



Challenge Day 18

**Chew's
Challenge**



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Broccoli and Roasted Corn Salad

Ingredients

- 2 cups broccoli
- 2 cups sweet corn
- 1 cup onion
- 2 cups spinach
- 1 tsp oregano
- 1 tsp garlic powder
- 1/2 tsp salt
- 3 Tbsp olive oil



Meaty Meatballs

Ingredients

- 4 cup cooked pinto
- 2 cups tofu
- 1/2 cup diced onions
- 1/2 cup olives
- 1 cup squash
- 1 Tbsp oregano
- 1/4 cup chicken style seasoning
- 3 Tbsp olive oil
- 1/2 cup blended and cooked rice

