

8 HEALTHY SPRING RECIPES

COURTESY OF [P&C RECIPE GALLERY](#).



1. LENTIL TORTILLA SOUP

This uber easy and crazy flavorful [Vegetarian Lentil Tortilla Soup](#) can be made in a pressure cooker, slow cooker, or on the stove and is the most popular soup recipe on P&C. Add all your favorite toppings and get ready to lick the bowl clean! With tons of flavor packed in each bite, you'll never miss the meat!



2. GARDEN VEGGIE CHICKPEA SALAD SANDWICH

This tasty [Garden Veggie Chickpea Salad Sandwich](#) is a plant-based powerhouse of a lunch! Make it in advance for a party or picnic or to take along as an easy weekday lunch for work or school. Vegan, vegetarian, and gluten-free versions are available and many have commented it rivals a chicken/tuna salad sandwich!



3. **CHOPPED CAULIFLOWER BROCCOLI SALAD WITH CREAMY AVOCADO DRESSING**

Featuring a tasty medley of broccoli, cauliflower, corn, and chickpeas, this [chopped cauliflower broccoli](#) salad with creamy avocado dressing is ready to rock your portable lunch game. Perfect for parties, potlucks, picnics, and a tasty on-the-go lunch!



4. **SPICY SRIRACHA SHRIMP TACOS WITH CILANTRO LIME SLAW**

YOU GUYS! Tacos can be healthy too! Sriracha kissed shrimp and totally tasty cilantro lime slaw combine to make these simple-yet-sensational shrimp tacos. They're nothing short of legendary and I seriously cannot wait for y'all to try them! Looking for a vegan version? Check out my healthy [Roasted Cauliflower Tacos](#)!



5. GREEK QUINOA BOWLS

Loaded with fresh veggies and drizzled in a light homemade dressing, these tasty vegetarian [Greek Quinoa Bowls](#) make healthy eating a breeze!

By chopping your veggies while the quinoa simmers away to fluffy perfection, this easy peasy salad comes together in under 15 minutes. It's part salad, part side dish and gloriously gluten-free. It's also great as a take along lunch for work or school!



6. BLUEBERRY BROCCOLI SPINACH SALAD

Though it looks like it's straight out of a gourmet bistro, this simple (and speedy) blueberry broccoli salad is easily thrown together with just a few flavorful ingredients at home. This salad might look too good to eat but you'll be ready to dive in face-first the second it hits the table!



7. HEALTHY TOMATO CUCUMBER AVOCADO SALAD

This [super-simple salad](#) was the highlight of my recent Whole30 + Paleo escapades and fits a variety of special diets to accommodate everyone I know! It's vegan, gluten-free, low-carb, keto-friendly and best yet? It's totally, utterly delicious!

We make this delish dish on repeat during Spring and Summer months and love bringing it to parties and potlucks as a healthy option.



8. BAKED BELL PEPPER TACOS

Take taco night to the next level with these [Baked Bell Pepper Tacos](#)! With instructions for vegan, vegetarian, and paleo options, these peppers are ready to transform your typical taco fare with a clean-eating twist.