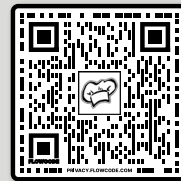




Fresh START

HEALTHY EATING CLASS



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FOR MORE INFO

Shop Smarter | Choose Healthier | Eat Better

Learn how fresh, wholesome foods from Vince & Joe's can help you gain energy, operate at peak performance and improve your overall health. Vegetables, fruits, meats, seafood - since we eat our vitamins we need to realize what foods are best. Help your heart, your liver, your stomach and support your weight journey with knowing what to shop for and why.

Executive Chef Angelo Loria and Functional Medicine Nutritionist Miranda Moore Stepnitz will host classes 6pm on the second Thursday of each month at our Shelby Twp. location.

See you in the fall!

VINCE & JOE'S

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Fresh START

HEALTHY EATING CLASS

VINCE & JOE'S

May RECIPES

Turkey Avocado Burger Bowls

Couscous Summer Salad

Ingredients

SALAD

- 2 Cups cherry tomatoes
- 1 bunch broccolini, chopped (about 3-4 cups)
- 4 garlic cloves, smashed
- 3 garlic cloves, minced
- 1 tsp. dried thyme
- 3/4 tsp. fine grain sea salt
- 1/2 small red onion, chopped
- 1 lb. pkg. couscous
- Drizzle of olive oil

DRESSING

- 1/2 Cup mint (finely chopped, packed tight)
- 1 Cup parsley (finely chopped)
- 1 Cup basil (finely chopped)
- Juice of 1 lemon
- 3 Tbsp. olive oil
- 3 Tbsp. tahini
- 2 Tbsp. honey
- 1/4 tsp. fine grain sea salt

Directions

Preheat oven to 425 degrees Fahrenheit. On a parchment-lined pan, add the tomatoes, broccolini and smashed garlic cloves. Add sea salt and drizzle with olive oil and toss. Roast for 12-14 minutes, until just turning brown.

While veggies roast, make your couscous. Place a small pot over medium heat to toast the couscous. You'll do this by combining the couscous, thyme, sea salt, and minced garlic with a drizzle of olive oil, and toasting until the couscous is just golden.

Add three cups of boiling water then cover and simmer for 10 minutes. If there's any remaining water, remove the lid to cook it off.

Mix together all the dressing ingredients.

Toss everything together with dressing and red onion. Eat warm or cold. Enjoy!

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6g	8%	Total Carbohydrate 48g	17%
Saturated Fat 1g	5%	Dietary Fiber 7g	25%
Trans Fat 0g		Total Sugars 6g	
Cholesterol 0mg	0%	Includes 2g Added Sugars	4%
Sodium 135mg	6%	Protein 11g	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>			

Ingredients

BURGER

- 1 lb. ground turkey (organic if possible)
- 1/2 avocado, sliced, pitted and mashed
- 3 Tbsp. mayo (clean if possible)
- 2 tsp. Sriracha
- 2 tsp. Gluten-Free Worcestershire sauce
- 1 tsp. sea salt
- 1 tsp. cumin powder
- 1 tsp. garlic powder

CAESAR AIOLI

- 1 Cup mayo (clean if possible)
- 4 garlic cloves, minced
- 2 Tbsp. lemon juice
- 1 tsp. anchovy paste
- 1 tsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 1 tsp. sea salt

Fresh ground black pepper to taste

Optional: 1/2 Cup dairy-free parmesan

BOWLS

- 1 package Organic Butter Lettuce
- 1/2 Cup cherry tomatoes, sliced in half
- 1 avocado, pitted and sliced
- Fresh herbs such as parsley or basil

Directions

Pre-heat your grill to medium and add all burger ingredients (except for ground turkey) into a large bowl and mix together until well combined, add ground turkey and mix. Form into patties (6-8).

Cook patties on grill for four minutes on each side, until charred and cooked through (meat should no longer be pink but white).

While burgers are grilling, whisk together all Caesar Aioli ingredients in a bowl and set aside.

Assemble lettuce and veggies in bowl.

Once burgers are ready, top one patty on each bowl and drizzle with Caesar Aioli.

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 40g	51%	Total Carbohydrate 6g	2%
Saturated Fat 6g	30%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 1g	
Cholesterol 85mg	28%	Includes 0g Added Sugars	0%
Sodium 600mg	26%	Protein 12g	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>			

Calories per serving 410
 Vitamin D 0.2mcg 0% • Calcium 30mg 2% • Iron 1.4mg 8% • Potassium 410mg 8%