



Recipes

PROGRAM 2 - SEGMENT 1

Greenleaf Gourmet Chopshop Recipes

MEXPLOSION SALAD

INGREDIENTS:

3 oz Scarborough Farms Baby Greens
2 oz Black Beans, cooked
1 oz Corn Kernels, grilled
3 Baby Tomatoes, halved
½ oz Red Onion, finely diced
½ oz Sunflower Seeds, toasted
1/5 Avocado, thinly sliced
1 TSP Fresh Cilantro, minced
1.5 oz Lemon Juice
1 oz Any Store-Bought Low-Sugar BBQ Sauce
1 oz Jalapeno Jack Cheese

METHOD

Combine all ingredients and toss with dressing. Serve immediately.

All recipes displayed with kind permission from Greenleaf Gourmet Chopshop. Results may vary.