

### **Appetizer: Zesty Kale and Avocado Salad**

This salad is a powerhouse of nutrients. Kale is rich in vitamins K, A, and C, while avocado provides healthy fats and fiber. Lemon adds a boost of vitamin C, enhancing iron absorption from kale.

#### Ingredients:

- 2 cups of kale, chopped
- 1 ripe avocado, diced
- 1/2 red onion, thinly sliced
- 1 lemon, juiced
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1/4 cup sliced almonds (optional)

#### Instructions:

1. In a large bowl, massage kale with lemon juice and olive oil until it begins to soften.
2. Add diced avocado, red onion, salt, and pepper. Toss gently.
3. Garnish with sliced almonds for added crunch and serve.

### **Main Course: Herb-Crusted Salmon with Steamed Broccoli and Cauliflower Mash**

Salmon is an excellent source of Omega-3 fatty acids, supporting heart health. Broccoli is high in fiber and vitamins C and K. Cauliflower is a low-carb alternative to traditional mash, high in vitamins C, K, and B6.

#### Ingredients:

- 4 salmon filets
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- 2 cups broccoli florets
- 1 head cauliflower, cut into florets
- 2 tablespoons olive oil
- Salt and pepper to taste

#### Instructions:

1. Preheat oven to 375°F (190°C). Season salmon with rosemary, thyme, salt, and pepper.
2. Place salmon on a baking tray lined with parchment paper. Bake for 15-20 minutes.
3. Steam broccoli until tender-crisp.
4. Boil cauliflower until soft. Drain and mash with olive oil, salt, and pepper.
5. Serve salmon with a side of steamed broccoli and cauliflower mash.

### **Dessert: Coconut and Berry Chia Pudding**

Chia seeds are a fantastic source of fiber, omega-3 fatty acids, and protein. Mixed berries provide antioxidants, and coconut milk adds a healthy, dairy-free creaminess.

Ingredients:

- 1/4 cup chia seeds
- 1 cup unsweetened coconut milk
- 1/2 teaspoon vanilla extract
- 1 cup mixed berries (blueberries, strawberries, raspberries)
- A few mint leaves for garnish (optional)

Instructions:

1. In a bowl, mix chia seeds with coconut milk and vanilla extract. Let sit for 15 minutes or until it reaches a pudding-like consistency.
  2. Layer the chia pudding in glasses, alternating with mixed berries.
  3. Refrigerate for at least an hour. Garnish with mint leaves before serving.
- I especially love toasted coconut on mine!

ENJOY YOUR SUNDAY DINNER!