



Chicken Caesar Wraps

Ingredients

- 2 grilled chicken breasts, sliced
- 1 cup romaine lettuce, shredded
- ¼ cup Caesar dressing
- 4 large tortillas
- 1 tbsp parmesan cheese (optional)

Instructions

1. Toss the lettuce with Caesar dressing.
2. Lay out the tortillas and fill them with sliced chicken and dressed lettuce.
3. Sprinkle with parmesan cheese (optional).
4. Roll up and serve.

Chickpea Salad With Vinaigrette

Ingredients

- 1 can chickpeas, drained and rinsed
- 1 cucumber, diced
- 1 red bell pepper, diced
- ½ red onion, finely chopped
- 3 tbsp olive oil
- 1 tbsp lemon juice
- Salt & pepper to taste

Instructions

1. In a bowl, combine chickpeas, cucumber, bell pepper, and onion.
2. Whisk together olive oil, lemon juice, salt, and pepper for the vinaigrette.
3. Pour vinaigrette over the salad and toss to coat. Serve immediately.

Cold Avocado & Corn Soup

Ingredients

- 2 avocados, peeled and pitted
- 1 cup corn kernels (fresh or frozen)
- 2 cups vegetable broth
- 1 lime, juiced
- Salt & pepper to taste
- Fresh cilantro for garnish

Instructions

1. Blend avocados, corn, vegetable broth, and lime juice in a blender until completely smooth.
2. Season with salt and pepper to taste.
3. Chill in the fridge for at least 1 hour before serving.
4. Garnish with cilantro and serve cold.

Pico de Gallo with Tortilla Chips

Ingredients

- 3 tomatoes, diced
- 1 red onion, finely chopped
- 1 jalapeño, seeds removed and finely chopped (optional)
- 1 bunch cilantro, chopped
- 1 lime, juiced
- Salt to taste

Instructions

1. In a bowl, combine diced tomatoes, onion, jalapeño, and cilantro.
2. Add lime juice and salt, and mix well.
3. Serve with tortilla chips as an appetizer.

Pasta Salad with Tuna and Olives

Ingredients

- 8 oz pasta (rotini or bowtie)
- 2 cans tuna, drained
- 1 cup black olives, sliced
- 1 cup cherry tomatoes, halved
- ½ cup Italian dressing

Instructions

1. Cook pasta according to package instructions, then rinse with cold water.
2. In a large bowl, combine cooked pasta, tuna, olives, and tomatoes.
3. Toss with Italian dressing. Chill before serving.