

Thanksgiving Themed Mocktail & Breakfast Kale & Quinoa “Fried Rice”

Hosted by: Student Health Services Dietician

Thanksgiving Themed Mocktail

Ingredients

- 1/2 cup fresh or frozen raspberries, for garnish
- 2 cups cranberry-raspberry juice
- 2 cups seltzer
- 2 tablespoons lime juice, plus 4 wedges for garnish

Preparation

1. If using fresh raspberries, freeze them in a single layer for about 1 hour (or overnight) before proceeding with Step 2.
2. Combine cranberry-raspberry juice, seltzer and lime juice in a pitcher. Divide among 4 ice-filled glasses. Garnish with frozen raspberries and lime wedges.
3. Make a pretty garnish by freezing big, plump fresh raspberries (already-frozen ones don't look as nice.)



Breakfast Kale & Quinoa “Fried Rice”

Ingredients

- 2 teaspoons olive oil
- 3 cloves garlic, minced
- 2 large eggs, whisked lightly
- 2 cups cooked quinoa
- 1 teaspoon rice wine
- 2 teaspoons vegetarian oyster sauce
- 1/2 teaspoon sesame oil
- 2 cups baby kale

Directions

- Heat oil in a wok or skillet.
- Add garlic and saute until lightly browned.
- Add eggs and scramble until almost done.
- Add quinoa and toss well.
- Add rice wine, oyster sauce and sesame oil.
- Toss quinoa well to ensure even seasoning.
- Add baby kale, then turn off heat and toss a few more times to just cook kale through.

