



Spring Wellness Healthy Recipe Share

This week, SAND encouraged Spring Wellness by sharing five days of healthy recipes for delicious three course dinners.

Do you have delicious and healthy recipes to share? Post a picture and recipe on Instagram and tag [@csusmsand](https://www.instagram.com/csusmsand). We'd love to see what you're cooking up for a healthy Spring!

Monday's Recipes:

Appetizer: [Quinoa Avocado Spinach Salad](#)

Dinner: [Crockpot Dr. Pepper Ribs](#)

Dessert: [Peanut Butter-Stuffed Apples](#)

Tuesday's Recipes:

Appetizer: [Homemade Salsa Verde](#)

Entree: [Cauliflower Tacos](#)

Dessert: [Chocolate Pumpkin Seed Bliss Bites](#)

Wednesday's Recipes:

Submitted by Casey Green, CoBA Staff member

Appetizer: [Skinny Buffalo Dip](#)

Entree: [Creamy Tuscan Garlic Chicken](#)

Dessert: [Mini Cheesecakes-Weight Watchers](#)

Thursday's Recipes:

Appetizer: [Greek Yogurt Spinach Artichoke Dip](#)

Entree: [BBQ Jackfruit Sandwiches with Avocado Slaw](#)

Dessert: [Apple Crisp](#)

Friday's Recipes:

Appetizer: [Healthy Green Smoothie](#)

Entree: [Veggie Scramble](#)

Dessert: [Greek Yogurt Pancakes](#)