



Salmon Stuffed Avocados

Ingredients:

- ½ cup nonfat plain Greek yogurt
- ½ cup diced celery
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lime juice
- 2 teaspoons mayonnaise
- 1 teaspoon Dijon mustard
- ⅛ teaspoon salt
- ⅛ teaspoon ground pepper
- 2 (5 ounce) cans salmon, drained, flaked, skin and bones removed
- 2 avocados
- Chopped chives for garnish

Directions:

- Combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, salt, and pepper in a medium bowl; mix well. Add salmon and mix well.
- Have avocado lengthwise and remove pits. Scoop about 1 tablespoon flesh from each avocado half into a small bowl. Mash the scooped out avocado flesh with a fork and stir into the salmon mixture.
- Fill each avocado half with about ¼ cup of the salmon mixture, mounding it on top of the avocado halves. Garnish with chives, if desired.



Quinoa Vegetable Salad

Ingredients:

- 1 cup cooked quinoa
- 1 pint cherry tomatoes, roasted
- 1 red bell pepper
- 1 yellow bell pepper
- ¼ cup diced red onions
- ¾ cup diced English cucumbers
- Handful of fresh parsley
- 1 large avocado

Dressing:

- 3 tablespoons olive oil
- 3 tablespoons lemon juice
- 1 ½ teaspoons white vinegar
- ½ teaspoon salt
- ½ teaspoon pepper

Directions:

- **Cook the quinoa:** Cook the quinoa according to package directions. Fluff and set aside to cool.
- **Roast the tomatoes:** (optional) Heat oven to 400°F. Roast whole or sliced. Combine tomatoes with 1 tablespoon olive oil, sprinkle with a little salt and pepper. Roast for 15-20 minutes, stirring occasionally. Cool completely.
- **Chop the veggies:** Diced the vegetables: bell peppers, red onion, cucumbers, parsley.
- **Prepare the dressing:** Combine all ingredients in a small dish and stir to combine.
- **Toss the salad:** Combine the cooled quinoa and combine together with the vegetables and then pour the dressing and toss to combine. Keep stored in the refrigerator in an airtight container.



Grilled Chicken & Vegetable Skewers

Ingredients:

- ¼ cup olive oil
- ¼ cup chopped basil
- ¼ cup chopped parsley
- 2 cloves garlic, minced
- 1 lemon, juiced
- 1 teaspoon salt
- ½ lb chicken (boneless, skinless thighs work best), cut into 1 inch pieces
- 8 oz whole mushrooms, stems removed
- 8 oz cherry tomatoes
- 2-3 green onions, cut into 1 inch pieces

Directions:

- Combine the ingredients for the marinade in a large bowl or ziplock bag. Add the chicken pieces and thoroughly coat. Cover the bowl or seal the bag and marinate for at least 30 minutes, up to two hours
- Fire up your grill or get your campfire going. You'll be cooking the kebabs over medium-high to high heat.
- Build the kabobs by threading the chicken and vegetables onto your skewers.
- Grill the kabobs over medium-high to high heat, turning occasionally so they cook evenly until the chicken is cooked through - about 10 minutes total.
- Remove from the grill and enjoy!



Whole Wheat Veggie Wrap

Ingredients:

- 1 8-inch whole-wheat tortilla
- 2 tablespoons hummus
- $\frac{1}{4}$ avocado, mashed
- 1 cup sliced fresh vegetables of your choice
- 2 tablespoons shredded sharp Cheddar cheese

Directions:

- Lay tortilla on work surface. Spread hummus and avocado on the tortilla. Add veggies and Cheddar and roll up. Cut in half before serving.

Zucchini Noodles With Turkey Marinara Sauce



Ingredients:

- 2-3 medium zucchini , *cut into noodle strips with a spiralizer or mandolin*
- 1 Tablespoon (15ml) olive oil
- 2 Tablespoons (30ml) olive oil
- 1 pound (455g) ground turkey *or leftover cooked turkey*
- 1 medium onion , *minced*
- 1-2 cloves garlic , *minced*
- 29 oz (822g) tomato sauce, or canned crushed or diced tomatoes (*choose your tomato texture!*)
- 1/4 teaspoon dried thyme
- 1/2 teaspoon paprika
- 1 teaspoon (5ml) Worcestershire sauce
- 1/2 teaspoon ground dry mustard
- 1/2 teaspoon sugar
- 1/2 teaspoon kosher or sea salt , *or more to taste*
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- fresh cracked black pepper , *to taste*
- 1/2 cup (120ml) grated parmesan cheese , *or to taste*

Directions:

- Make the turkey marinara sauce: In medium sauce pan, heat over medium-high heat. Add olive oil, onions and garlic. Cook until translucent.
- Add ground turkey and cook until light brown, about 5 minutes. If you're cooking with leftover cooked turkey, just cook the turkey until heated through, about 2-3 minutes.
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- Add tomato sauce, dried thyme, paprika, Worcestershire sauce, dry mustard, sugar and salt and pepper.
- Bring the sauce to a low boil, then reduce heat to a low simmer. Simmer the sauce on low heat for about 20-25 minutes.
- Serve the sauce over the zucchini noodles. Sprinkle with parmesan cheese.