



Grilled Chicken Salad

Ingredients

- 2 chicken breasts
- 4 cups mixed greens
- 1 cucumber, sliced
- 1 cup cherry tomatoes, halved
- ¼ cup olive oil
- 2 tbsp balsamic vinegar
- Salt & pepper to taste

Instructions

1. Season chicken breasts with salt, pepper, and a drizzle of olive oil.
2. Grill chicken on medium heat for 6-7 minutes per side until fully cooked.
3. Slice the chicken and serve over mixed greens, cucumber, and tomatoes.
4. Whisk olive oil, balsamic vinegar, salt, and pepper to make dressing.
5. Drizzle dressing over salad and serve.

Breezy Fish Tacos

Ingredients

- 1 lb white fish fillets (such as tilapia or cod)
- 8 small corn tortillas
- 1 cup shredded cabbage
- 1 avocado, sliced
- 1 lime, cut into wedges
- 2 tbsp olive oil
- Salt & pepper to taste

Instructions

1. Season fish fillets with salt, pepper, and olive oil.
2. Grill or pan-fry fish for 4-5 minutes per side until flaky.
3. Warm tortillas in a skillet or microwave.
4. Break fish into pieces and fill tortillas with fish, cabbage, avocado, and a squeeze of lime.
5. Serve immediately.

Caprese Salad

Ingredients

- 4 large ripe tomatoes, sliced
- 8 oz fresh mozzarella, sliced
- 1 cup fresh basil leaves
- 3 tbsp olive oil
- 1 tbsp balsamic glaze
- Salt & pepper to taste

Instructions

1. Arrange sliced tomatoes and mozzarella on a plate.
2. Add fresh basil leaves on top.
3. Drizzle olive oil, balsamic, salt, pepper.
4. Serve immediately.

Summer Vegetable Stir-Fry

Ingredients

- 1 cup broccoli florets
- 1 bell pepper, sliced
- 1 zucchini, sliced
- ½ cup snap peas
- 1 tbsp olive oil
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 clove garlic, minced
- 1 cup cooked rice

Instructions

1. Heat olive oil in a pan over medium heat.
2. Add garlic and sauté for 1-2 minutes.
3. Add vegetables and stir-fry for 5-7 minutes until tender.
4. Stir in soy sauce and sesame oil.
5. Serve vegetables over cooked rice.

Caprese Salad

Ingredients

- 8 oz whole grain pasta
- 2 tbsp olive oil
- 1 cucumber, diced
- Juice of lemon
- 1 cup cherry tomatoes, halved
- Salt & pepper to taste
- ½ cup black olives, sliced

Instructions

1. Cook pasta. Drain and let cool.
2. In a large bowl, combine pasta with cucumber, tomatoes, olives, olive oil, and lemon juice.
3. Toss well and season with salt & pepper.
4. Serve chilled.