Hello!

I am honored to lead you through a cooking class this week. Please find attached the recipes we will be using and below a summary of the food to prep ahead of time if you’re cooking along with me.

**Meal Prep:**
- Cook Quinoa: Use 1 part quinoa to 2 parts water. The recipes call for 1 ⅓ cup dry quinoa to yield the amounts we need for both, but to make it an easy formula, cook a little more (1.5 cups) and use 3 cups of water! Here are a few things to keep in mind for the quinoa:
  - Should you rinse quinoa before cooking? It is not necessary, but I find the quinoa cooks more evenly.
  - Do you have to boil the water first? No, just place the quinoa and water in a pot together and bring to a boil, then cover and simmer.
  - How long do you cook quinoa? 15-20 minutes, until the water has all cooked out.

- It would be good to pre-measure the larger ingredients (ex: nuts, cheese, olives, SD tomatoes) before our class so they are ready to use.

I look forward to cooking with you!

Best regards,
Julie

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**About Hearth Wellness**

Hearth Wellness focuses on helping busy moms find real-life ways to feel their best selves while raising a healthy family. Julie Vincent offers nutrition, meal prep, organization and self-care support through one-on-one coaching, meal planning, small group events and workshops/classes. As a mom of two littles and an entrepreneur, she approaches coaching with a family-friendly philosophy that focuses on balance and small steps. Visit [www.hearth-wellness.com](http://www.hearth-wellness.com) for more information on her philosophy and offerings, plus her Busy Mama Blog with more recipes!
Cinnamon Toast Breakfast Quinoa

First, toast the pecans before we add the remaining ingredients. To do so, warm the pecans in a small saucepan (use a larger saucepan if you are making multiple servings) over medium heat, shimmying the pan often, until the pecans smell fragrant and toasty, about 4 to 6 minutes.

Add the coconut oil, cinnamon and salt to the pot. While stirring constantly, cook until the cinnamon is fragrant, about 15 seconds.

Add the quinoa to the pot and stir to combine. Cook, while stirring constantly, just until the quinoa is warmed through, about a minute or so. Remove the pan from heat and stir in the maple syrup.

Transfer the mixture to a bowl and top with dried fruit and a hefty sprinkle of hemp seeds, if using. Top with a light sprinkle of cinnamon. Serve promptly, with additional maple syrup and milk or yogurt on the side, if you’d like!

Notes

Recipe by: Cookie + Kate
Mediterranean Quinoa and Kale Salad

**Ingredients**

- 1 cup Uncooked Quinoa
- 3/4 cup Sun Dried Tomatoes (Chopped into bite-sized pieces)
- 3/4 cup Kalamata Olives
- 1 Small Cucumber (diced)
- 3 cups Chopped Kale
- 1 can Garbanzo Beans (drained and rinsed)
- 1/2 cup Sliced Almonds
- 3/4 cup Crumbled Feta Cheese
- 1/2 cup Olive Oil
- 2 tbsp Red Wine Vinegar
- 2 tbsp Dijon Mustard
- 1 tbsp Lemon Juice
- 1 tsp Italian Seasoning Or 1/4 Teaspoon Each Of Dried Basil (dried oregano, dried rosemary, dried sage, dried tarragon)
- 2 cloves Garlic (minced)
- 1/2 tsp Salt

**Directions**

1. Meal prep the quinoa: cook using a 1:2 quinoa to water ratio for 15-20 minutes, until fluffy. Save in an airtight container until class.
2. Combine quinoa with sun-dried tomatoes, olives, cucumber, kale, garbanzo beans, and almonds.
3. Make dressing by combining all dressing ingredients in a jar with a lid and shake until well combined.
4. Pour over salad mixture and toss well to combine.
5. Top with feta cheese.
6. Serve and enjoy!

**Notes**

*Recipe By: Greens & Chocolate*