

Spring Clean Eating Recipes to Try

Let's get to the good stuff – the recipes! I've tested these extensively (my family can attest to how many versions they've had to try), and these winners are now in regular rotation at my house.

Breakfast

Spring Green Smoothie Bowl

This is my go-to breakfast when I need something quick but nutrient-dense. The avocado makes it incredibly creamy!

Ingredients:

- 1 cup baby spinach
- ½ ripe avocado
- 1 frozen banana
- ½ cup frozen strawberries
- 1 tablespoon chia seeds
- 1 cup almond milk (or milk of choice)
- Optional toppings: sliced strawberries, hemp seeds, unsweetened coconut flakes

Instructions:

1. Blend all ingredients except toppings until smooth and creamy
2. Pour into a bowl
3. Add toppings and enjoy with a spoon!

Asparagus and Herb Frittata

Perfect for weekend brunch or meal prep, this frittata stays good in the fridge for quick breakfasts all week.

Ingredients:

- 8 eggs
- ¼ cup almond milk
- 1 bunch asparagus, tough ends removed and cut into 1-inch pieces
- 2 tablespoons fresh chives, chopped

- 2 tablespoons fresh dill, chopped
- ¼ cup crumbled goat cheese (optional)
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F
2. Whisk eggs with almond milk, salt, and pepper
3. Heat olive oil in an oven-safe skillet over medium heat
4. Add asparagus and cook for 3-4 minutes until bright green
5. Pour egg mixture over asparagus
6. Sprinkle herbs and goat cheese on top
7. Cook on stovetop for 3-4 minutes until edges start to set
8. Transfer to oven and bake for 15-18 minutes until center is set
9. Let the meat cool slightly before slicing



Lunch

Spring Abundance Bowl

I love build-your-own bowls for lunch – they're infinitely customizable and portable!

Ingredients:

- 1 cup cooked quinoa
- 2 cups mixed spring greens
- ½ cup roasted asparagus
- ¼ cup sliced radishes
- ¼ cup snap peas, sliced
- ¼ avocado, sliced
- 2 tablespoons pumpkin seeds
- 4 oz protein of choice (grilled chicken, tofu, or chickpeas work great)

For the dressing:

- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1 tablespoon fresh herbs (mint, dill, or basil)
- Salt and pepper to taste

Instructions:

1. Layer all ingredients in a bowl
2. Whisk dressing ingredients together
3. Drizzle dressing over the bowl just before eating

Strawberry Spinach Salad with Grilled Chicken

This salad screams spring to me – the sweet strawberries pair perfectly with the tangy goat cheese.

Ingredients:

- 4 cups baby spinach
- 1 cup sliced strawberries
- ¼ cup sliced red onion

- ¼ cup crumbled goat cheese
- ¼ cup toasted walnuts
- 6 oz grilled chicken breast, sliced

For the dressing:

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon of Dijon mustard
- Salt and pepper to taste

Instructions:

1. Combine all salad ingredients in a large bowl
2. Whisk dressing ingredients in a small bowl
3. Toss salad with dressing just before serving

Dinner

Sheet Pan Lemon Herb Salmon with Spring Vegetables

One-pan dinners are my weeknight saviors! This one delivers maximum flavor with minimal cleanup.

Ingredients:

- 4 salmon fillets (about 6 oz each)
- 1 bunch asparagus, tough ends removed
- 1 cup cherry tomatoes
- 1 lemon, sliced
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 tablespoons fresh herbs (dill, parsley, and chives work well)
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F
2. Line a baking sheet with parchment paper
3. Place salmon in the center of a baking sheet
4. Arrange asparagus and tomatoes around the salmon
5. Drizzle everything with olive oil
6. Sprinkle with garlic, herbs, salt, and pepper
7. Top salmon with lemon slices
8. Bake for 15-18 minutes until salmon is cooked through
9. Garnish with additional fresh herbs before serving

Spring Vegetable Risotto

This recipe takes a bit more time, but it's so worth it for a special spring dinner!

Ingredients:

- 1½ cups arborio rice
- 5-6 cups vegetable broth, kept warm on the stove
- ½ cup dry white wine
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 1 cup asparagus, cut into 1-inch pieces
- 1 cup fresh or frozen peas
- 2 tablespoons olive oil
- ¼ cup grated Parmesan cheese (optional)
- 2 tablespoons fresh mint, chopped
- 1 tablespoon lemon zest
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot over medium heat
2. Add onion and cook until translucent, about 3-4 minutes
3. Add garlic and cook for 30 seconds
4. Add rice and stir to coat with oil, cooking for 1-2 minutes
5. Add wine and stir until absorbed
6. Begin adding warm broth, one ladle at a time, stirring frequently
7. Continue adding broth and stirring until rice is almost tender, about 20 minutes
8. Add asparagus and peas with final ladle of broth
9. Once rice is creamy and vegetables are tender, remove from heat
10. Stir in Parmesan, mint, and lemon zest

11. Season with salt and pepper to taste

Snacks and Treats

No-Bake Energy Bites

I always keep a batch of these in my fridge for healthy snacking!

Ingredients:

- 1 cup old-fashioned oats
- ½ cup natural almond butter
- ⅓ cup honey
- ½ cup ground flaxseed
- ½ cup dark chocolate chips (70% or higher)
- 1 teaspoon vanilla extract
- Pinch of sea salt

Instructions:

1. Mix all ingredients in a large bowl until well combined
2. Cover and refrigerate for 30 minutes
3. Roll into 1-inch balls
4. Store in an airtight container in the refrigerator for up to 1 week

Strawberry Rhubarb Chia Pudding

This makes a perfect afternoon snack or light dessert!

Ingredients:

- 2 cups strawberries, hulled
- 1 cup rhubarb, chopped
- 2 tablespoons maple syrup
- ¼ cup chia seeds
- 1 cup almond milk
- ½ teaspoon vanilla extract

Instructions:

1. Cook strawberries and rhubarb with 1 tablespoon maple syrup in a small saucepan until soft, about 5-7 minutes
2. Let cool completely
3. In a separate bowl, mix chia seeds, almond milk, remaining maple syrup, and vanilla
4. Let sit for 15 minutes, then stir again
5. Refrigerate chia mixture for at least 2 hours or overnight
6. Layer chia pudding with strawberry-rhubarb compote in small jars

