



Grilled Veggie Skewers & Hummus

Ingredients

- 1 bell pepper, cut into chunks
- 1 zucchini, sliced
- 8 oz mushrooms, halved
- 1 cup cherry tomatoes
- ¼ cup olive oil
- 1 tsp garlic powder
- Salt & pepper to taste
- 1 cup hummus
- Pita bread for serving

Instructions

1. Preheat grill to medium-high heat.
2. Thread veggies onto skewers and brush with olive oil.
3. Season with garlic powder, salt, pepper.
4. Grill skewers for 5-7 minutes per side until veggies are tender.
5. Serve with hummus and pita bread.

Shrimp Ceviche

Ingredients

- 1 lb cooked shrimp, peeled and chopped
- 2 tomatoes, diced
- ½ red onion, finely chopped
- ½ cucumber, diced
- 1 bunch cilantro, chopped
- Juice of 4 limes
- Salt & pepper to taste
- Tortilla chips for serving

Instructions

1. In a bowl, combine shrimp, tomatoes, onion, cucumber, and cilantro.
2. Pour lime juice over the mixture and toss well.
3. Season with salt and pepper.
4. Serve with tortilla chips.

Avocado & Black Bean Wraps

Ingredients

- 1 avocado, mashed
- 1 cup canned black beans, drain / rinse
- 1 cup corn kernels (fresh or frozen)
- 4 large tortillas
- 1 cup lettuce, shredded
- 1 lime, juiced + Salt & pepper to taste

Instructions

1. In a bowl, mash avocado and mix in black beans, corn, lime, salt, pepper.
2. Lay out tortillas and fill with avocado mixture and shredded lettuce.
3. Roll up and serve.

Chilled Gazpacho Soup

Ingredients

- 4 tomatoes, chopped
- 1 cucumber, chopped
- 1 bell pepper, chopped
- ½ red onion, chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- Salt & pepper to taste

Instructions

1. Blend all ingredients in a blender until smooth.
2. Chill in the fridge for at least 2 hours before serving.
3. Serve cold with a drizzle of olive oil.

Turkey Lettuce Wraps

Ingredients

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| • 1 lb ground turkey | • 1 tsp sesame oil |
| • 1 tbsp olive oil | • 1 head butter lettuce, leaves separated |
| • 1 clove garlic, minced | |
| • ½ cup diced carrots | |
| • 2 tbsp soy sauce | |

Instructions

1. Heat olive oil in a pan over medium heat.
2. Add garlic and sauté for 1 minute.
3. Add ground turkey and cook until browned.
4. Stir in carrots, soy sauce, and sesame oil and cook for another 5 minutes.
5. Serve turkey mix in lettuce leaves as wraps.