



Wellnesssleuth Recipes

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delicious food

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MANGO CUCUMBER AND AVOCADO SALSA

INGREDIENTS:

Ingredients

- *2 fresh bay leaves*
- *1 1/4 cups dried lentilles vertes, rinsed*
- *1/4 cup tomato paste*
- *6 cups chicken broth*
- *1 1/2 tablespoons Lemon Juice*
- *1/3 cup Parmesan cheese*
- *1 additional Habanero chile pepper*
- *1 teaspoon cumin seeds*
- *1 chile pepper, chopped finely*
- *1 medium carrot, chopped finely*
- *1 tablespoon Extra virgin oil*
- *1 medium red onion, chopped finely*
- *3 cloves garlic, crushed*
- *3 teaspoons finely grated ginger*

DIRECTIONS

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- *1. In a large pot, combine the lentils, chicken broth, onion, carrots, garlic, bay leaf, Himalayan salt, and pepper.*
- *2. Bring to a boil over high heat.*
- *3. Reduce the heat to low and simmer for 30 minutes, or until the lentils are tender.*
- *4. Remove the bay leaf and discard.*
- *5. Serve the soup hot, garnished with fresh parsley/cilantro or other herbs, if desired. 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](#)