



Palcare Network - Looking After Your Health And Well Being
Cooking Class + Recipes
June 23, 2021

Watermelon Mint Salad

Ingredients:

Half a large watermelon or one small
1 cucumber
½ purple onion
1 cup feta cheese
Fresh mint
Micro-greens (optional)
1-2 tbsp. olive oil
1-2 tbsp. balsamic vinegar
Pinch of salt

Tools:

Cutting Knife and Cutting Board
Large Bowl
Salad Spoons

Instructions:

Slice the watermelon into bite size pieces/squares. Chop cucumber. Option to remove seeds. Finely chop the onion.
Place all chopped vegetables and fruit into a large salad bowl. Try to omit any extra water.
Toss with 1-2 tbsp. of balsamic vinegar and olive oil. Add pinch of salt (optional).
Crumble feta (amount to your liking) on top and add fresh mint and micro-greens.

If not serving immediately, hold off on topping with mint and greens until ready to plate.

Chia Seed Lemon Loaf

Ingredients:

½ cup plain Greek yogurt (can use dairy free)
2 eggs
⅓ cup honey
zest of two lemons
3 tbsp. lemon juice
1 tsp vanilla
1 cup whole oats
½ cup oat flour
1 cup almond flour (or oat flour for nut-free)
1 tbsp. chia seeds
pinch of salt
¾ tsp baking soda

Tools:

Loaf pan
Lemon zester or microplane
One large bowl
Spatula
Measuring Cups and Spoons
Small bowl and spoon for glaze

Instructions:

Pre-heat oven to 350 degrees. Grease a loaf pan.

In a large bowl, combine all wet ingredients and mix well. Then add dry ingredients. Pour into loaf pan and bake for 40 minutes on middle rack.

Once loaf is done and cooled, you can drizzle with honey or serve as is.