

Quinoa Salad with Vegetables



Ingredients:

- 1 cup quinoa, cooked
- Cherry tomatoes, cucumber, bell peppers (various colors), chopped
- Red onion, finely chopped
- Feta cheese, crumbled
- Olive oil, lemon juice, salt, and pepper to taste

Directions:

1. Mix all vegetables and quinoa in a bowl.
2. In a separate bowl, whisk together olive oil, lemon juice, salt, and pepper.
3. Pour the dressing over the salad and toss.
4. Sprinkle feta cheese on top before serving.

Medical disclaimer: The following information is for educational purposes only, and does not substitute for professional medical advice. The YMCA of Long Island recommends you consult a medical professional or healthcare provider if you're seeking medical advice, diagnoses, or treatment.





Grilled Chicken

Veggie Skewers

Ingredients:

- Chicken breast, cut into cubes
- Bell peppers, zucchini, cherry tomatoes, mushrooms, cut into chunks
- Olive oil, garlic, lemon juice, oregano, salt, and pepper

Directions:

1. Thread chicken and veggies onto skewers.
2. Mix olive oil, garlic, lemon juice, oregano, salt, and pepper to make a marinade.
3. Brush the skewers with the marinade and grill until chicken is cooked through.

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Sweet Potato

Black Bean Bowl



Ingredients:

- Roasted sweet potatoes
- Cooked black beans
- Avocado slices
- Brown rice or quinoa
- Lime wedges, cilantro, salt, and pepper

Directions:

1. Arrange roasted sweet potatoes, black beans, and avocado over a bed of brown rice or quinoa.
2. Squeeze lime juice over the bowl, sprinkle with cilantro, salt, and pepper.

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