

What's In It for the Eyes?

Zeaxanthin and Lutein

1,778 mcg

Omega-3s

402 mg

Vitamin C

262% DV

Beta-Carotene

146 mcg

EyePromise®



SERVES 6

Shrimp & Roasted Vegetable Salad

Ingredients

- 3 cups butternut squash, cut into ½" pieces
- 2 cups broccoli florets, cut into bite-sized pieces
- 3 cups cauliflower florets, cut into bite-sized pieces
- 2 cups red and orange bell peppers, cut into bite-sized pieces
- 2½ cups crimini mushrooms, quartered
- 1 sweet onion, coarsely chopped
- ¼ tsp sea salt
- ½ tsp black pepper
- 3 Tbsp extra virgin olive oil
- 8 oz spring mix greens
- ¾ cup parsley, chopped
- 2 Persian cucumbers, sliced
- 1 carrot, shredded
- 1 cup cherry tomatoes
- 1 lb shrimp, cooked, peeled, and deveined

Directions

1. Preheat oven to 375°F. In a large mixing bowl, combine butternut squash, broccoli, cauliflower, bell pepper, mushrooms, and onion. Sprinkle with salt and pepper, drizzle with olive oil, and stir to coat evenly.
2. Pour onto a baking sheet and roast for 20-30 minutes, until crisp tender, stirring twice. Remove from oven and allow to cool for 15 minutes.
3. For the salad, combine spring mix, parsley, cucumbers, carrot, tomatoes, and shrimp. Divide among 6 plates, top with roasted vegetables, and drizzle with dressing. Serve immediately.

Ingredients

- 6 oz goat cheese
- 1 garlic clove, minced
- 3 scallions, sliced
- 1 ripe avocado
- ¼ tsp black pepper
- ¼ tsp sea salt
- 1 Tbsp lemon juice
- 1 Tbsp tarragon vinegar
- 1 shallot, minced (about 1/4 cup)
- ½ cup baby spinach, lightly packed
- ⅓ cup filtered water, divided
- 3 Tbsp fresh parsley, chopped

Directions

1. Place all ingredients except 2 Tbsp water and parsley into a food processor. Blend until smooth.
2. Add water 1 Tbsp at a time until desired consistency is reached. Add parsley and pulse 2-3 times to combine.
3. Store refrigerated in air-tight container for up to 5 days.

