUS 4TH OF JULY
RECIPES**

BY

MEDITORY
GROWTH LIFE CENTER

 **@VIKTORIIA_NUTRITIONIST**

CLASSIC VIRGIN CAESAR



INGREDIENTS (2 SERVINGS)

- 1 TBSP SEA SALT (DIVIDED)
- 1 LIME (SLICED INTO WEDGES, JUICED, DIVIDED)
- 1 PINT TOMATO JUICE
- 1 TSP HOT SAUCE
- 1 TBSP TAMARI
- 1 OZ BABY PICKLES
- 2 TBSPS CHERRY TOMATOES
- 1 TBSP BLACK OLIVES

DIRECTION

- SET HALF OF THE SEA SALT IN A SHALLOW BOWL. TAKE A LIME WEDGE AND RUN IT AROUND THE RIM OF THE GLASS. DIP THE RIM OF THE GLASS INTO THE SEA SALT, BEING SURE TO COVER THE RIM. REPEAT THE PROCESS UNTIL ALL OF YOUR GLASSES ARE RIMMED WITH SEA SALT
- ADD THE OTHER HALF OF THE SEA SALT AND LIME JUICE, TOMATO JUICE, HOT SAUCE AND TAMARI INTO A BLENDER. BLEND UNTIL EVERYTHING IS WELL COMBINED.
- POUR INTO THE RIMMED GLASSES AND DIVIDE THE PICKLE, CHERRY TOMATOES AND OLIVES EVENLY BETWEEN THE TOOTHPICKS TO GARNISH. ENJOY!

SPINACH & POTATO SALAD WITH CHIA DRESSING



INGREDIENTS (2 SERVINGS)

- **1 CUP MINI POTATOES**
- **2 TBSPS EXTRA VIRGIN OLIVE OIL**
- **1 TBSP APPLE CIDER VINEGAR**
- **1 TSP ITALIAN SEASONING**
- **1 TSP CHIA SEEDS**
- **SEA SALT & BLACK PEPPER (TO TASTE)**
- **1/2 CUCUMBER (MEDIUM, DICED)**
- **1 CUP BABY SPINACH**
- **2 TBSPS PARSLEY (CHOPPED)**

DIRECTION

- SET THE POTATOES IN A STEAMER OVER BOILING WATER AND COVER. STEAM FOR ABOUT 15 TO 20 MINUTES OR UNTIL TENDER. ONCE COOLED, CUT THE POTATOES INTO BITE-SIZED PIECES.
- IN A SALAD BOWL, WHISK TOGETHER THE OIL, APPLE CIDER VINEGAR, ITALIAN SEASONING, AND CHIA SEEDS. SEASON WITH SALT AND PEPPER.
- ADD THE MINI POTATOES, CUCUMBERS, SPINACH, AND PARSLEY TO THE SAME BOWL. TOSS UNTIL WELL COATED. DIVIDE EVENLY BETWEEN PLATES AND ENJOY!

SALSA BURGER WITH GRILLED ASPARAGUS & GOAT CHEESE



INGREDIENTS (2 SERVINGS)

- 8 OZS EXTRA LEAN GROUND BEEF
- 1/2 TSP GARLIC POWDER
- 1/2 TSP SEA SALT (DIVIDED)
- 1 TSP EXTRA VIRGIN OLIVE OIL
- 2 CUPS ASPARAGUS (TRIMMED)
- 4 OZS WHOLE WHEAT BUN (TOASTED)
- 1/8 HEAD GREEN LETTUCE (WASHED WITH LEAVES SEPARATED)
- 2 TBSPS SALSA
- 1/2 CUP CHERRY TOMATOES (HALVED)
- 2 TBSPS GOAT CHEESE (CRUMBLED)

DIRECTION

- PREHEAT THE GRILL TO 400°F (205°C).
- MIX THE BEEF, GARLIC POWDER, AND HALF THE SALT IN A BOWL. DIVIDE THE BEEF EVENLY INTO PATTIES, MAKING ONE PATTY PER SERVING.
- ADD OIL TO THE ASPARAGUS AND TOSS WITH THE REMAINING SALT.
- GRILL THE BURGERS FOR FIVE MINUTES ON EACH SIDE OR UNTIL COOKED THROUGH. IN THE REMAINING FIVE MINUTES OF COOKING, ADD THE ASPARAGUS TO THE GRILL AND COOK.
- SERVE THE BURGERS ON THE BUNS WITH LETTUCE AND SALSA. DIVIDE THE ASPARAGUS EVENLY BETWEEN PLATES AND TOP WITH THE TOMATOES AND GOAT CHEESE. ENJOY!