

## SIDES

### Arugula Salad with Pears and Manchego Goat Cheese

#### INGREDIENTS:

- 2.5 oz. arugula
- 1 carrot, shredded
- 8 cherry tomatoes, sliced
- 1-2 tbsp Manchego goat cheese, crumbled
- 1 red Anjou Pear, sliced
- 1 tbsp dried cranberries
- 2 tbsp pecans, chopped
- 4 oz. Creamy Tahini Lemon Goddess

#### DIRECTIONS:

1. Wash greens and add to large bowl. Add shredded carrots, sliced cherry tomatoes, and crumbled Manchego goat cheese, cranberries and pecans.
2. Top with creamy tahini lemon goddess dressing. Annie's store bought goddess dressing is a great option!
3. Toss and serve



**\* MAKES 2 SERVINGS**

### Jamaican Ginger Brew

#### INGREDIENTS:

- ¼ cup fresh ginger juice
- ½ qt pineapple juice
- ½ qt water
- ½ cup pure cane sugar, adjust to taste

#### DIRECTIONS:

1. Take the fresh ginger root and wash and scrub to remove any dirt
2. Run the cleaned ginger root then run it through a juicer (you can leave the skin on as the juicer will remove the pulp).
3. Mix with pineapple juice, water, sugar and ginger juice together. There will be a white residue that settles at the bottom of the glass, make sure to include that in the juice
4. Cool or add ice & enjoy!

**\* MAKES 4 SERVINGS**



Arugula Salad with pears and goat cheese		
Nutrition Facts		
Serving Size: 1 x 2 Serving		
Amount Per Serving		% Daily Value*
<b>Calories</b>	311.1 kcal	16 %
<b>Total Fat</b>	18.1 g	28 %
Saturated Fat	4.2 g	21 %
Trans Fat	0 g	
<b>Cholesterol</b>	12.6 mg	4 %
<b>Sodium</b>	365.4 mg	15 %
<b>Total Carbohydrate</b>	30.2 g	10 %
Dietary Fiber	7.5 g	30 %
Sugars	18.9 g	
<b>Protein</b>	9 g	18 %
<b>Vitamin A</b>	131 %	<b>Vitamin C</b> 38 %
<b>Calcium</b>	14 %	<b>Iron</b> 14 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		

Jamaican Ginger Brew		
Nutrition Facts		
Serving Size: 1 x 4 Serving		
Amount Per Serving		% Daily Value*
<b>Calories</b>	227.3 kcal	11 %
<b>Total Fat</b>	0.3 g	1 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	5.8 mg	0 %
<b>Total Carbohydrate</b>	57.2 g	19 %
Dietary Fiber	0.5 g	2 %
Sugars	49.1 g	
<b>Protein</b>	1 g	2 %
<b>Vitamin A</b>	0 %	<b>Vitamin C</b> 42 %
<b>Calcium</b>	3 %	<b>Iron</b> 5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		