

Plan a perfect

Picnic!

Enjoy these free
recipes on me.

Sincerely,



Chick Pea SALAD SANDWICH

INGREDIENTS

For chick pea salad:

- 1 (15.5 oz.) can chick peas, rinsed and drained
- ¼ cup chopped parsley
- ¼ cup chopped dill
- 1 Tbsp. mustard
- 1 Tbsp. mayo

For sandwiches:

- 1 Tbsp. mustard
- 4 slices bread
- Baby spinach leaves
- 1 avocado, sliced
- 1 tomato, sliced
- Handful alfalfa sprouts

DIRECTIONS

Place chick pea salad ingredients in a bowl, smash with a fork until combined. Add salt and pepper to taste.

Spread mustard on bottom bread slices. Layer spinach, avocado, tomato, and chick pea salad mixture. Top with sprouts and bread.

BROUGHT TO YOU BY:



Chicken Caesar PASTA SALAD

INGREDIENTS

- 1 head of romaine lettuce
- 1 (12 oz.) pkg. bowtie pasta
- 2 cups cooked chicken, sliced
- 1 cup cherry tomatoes, halved
- 1 cup croutons
- ½ cup Caesar dressing
- ½ cup grated Parmesan cheese

DIRECTIONS

Wash, dry and roughly chop lettuce. Set aside in refrigerator. Boil pasta according to the package directions. Drain and rinse pasta under cold water. In a large bowl, mix together cooled pasta, chicken and tomatoes. Refrigerate until serving.

When ready to serve, add chopped lettuce, croutons and dressing to the pasta mixture. Toss to combine and sprinkle with cheese.

BROUGHT TO YOU BY:



Lemon CRINKLE COOKIES

INGREDIENTS

- ¼ cup butter, softened
- ¼ cup cream cheese, softened
- 1 cup sugar
- 1 egg
- 3 Tbsp. lemon zest (from 3 large lemons)
- ¾ tsp. salt
- 2 cups flour
- 2 tsp. cornstarch
- ½ tsp. baking soda
- ½ cup powdered sugar

DIRECTIONS

Preheat oven to 350° F and line a baking sheet with parchment paper. Using an electric mixer, beat butter and cream cheese together until fluffy. Add sugar and blend. Next, add egg, blending again. Then add lemon zest and juice, and blend thoroughly.

In a separate bowl, combine salt, flour, cornstarch, and baking soda. Add to butter mixture and stir until well combined. Spread powdered sugar in a shallow dish. Scoop dough into 1-inch balls, and roll in powdered sugar. Bake for 11-13 minutes.

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