



Wellness Sleuth Recipes

Enjoy your day with
delicious food

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MANGO CUCUMBER AND AVOCADO SALSA

INGREDIENTS:

Ingredients

To make Homemade Healthy Farro Tomato Salad, you will need:

- *-1 1/2 cup cooked farro*
- *-1/2 lb cherry tomatoes, halved*
- *-1/4 cup chopped fresh Basil*
- *-1 tbsp extra virgin olive oil*
- *-1/4 cup balsamic vinegar*
- *-1 bunches of arugula (3/4 pound), stemmed and torn into bite-size pieces*
- *-1/4 cup fresh herbs. Like oregano, parsley etc.*
- *-salt and pepper to taste*
- *- 1/2 cup pine nuts (optional)*
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DIRECTIONS

- *Directions*
- *Start by*
- *- cooking the farro according to package instructions.*
- *Note: You can cut down on the cooking time by soaking your farro prior. If you've let it sit overnight, expect a meal that's ready in 20 minutes or less! Unsoaked grains may require about 30-40 more minute of cooktime but will still be worth eating when they're finally done*
- *- Once the farro is cooked,*
- *- add it to a large bowl along with the cherry tomatoes, chopped basil, olive oil, pine nuts, red wine vinegar, arugula, chosen herb, salt, and pepper.*
- *- Toss everything together until evenly mixed.*
- *Serve immediately or store in the fridge for later.*
- *Enjoy!*



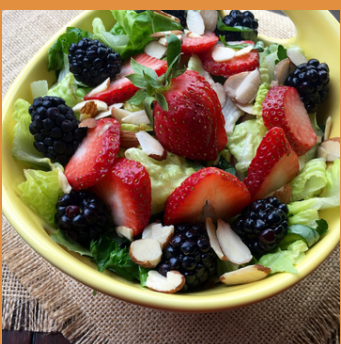
**GRILLED
POLENTA
CROSTINI**

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



**MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE**

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)