***Avo Toast***

For 1-2 servings

½ avocado

½ fresh lime

pinch of sea salt

crushed red pepper\*

Slice of whole grain or gluten free bread

Mash avo in small bowl, add line juice to get the creamy spreadable consistency. Add salt to taste, and red pepper if you would like.

Toast bread, and spread avo mix on top. You can top with some nutritional yeast to get a hit of B12 and a bit of cheesy flavor!

***White Bean Avo Salad with Quinoa***

3 cups cooked quinoa  
1 15-ounce can Cannillini beans, drained and rinsed  
1 cup cucumbers, chopped  
1 cup cherry tomatoes, chopped (I add these later)

1 Avocado  
1/2 cup red bell pepper, chopped  
1/4 cup chopped red onion  
1/4 cup chopped parsley

1 tablespoon of dried Dill or 2-3 tablespoons of fresh

***Dressing***  
1 tablespoon of rice vinegar  
1 tablespoon red wine vinegar  
1/2 teaspoon fresh ground pepper  
1/4 teaspoon sea salt

Mix all the dressing ingredients in jar and shake. Set aside in fringe.

Chop vegetables, drain and rinse chickpeas, chop tomatoes and set aside.

Mix all vegetables, then add herbs stir. Add dressing and toss then add tomatoes toss one last time/

Serve on a bed of mixed greens or as a side to a sandwich.



***Zucchini Speg:***

1 large zucchini

using a potato peeler, peel several strips of zucchini and leave in a pile on counter as you go.

Bring water in a pan to a boil and turn off. Drop in the zucchini and let sit for 3-5 minutes. Drain and top with your homemade sauce

***Homemade Italian Sauce***

¼ cup of vegetable broth

2 cups fresh tomatoes (or 2 boxes of Pomi chopped tomatoes)

2-3 cloves of garlic chopped

1 cup chopped peppers (variety of colors)

1 medium onion chopped or thinly sliced

½ cup celery chopped

1 cup vegetable broth

1-2 teaspoons of oregano

1-2 teaspoons of thyme

1 tablespoon of dried or 1/3 of fresh basil (save a small handful for the end of cooking)

1 can of tomato paste

a healthy pour of left over red wine

Season= salt and blk pepper

Put broth in a large sauté pan, once hot add onions, peppers, celery until tender, add garlic, wait 30 seconds, add tomatoes. Stir and toss and allow to cook for 5-6 minutes. Stir in broth, herbs, and can of paste. As it begins to cook down you can add some wine to reduce and add more flavor. Taste and season to your liking. If you like your sauce a bit sweet try adding a small teaspoon of agave syrup.

Cook for 10-20 mins on low heat and serve over zucchini spaghetti or brown rice. Or just use your imagination,

