



## **Good Morning Sunshine Smoothie**

### **Ingredients**

- 2 medium navel oranges, peeled
- 2 small frozen bananas
- 1 cup frozen mango chunks
- 1 cup coconut milk (you can use white cow's milk or almond milk as well)
- 1 cup vanilla yogurt

### **Instructions**

1. Pour the milk into your blender jar, add the peeled oranges, and puree.
2. Add the bananas, mango, and yogurt, blend until smooth.
3. Pour into glasses and enjoy!

**Keep reading below for the Citrus Spring Salad!**



## **Citrus Spring Salad**

### **Ingredients - Salad**

- 1 bag of spring mix salad
- 2 navel oranges - peeled and slice into thin slices (best if cold)
- 2 avocados – peeled and sliced (add a little bit of lemon juice to slices to prevent browning)
- 1/3 cup of pistachios – shelled (alternate walnuts)
- ¼ cup pomegranate seeds (alternate cranberries)
- 3-4 fresh mint leaves – minced (optional)

### **Ingredients - Dressing**

- ¼ cup of olive oil
- 2 tablespoons orange juice
- 2 tablespoons lemon juice
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- Fresh ground pepper to taste

### **Instructions**

1. Put all dressing ingredients in a mason jar and shake well. If you do not have a mason jar, use a bowl and whisk well. Set aside. Refrigerate 30 minutes if possible. It is best if served cold.
2. Arrange all salad ingredients layered on a serving platter (spring mix, avocado, orange slices, mint, nuts and pomegranate)
3. Top with dressing and serve immediately.
4. Enjoy the burst of color and flavors!



## **Chicken Pesto Sandwich**

### **Ingredients**

- 2 boneless skinless chicken breasts – halved lengthwise to create 4 chicken cutlets
- 1 tablespoon Italian seasoning
- Olive Oil
- Salt and Pepper
- Mayonnaise
- Paprika
- ½ Cup prepared Pesto
- 4 Roma Tomatoes
- Fresh Mozzarella (4 slices)
- 4 ciabatta rolls

### **Instructions**

1. In a large skillet, on medium-high heat, heat a couple of tablespoons of olive oil. Season 4 chicken cutlets on both sides with salt, pepper, paprika and Italian seasoning. Sear the chicken approximately 5-7 minutes per side until a nice golden color forms. Internal chicken temperature should be 165 degrees F.
2. Once the chicken is cooked, remove from the pan and let rest. While chicken is resting place the ciabatta rolls in the pan to lightly toast and get warm. No need to wipe out the pan. The oil will help toast the rolls.
3. Next, remove the rolls from the pan. Spread one tablespoon of mayo on the bottom of the roll and 2 tablespoons of pesto on the top half of the roll. Place a chicken cutlet on the bottom of the roll, top with a slice of fresh mozzarella and 3-4 tomato slices. Put sandwich together.
4. Heat pan back to medium. Brush one side of the sandwich with olive oil and place oiled-side down in pan to toast. Brush other side with olive oil and flip. Remove from heat once cheese has melted and sandwich has been toasted on both sides. This only takes a few minutes. Remove from heat, slice and enjoy!