ROASTED WEDGE SALAD

INGREDIENTS
• 1/2 Head Romaine Lettuce
• 1 (8 oz.) Container of Goat Cheese (Room Temperature)
• 1 Pint Premade Guacamole
• 1 Pint Cherry Tomatoes
• 1 Oz. Sour Cherries
• 1 Ripe Peach (Cored and Sliced)
• 2 Tbsp Olive Oil
• Salt & Pepper to taste

400 Degree Oven
• Throw cherry tomatoes and peaches on to foil-lined pan, drizzle with olive oil, and roast for 10 minutes.
• In mixing bowl, add guacamole and goat cheese, mix thoroughly with a whisk until combined. Set aside.
• In hot sauté pan with no oil added, sear one half romaine head until charred and golden brown. Set aside.
• Place head on plate, glaze your lettuce with the cheese/avocado mixture with a healthy dollop.
• Add charred fruit, tomatoes, and sour cherries on top. Season lightly and enjoy while lettuce is hot.

VEGAN PROTEIN!

INGREDIENTS
• 1 Can Coconut Milk
• Garlic Powder (to taste)
• Salt and Pepper (to taste)
• 1 Tbsp Curry Powder
• 1 Tbsp Turmeric
• 2 Tbsp Tomato paste
• 1 Can Garbanzo Beans (fully boiled/cooked)
• 1 Tbsp Sesame Seeds
• 2 Tbsp Grapeseed Oil

• On medium heat, saute garbanzo beans in a large pan with grapeseed oil.
• Add in all ingredients to pan and reduce until thick, about 5-10 minutes. Mash if preferred – a tasty treat chock full of protein!

SPICED APPLE CRISP

INGREDIENTS
• 1 C Butter (Amish preferred)
• 1 C Rolled Oats
• 2 Tbsp Salted Caramel
• 1 Tbsp Honey
• 1 Tbsp Cinnamon
• 1 Tbsp Nutmeg
• 2 Granny Smith Apples

• Mix all dry ingredients in mixing bowl.
• In a medium pan, sear apple slices in small batches with butter for a gentle sear.
• Coat with dry ingredients and place on to foiled pan.
• Insert into 400 degree oven for 5 minutes or until golden brown. Enjoy.
• Served best with ice cream or a good IMPACT 2020 session!

Lunch brought to you by Carl Marks Advisors