

mixtape meals

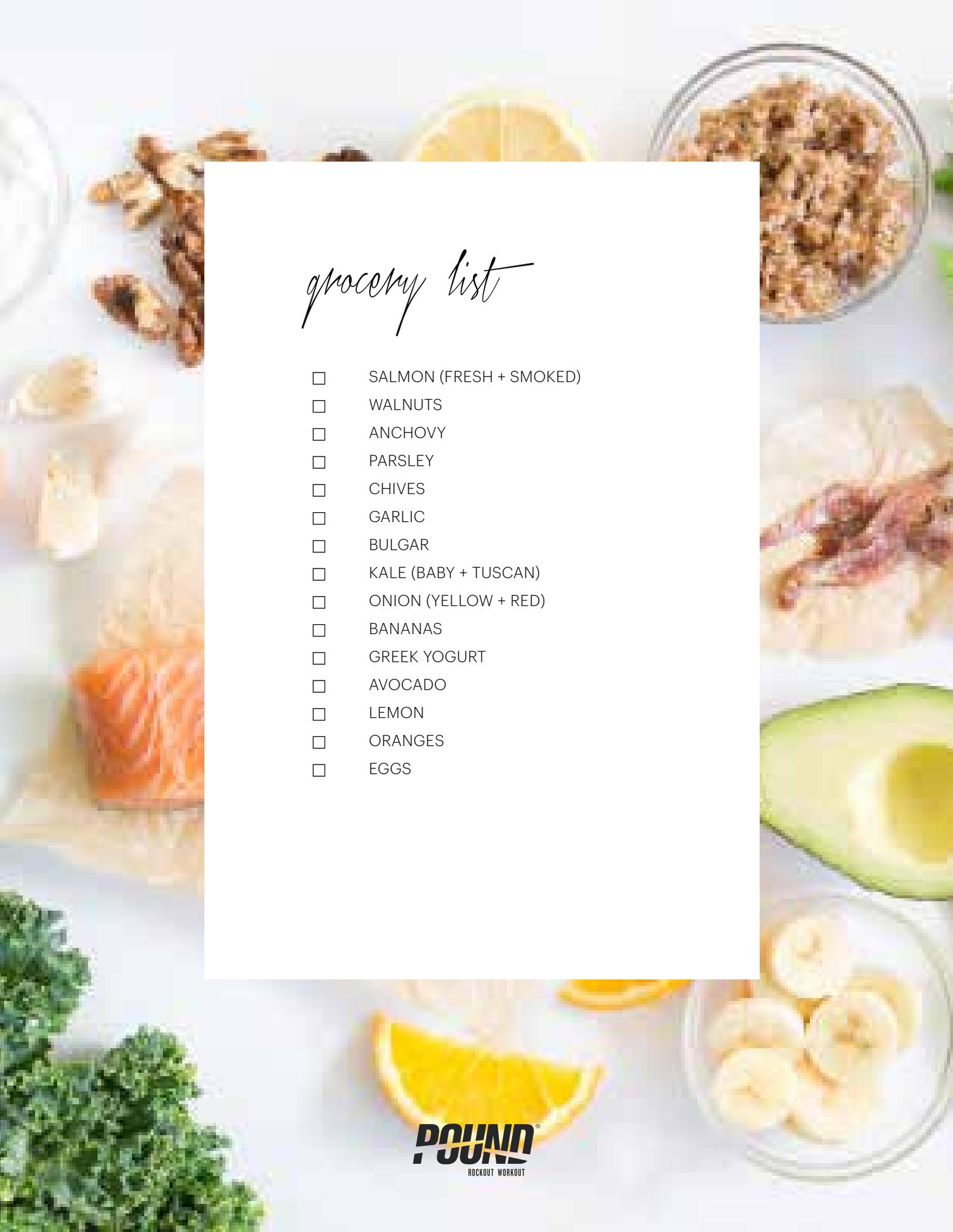


Almost simultaneously, February reared it's head and our New Years resolutions began to fade. We noticed, by listening to our team at POUND HQ, that those food issues that we all resolved to fix were coming back with a vengeance -- so we took the month of LOVE and the HEART as an opportunity to challenge ourselves to do just that -- LOVE our HEARTS.

15 HEART HEALTHY INGREDIENTS, 15 RECIPES, UNDER \$70. NO WASTE, LOW COST, ENDLESS IDEAS.

We chose 15 Heart Healthy ingredients (because Valentine's Day!) and over the course of February, we created recipes that are fast and easy to prep, delicious, and, most importantly, heart healthy. We shared them with you on Instagram and now we're sharing them with you here!

Heart disease is a leading cause of death in the United States. It's important to stay mindful of the things we put inside our bodies, where they come from and how they effect our health!



grocery list

- SALMON (FRESH + SMOKED)
- WALNUTS
- ANCHOVY
- PARSLEY
- CHIVES
- GARLIC
- BULGAR
- KALE (BABY + TUSCAN)
- ONION (YELLOW + RED)
- BANANAS
- GREEK YOGURT
- AVOCADO
- LEMON
- ORANGES
- EGGS



Toasted Walnuts

1 C walnuts

DIRECTIONS

Preheat Oven to 300 F. Place walnuts on a baking sheet and toast until golden - about 15 minutes.

Banana Walnut Yogurt Bowl

1 C greek yogurt
1/2 banana, sliced
1 t cinnamon
1 t honey or agave
handful of crushed, toasted walnuts

DIRECTIONS

In a bowl, layer greek yogurt, banana, and walnuts. Top with cinnamon and honey.



Orange Avocado Smoothie

Makes 2 Servings

2 bananas, cut into chunks and frozen
1/2 C greek yogurt
1/2 C orange juice
1/2 avocado
zest of 1 orange

DIRECTIONS

In a blender, combine all ingredients and blend until smooth. Top with orange zest and enjoy immediately!



Slow Cooked Eggs w/ Smoked Salmon

2 large eggs, beaten
1 T chopped fresh chives
1 t EVOO
1 ounce smoked salmon
sea salt and pepper

DIRECTIONS

In a medium bowl, whisk together the eggs, chives and season with salt and pepper. Leave a pinch of chives behind for garnish.

Heat oil in a non-stick skillet over low heat. Pour in eggs and cook for 10 - 15 minutes. Use a spatula to occasionally stir. When the eggs are almost at your preferred texture, mix in chunks of smoked salmon.

Transfer to a plate and sprinkle with chives.

Walnut Pesto

1 C fresh flat-leaf parsley leaves
1/3 C chopped toasted hazelnut or walnuts
2 anchovy fillets
1 T sherry vinegar
2 cloves garlic
1/2 C EVOO
kosher salt and pepper

DIRECTIONS

Place garlic and anchovy in a food processor and pulse until combined. Add toasted walnuts and continue to pulse until combined. Pour in oil, vinegar, and parsley. Pulse. Season with salt and pepper.



Two-egg Omelet w/ Walnut Pesto

2 eggs
1 T EVOO
sea salt and pepper
1 T walnut pesto

DIRECTIONS

In a bowl, whisk together eggs with salt and pepper. Heat olive oil in a medium non-stick skillet over medium heat. Pour in eggs and stir once or twice while they begin to cook. As eggs firm up, tilt the pan to let the egg run to the sides and underneath. Repeat until egg is completely cooked. Using the spatula, transfer the omelet to a plate and fold it in half.

Season with a little more salt and pepper. Top with Walnut Pesto!





Slow Cooked Kale

1 lb Tuscan kale (2 bunches), center ribs and stems removed
1 C yellow onion, sliced
2 garlic cloves, thinly sliced
1 T white wine vinegar
1/4 C + 2 T extra-virgin olive oil
1 t chile flakes
Freshly ground black pepper
3/4 t kosher salt, divided

DIRECTIONS

Heat a large pot over medium heat for 2 minutes. Add 1/4 cup oil and chile flakes. Let sizzle, shaking pan often, for about 1 minute. Reduce heat to medium-low; add onion. Season with 1/2 teaspoon salt and a pinch of pepper. Cook for 2 minutes, stirring often; stir in garlic. Cook, stirring often, until onion is soft and starting to brown, 5-7 minutes.

Add remaining 2 tablespoons oil and kale; stir to coat. Season with 1/4 teaspoon salt, reduce heat to medium-low, and cook, stirring often, about 30 minutes. Let cool.

Lemon-infused Bulggar Bass

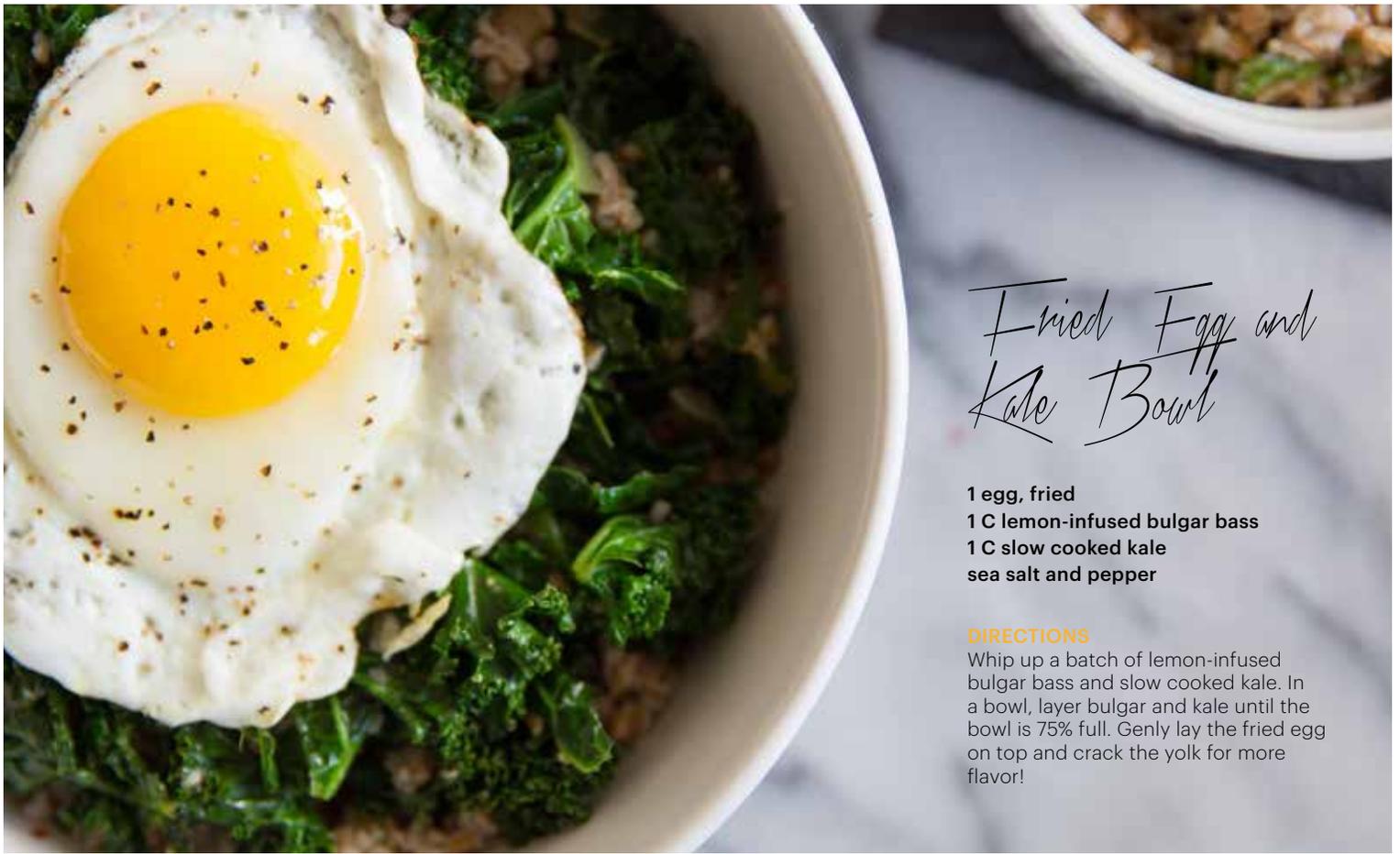
1 lemon
1 T olive oil
1 C bulgar, cooked
1/2 C parsley leaves, chopped
1/4 C chopped fresh chives
sea salt and pepper to taste

DIRECTIONS

Using a peeler, remove the bright yellow peel of the lemon, leaving behind the white part. Cut the lemon into wedges.

Place the lemon peel and oil into a sauté pan and heat it over medium heat for 1 minute. Turn off heat and set the pan aside to let the oil infuse with the lemon. Place the cooked bulgar in a saucepan with mixture. Add the lemon oil, parsley leaves and chives. Mix and add S + P to taste.





Fried Egg and Kale Bowl

1 egg, fried
1 C lemon-infused bulgar bass
1 C slow cooked kale
sea salt and pepper

DIRECTIONS

Whip up a batch of lemon-infused bulgar bass and slow cooked kale. In a bowl, layer bulgar and kale until the bowl is 75% full. Gently lay the fried egg on top and crack the yolk for more flavor!

Grilled Salmon Bulgur Bowl w/ orange avocado salsa

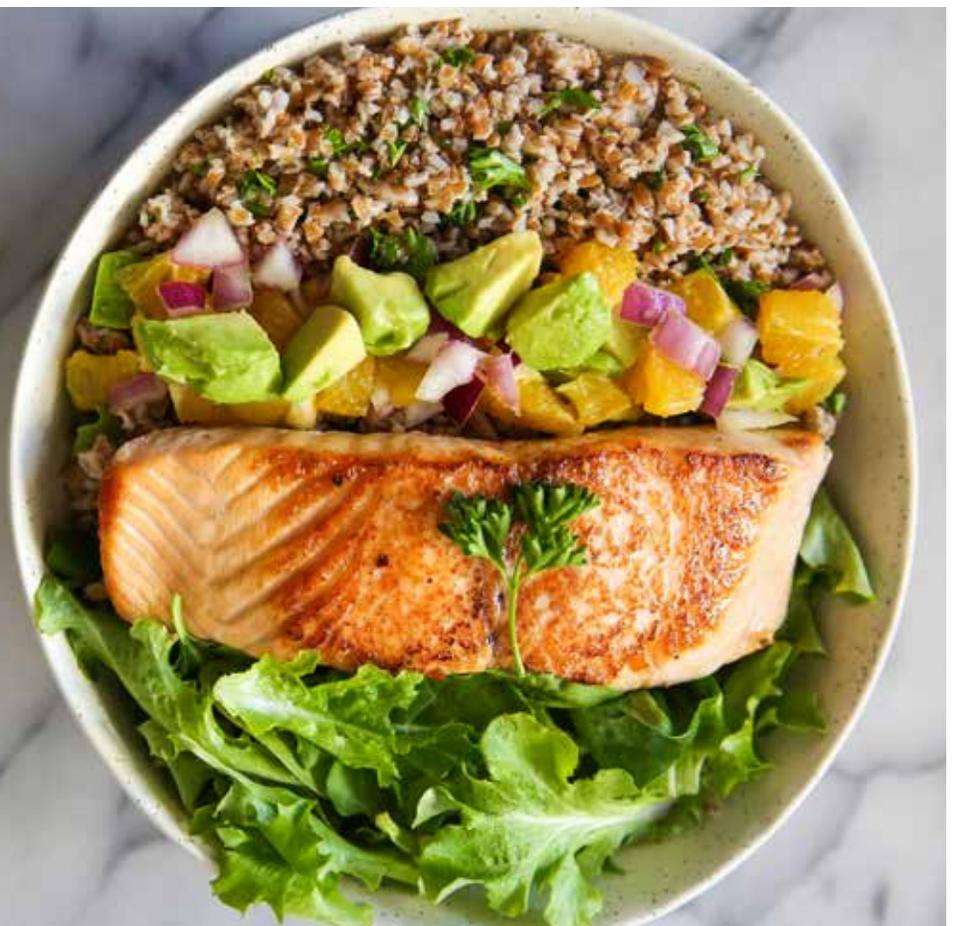
1 fillet wild caught alaskan salmon
juice of 1 orange
1 C lemon-infused bulgar bass
2 handfuls baby kale
2 T orange-avocado salsa

ORANGE-AVOCADO SALSA

1 orange, peeled and cubed
1 avocado, pitted and diced
1 T red onion, chopped
juice of one lime
1/2 t red wine vinegar
1/2 t honey
pinch of s+p

DIRECTIONS

In a skillet over high heat, pan sear a fillet of salmon with the juice of an orange. Layer a medium bowl with lemon-infused bulgar bass, baby kale and salmon. Top with orange avocado salsa and enjoy!



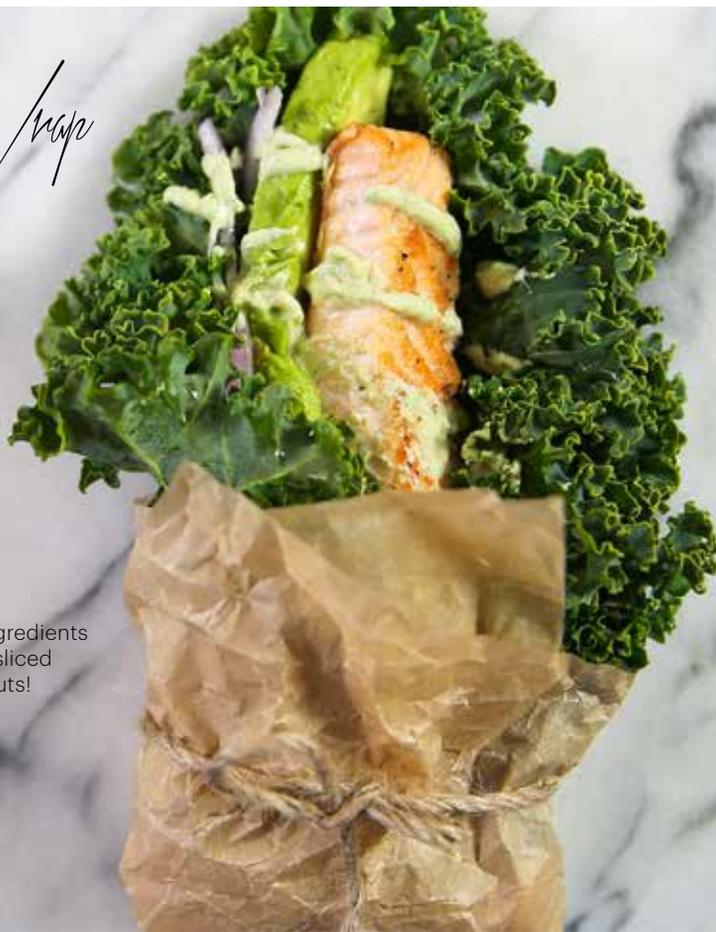
Tuscan Kale Salmon Wrap w/ yogurt pesto dip

Makes 2 Servings

2 stalks of Tuscan Kale
1 fillet of salmon
1/2 avocado, pitted and sliced
1 T toasted walnuts
1/4 red onion, thinly sliced
2 T Yogurt Pesto

DIRECTIONS

Massage Tuscan kale leaves until they soften. Split all ingredients in half and fill each stalk with 1/2 fillet of grilled salmon, sliced avocado and red onion. Top with Yogurt Pesto and walnuts!



Yogurt Pesto Dip

2 T (heaping) Walnut Pesto
1/2 C Greek yogurt
1t garlic powder

DIRECTIONS

Place all ingredients into your blender and pulse until fully combined! Enjoy with your favorite vegetables or as a spread on wraps!



Citrus Tuscan Kale Salad

Makes 2 Servings

3 large oranges, peeled and sliced
2 lbs tuscan kale (4 stalks) torn, washed, and massaged
1/2 C red onion, thinly sliced
1/2 C avocado, wedged
1/4 C toasted walnuts
2 T citrus dressing

DIRECTIONS

On a large plate, assemble salad in layers and top with Citrus Dressing (found below!)

Citrus Dressing

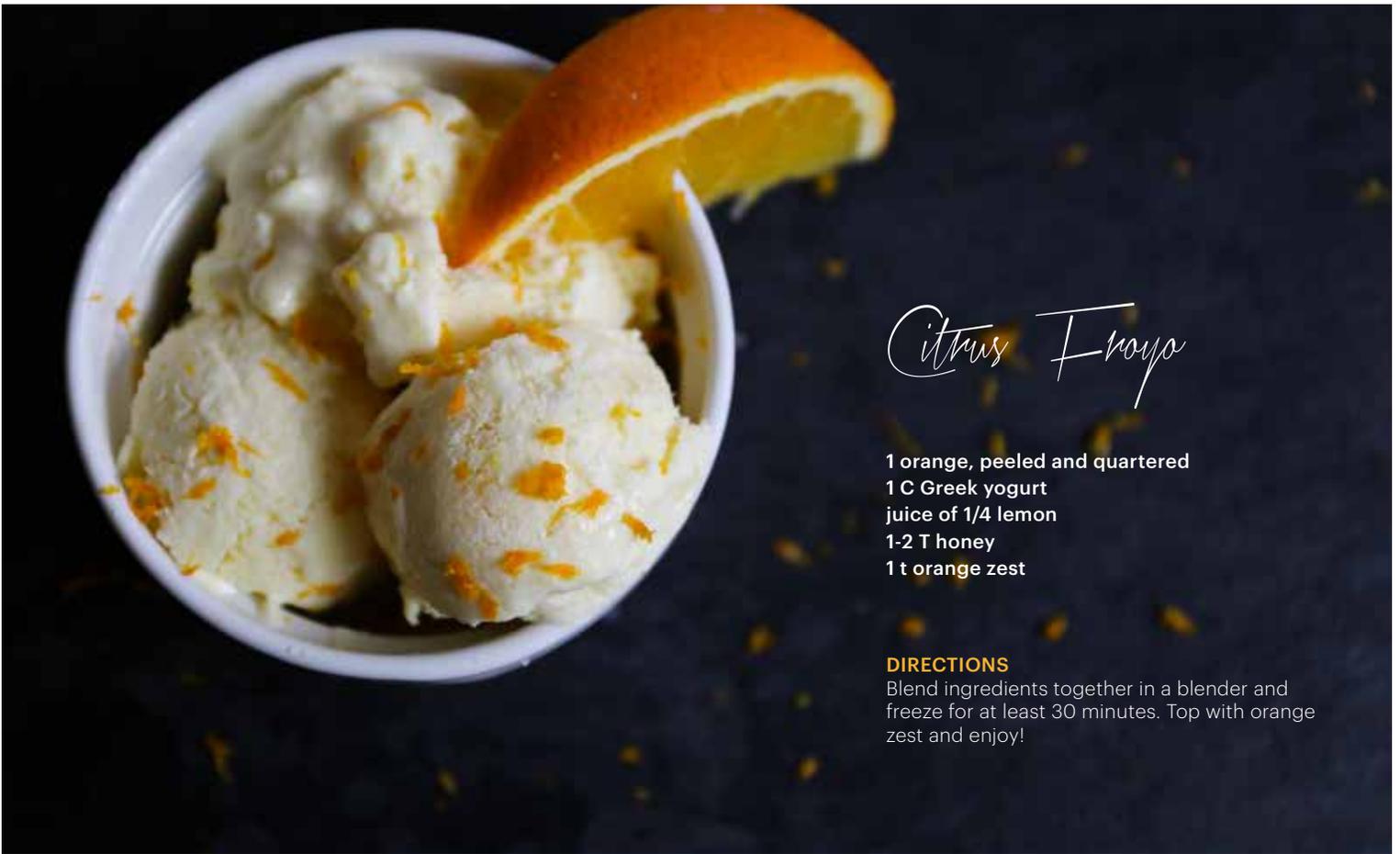
Serving Size: 1 T

2 T orange juice
2 T red wine vinegar
2 1/2 t Dijon mustard
1/4 t sugar
1 t kosher salt
1/2 t freshly ground black pepper
1/4 C extra virgin olive oil

DIRECTIONS

Combine all ingredients in your blender.
Pulse until combined.





Citrus Froyo

1 orange, peeled and quartered
1 C Greek yogurt
juice of 1/4 lemon
1-2 T honey
1 t orange zest

DIRECTIONS

Blend ingredients together in a blender and freeze for at least 30 minutes. Top with orange zest and enjoy!