

Shamrock Shake

1 serving

- 1 cup milk of choice
- ½ avocado
- 1 very ripe banana
- ½ teaspoon vanilla extract
- ½ teaspoon peppermint extract
- 1 cup ice

1. In a food processor, blend all of ingredients until smooth.

Adapted from "Fannetastic Food"

Berry Banana Avocado Smoothie

1 serving

- 1 medium banana
- ½ cup berries of choice
- ¼ avocado
- ½ cup nonfat vanilla Greek yogurt
- ¼ teaspoon vanilla extract

1. In a food processor, blend all of ingredients until smooth.

Adapted from "Texanerin Baking"

Chocolate Avocado Smoothie

1 serving

- ½ avocado
- 1 medium ripe banana
- 2 tablespoons unsweetened cocoa powder
- ¼ cup nonfat vanilla Greek yogurt
- 2 tablespoons milk of choice
- 1 cup ice

1. In a food processor, blend all of ingredients until smooth.

Adapted from "Texanerin Baking"

Fruity Green Chia Chocolate Avocado Smoothie

1 serving

- ¼ avocado
- 1 cup berries of choice
- 1 tablespoon chia seeds
- 3 dates, pitted
- 1 tablespoon unsweetened cocoa powder
- 1 handful baby spinach leaves

- 1 cup milk of choice
- ½ teaspoon vanilla extract
- Ice, as needed

1. In a food processor, blend all of ingredients until smooth.

Adapted from “Hummusapien”

Tropical Avocado Smoothie

1 serving

- ¼ avocado
- ½ orange (scrubbed, but peel left on)
- ½ banana
- 2 tablespoons nonfat vanilla Greek yogurt
- 2 tablespoons milk of choice
- ¼ teaspoon vanilla extract
- Ice, as needed

1. In a food processor, blend all of ingredients until smooth.

Adapted from “Texanerin Baking”/”BlenderRecipeReviews.com”

Applecado Smoothie

1 serving

- 1 apple, chopped (scrubbed, but peel left on)
- ½ avocado
- 2 cups baby spinach leaves
- ½-¾ cup water
- Ice, as needed

1. In a food processor, blend all of ingredients until smooth.

From “IncredibleSmoothies.com”

Mango Avocado Smoothie

1 serving

- ½ avocado
- 2 tablespoons raw walnuts
- 1 cup mango chunks
- ½ tablespoon lime juice (optional)
- 1 cup water
- Ice, as needed

1. In a food processor, blend all of ingredients until smooth.

Adapted from “Scarletta Bakes”

Pear-Apple & Avocado Shake

1 serving

- 1 red apple, diced (scrubbed, but peel left on)
- ½ pear, diced (scrubbed, but peel left on)
- ½ avocado
- Handful baby spinach leaves
- Water, as needed

1. In a food processor, blend all the ingredients until smooth.

Adapted from “Deliciously Ella”

Creamy Avocado Smoothie

1 serving

- ½ avocado
- 1½ cups milk of choice
- 1 teaspoon vanilla extract
- 4 ice cubes

1. In a food processor, blend all the ingredients until smooth.

Adapted from “Chocolate Covered Katie”

Avocado Kiwi Banana Smoothie

1 serving

- ½ avocado
- 2 kiwis
- 1 banana
- 2 cups baby spinach leaves
- 1 cup water

1. In a food processor, blend all the ingredients until smooth.

From “IncredibleSmoothies.com”

Avocado Berry Smoothie

1 serving

- ¼ avocado
- 1 cup mixed berries
- 1 banana
- ½ cup water

1. In a food processor, blend all the ingredients until smooth.

From “IncredibleSmoothies.com”

Coconut & Mango Avocado Smoothie

1 serving

- 1 cup water
- 1 tablespoon unsweetened shredded coconut
- 1 date, pitted
- ½ avocado
- 1 cup mango chunks
- 1 teaspoon lime juice
- ½ teaspoon vanilla extract

1. In a food processor, blend all the ingredients until smooth.

From "Eating Bird Food"

Pineapple & Pear Avocado Smoothie

1 serving

- ¼ avocado
- 1 cup pineapple cubes
- ½ pear, chunked
- 3 cups baby spinach leaves
- ½ cup milk of choice
- 2 tablespoons chia seeds

1. In a food processor, blend all the ingredients until smooth.

From "IncredibleSmoothies.com"

Bango Avocado Chia Smoothie

1 serving

- ½ cup mango chunks
- ½ banana
- ¼ avocado
- ¼ cup nonfat vanilla Greek yogurt
- ¼ cup milk of choice
- ½ tablespoon chia seeds

1. In a food processor, blend all the ingredients until smooth.

Adapted from "Healthy Aperture"

Triple Fruit Avocado Green Smoothie

1 serving

- 1 medium banana
- 1 orange, peeled
- 1 cup berries
- ¼ avocado
- 2-3 handfuls baby spinach leaves

- 1 tablespoon ground flaxseed
- 1 cup water

1. In a food processor, blend all the ingredients until smooth.

From "IncredibleSmoothies.com"

15-Minute Avocado Pasta

- 9 ounces uncooked whole-grain pasta (can substitute spaghetti squash or zucchini, carrot, or sweet potato noodles if desired)
- 1 medium garlic clove
- ¼ cup lightly packed fresh basil leaves, plus extra for serving
- 1-2 tablespoons lemon juice, to taste
- 1 tablespoon extra-virgin olive oil, plus more if needed
- 1 ripe medium avocado, pitted
- 1 tablespoon water
- ¼-½ teaspoon salt, to taste
- Freshly ground black pepper, to taste
- Lemon zest, for serving

1. Fill a large saucepan with water and heat over high heat. Once the water reaches a boil, add pasta, and cook until tender. Remove from heat and drain in a colander. Return cooked noodles to pot.

2. Prepare the avocado sauce by placing the garlic and basil into a food processor or blender; pulse to mince. Add the lemon juice, oil, avocado, and water. Process until smooth and creamy, scraping down the sides as needed. If the sauce is too thick, add a bit more oil. Season with salt and pepper.

3. Add the avocado sauce to the prepared pasta. Stir until combined.

4. Top with pepper, lemon zest, and fresh basil leaves.

NOTE: You can gently rewarm the pasta if it has cooled slightly, or simply serve it at room temperature. Because avocados oxidize quickly after you slice them, this sauce is best served immediately.

Spicy Black Bean & Avocado Enchiladas

5 enchiladas

SAUCE:

- 2 tablespoons canola oil
- 2 tablespoons white whole wheat flour
- 2 tablespoons chili powder
- 2 cups water
- ¼ cup + 1 tablespoon tomato paste
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- 2 teaspoons unsweetened cocoa powder
- 1 teaspoon salt

ENCHILADAS:

- 1 (15.5-ounce) can black beans, drained and rinsed
- 1 medium avocado, cubed
- 1 small tomato, diced
- 2 green onions, sliced
- ½ cup corn
- ¼ teaspoon garlic powder
- ½ teaspoon salt
- Handful fresh cilantro, chopped
- 5 whole-grain flour tortillas

1. Preheat oven to 350°F. Spray an 8x8" baking dish with nonstick cooking spray; set aside.
2. Prepare the enchilada sauce by combining the canola oil, flour, and chili powder in a medium saucepan. Heat the mixture over a medium flame until it begins to bubble. Whisk and cook the bubbling paste for 1-2 minutes, slowly pouring in the water.
3. Add the tomato paste, cumin, garlic powder, cayenne pepper, cocoa powder, and salt. Whisk until smooth and continue to heat over a medium flame.
4. Let the sauce come to a gentle simmer until it is thickened; remove from flame.
5. In a medium bowl, stir the beans, avocado, tomato, green onion, corn, garlic powder, salt, and cilantro.
6. Fill each tortilla with filling and place in baking dish, seam side down.
7. Pour the enchilada sauce over the top. Cover and bake for about 25 minutes.

From "Budget Bytes"

Veggie Quesadilla for One

1 serving

- 2 tablespoons black beans, rinsed and drained
- 2 tablespoons corn
- 3 tablespoons chopped bell pepper
- 1 tablespoon chopped red onion
- ½ cup reduced-fat shredded cheese, divided
- 1 whole grain tortilla
- ¼ avocado
- Salsa, for topping

1. In a small bowl, mix together beans, corn, peppers, and onion.
2. Spread ¼ cup cheese onto half of the tortilla, followed by all the vegetable mixture.
3. Top vegetables with remaining ¼ cup cheese. Fold the other half of the tortilla over filling.
4. Spray a medium skillet or panini grill with nonstick cooking spray and heat over medium heat. Place quesadilla on the heated surface and cook until cheese melts and both sides of the tortilla are crispy, flipping if necessary. Top with avocado and salsa.

From "The Garden Grazer"

Crispy Avocado Tacos

4 tacos

- 1 avocado, cut into 8 slices
- 2 tablespoons cornstarch
- 1 egg, lightly whisked
- ½ cup whole-wheat breadcrumbs
- 4 whole-grain flour tortillas
- Toppings of choice (spinach, reduced-fat shredded cheese, salsa, nonfat plain Greek yogurt)

1. Preheat oven to 425°F. Place a cooling rack over a baking sheet; set aside.
2. Coat avocado slices in cornstarch, and then dip in the egg.
3. Roll avocado slices in breadcrumbs.
4. Place coated avocado slices onto the cooling rack and bake for 20-25 minutes, or until golden brown.
5. Place crispy avocado slices into warmed tortillas and add toppings of choice.

Adapted from "Healthy Aperture"

Crispy Avocado & Cheese Quesadilla

1 quesadilla

- ½ avocado
- Black pepper, to taste
- 1 whole-grain flour tortilla
- ¼ cup reduced-fat shredded cheese of choice

1. In a small bowl, mash the avocado and black pepper.
2. Spray a medium skillet with nonstick cooking spray and heat over medium-high heat.
3. Lay tortilla in skillet, and sprinkle cheese across the surface. Cook until cheese is melted and the bottom of the tortilla is deeply golden.
4. Quickly spread avocado mixture across half the tortilla.
5. Turn off the heat and fold the tortilla in half, pressing down firmly.

Adapted from "Big Girls Small Kitchen"

Avocado, Hummus, & Cheese Tostadas

4 tostadas

- 1 avocado
- 2 8" whole-grain tortillas, halved
- ¼ cup + 2 tablespoons hummus (classic flavor)
- ½ cup fat-free/reduced-fat feta cheese

1. Preheat oven to 400°F. Spray a baking sheet with nonstick cooking spray; set aside.
2. Halve avocado and slice each half into 6-8 slivers.
3. Spread 1½ tablespoons hummus onto each tortilla half 1" from the edges.
4. Top hummus with avocado slices, followed by 2 tablespoons cheese.
5. Tightly roll the tortillas around the filling. Place on baking sheet.

6. Bake for 14-16 minutes or until golden brown and crispy. Allow to rest for 5-10 minutes prior to serving.

Adapted from "The Wholesome Dish/The Stepford Husband"

Roasted Chickpea & Cauliflower Tacos

4 tacos

- 2 teaspoons chili powder
- 1 teaspoon cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 1 teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon water
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 small head cauliflower, cut into bite-size florets
- 4 whole-grain flour tortillas
- 1 cup finely chopped red cabbage
- 1 jalapeño, sliced and seeds removed
- 1 avocado, diced
- Cilantro, to taste

1. Preheat oven to 400°F. Spray a baking sheet with nonstick cooking spray; set aside.
2. In a medium bowl, whisk together spices, lime juice, oil, and water.
3. Stir in chickpeas and cauliflower florets, tossing until evenly coated.
4. Spread seasoned chickpeas and cauliflower on prepared baking sheet. Roast for 30-35 minutes, stirring occasionally, until chickpeas are crispy and cauliflower is tender. Remove from oven.
5. Divide chickpea mixture between tortillas and top with cabbage, jalapeño, avocado, and cilantro.

Adapted from "Two Peas & Our Pod"

Black Bean Tostadas with Cilantro Yogurt Sauce

6 tostadas

- 2 (15.5-ounce) cans black beans, drained and rinsed
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ¼ teaspoon cayenne pepper
- 1-2 tablespoons water
- ⅔ cup plain Greek yogurt
- ½ cup packed cilantro leaves
- 3 cloves garlic
- 1 teaspoon salt
- 6 whole-grain tostadas
- 3-4 tomatoes, chopped

- 1 medium avocado, cubed
- 2 cups shredded lettuce

1. Puree the black beans, chili powder, cumin, cayenne pepper, and water in a food processor until smooth. Place bean puree in a serving bowl.
2. Blend the cilantro, yogurt, garlic, and salt in a food processor to create the yogurt sauce.
3. Spread the tostadas with black bean puree. Top with tomatoes, avocado, and lettuce. Drizzle with sauce.

Adapted from "Pinch of Yum"

Chickpea-Avocado Mash

3 servings

- 1 (15.5-ounce) can chickpeas, drained and rinsed
- 2 handfuls spinach leaves, torn
- 1½ cup tomatoes, chopped
- 2 tablespoons lemon juice, or to taste
- ¼ teaspoon pepper, or to taste
- 1 avocado

1. In a medium bowl, combine chickpeas, spinach, and tomato.
2. Add lemon juice and pepper; toss well, slightly mashing chickpeas as you do so.
3. Just prior to serving, add avocado. Mash into chickpea mixture until well-incorporated and mixture is of relatively uniform consistency (can leave some chickpeas partially whole if desired).
4. Stuff into whole-grain pitas or tortillas.

Spiced Avocado & Hummus Sandwiches

2 sandwiches

- ½ avocado, sliced
- ¼ cup lime juice, divided
- 1 tomato, sliced
- ½ onion, chopped
- ½ cup julienned carrots
- 1 tablespoon apple cider vinegar
- 2 teaspoons maple syrup (can use sugar-free)
- 1 teaspoon extra-virgin olive oil
- Salt and black pepper, to taste
- ¼ cup hummus
- ½ teaspoon chili powder
- 4 slices whole-grain bread, toasted

1. Coat sliced avocado with 2 tablespoons lime juice.
2. In a small bowl, toss tomato, onion, and carrots with remaining lime juice, vinegar, maple syrup, oil, salt, and pepper.
3. Mix chili powder into hummus.
4. Spread spiced hummus evenly onto all 4 bread slices. Onto 2 slices, layer on avocado slices and marinated vegetables. Top each with remaining bread.

Southwestern Quinoa Salad

4 servings

SALAD:

- 1 cup uncooked quinoa
- 1 (15.5-ounce) can black beans, rinsed and drained
- 1 red bell pepper, chopped
- ¼ cup fresh cilantro, chopped
- 2 green onions, chopped
- 1 cup corn
- 1 avocado, chopped

DRESSING:

- ¼ cup lime juice
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 clove garlic, minced
- ¼ cup extra-virgin olive oil
- ¼ cup fresh cilantro, chopped
- 1 teaspoon cumin

1. In a saucepan over high heat, combine quinoa with 2 cups water and bring to a boil. Reduce heat to medium-low, cover, and simmer until quinoa is tender and the water has been absorbed (about 15-20 minutes). Remove from heat and allow to cool for about 5 minutes. Fluff with a fork.
2. While quinoa cooks, whisk together all of the dressing ingredients in a small bowl; set aside.
3. Add the beans and vegetables (excluding avocado) to the cooled quinoa; mix thoroughly.
5. Drizzle dressing over salad and toss well. Prior to serving, bring to room temperature and add avocado. Will keep fresh in a sealed container for 1-2 days.

Zen Quinoa Salad

1 serving

- 3 tablespoons uncooked quinoa
- ½ teaspoon curry powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon paprika
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- ½ cup chopped broccoli
- ½ cup grated carrots
- ¼ cup cherry tomatoes, halved
- 1 cup spinach, torn into pieces
- 6 egg whites
- 2 tablespoons lime juice
- ¼ avocado, sliced

1. In a small saucepan over high heat, combine quinoa with 6 tablespoons water. Bring to a boil, cover, and reduce heat to medium-low. Simmer until liquid is absorbed, then set aside to cool.
2. In a small bowl, mix together spices.
3. Spray a large skillet with nonstick cooking spray and heat over medium-high heat. Once the skillet is hot, add the broccoli and carrots, along with a splash of water. Sauté for 3-4 minutes, or until tender.
4. Reduce heat to medium and add tomatoes and spinach, along with the spice mix. Sauté until spinach is wilted.
5. Add the egg whites, along with the lime juice. Let the egg whites sit until they begin to cook through, then scramble with the vegetables.
6. Once the eggs are fully cooked, transfer the mixture to a bowl, along with cooked quinoa. Toss together.
7. Top with avocado.

Avocado-Quinoa Stuffed Acorn Squash

6-8 servings

- 3-4 acorn squash, halved
- ½ cup uncooked quinoa
- 1 onion, chopped
- 2-3 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 (4-ounce) can minced green chiles
- 1 (15.5-ounce) can black beans, drained and rinsed
- ¼ cup scallions, minced
- ¼ cup toasted pumpkin seeds
- ¼ cup reduced-fat crumbled feta cheese
- 2 avocados, diced
- 2 tablespoons lime juice
- Salt and black pepper, to taste

1. Preheat oven to 400°F. Spray acorn squash halves with nonstick cooking spray and sprinkle with salt and pepper. Roast cut side up for 35-50 minutes, or until squash is tender in the middle and browned around the edges.
2. In a saucepan over high heat, combine quinoa with 1 cup water; bring to a boil. Reduce heat to medium-low, cover, and simmer until quinoa is tender and the water has been absorbed (about 15-20 minutes). Fluff with a fork.
3. While the quinoa cooks, spray a large skillet over medium heat. Sauté the onion until translucent, then add the garlic, cumin, and coriander.
4. Add the green chiles and stir.
5. Mix in cooked quinoa, black beans, scallions, pumpkin seeds, feta cheese, lime juice, and salt and pepper, to taste.
6. Remove skillet from heat and allow to cool.
7. Stir in the avocado.
8. Scoop the filling evenly into roasted acorn squash halves.

Black Bean Salad with Corn, Red Pepper, & Avocado in Lime-Cilantro Vinaigrette

8-10 servings

- 2 (15.5-ounce) cans black beans, drained and rinsed
- 1½ cups corn
- 2 red bell peppers, diced
- 2 garlic cloves, minced
- 2 tablespoons green onions or shallots, minced
- 2 teaspoons salt
- ¼ teaspoon cayenne pepper
- 2 tablespoons sugar (can use all sugar substitute)
- ¼ cup + 2 tablespoons extra-virgin olive oil
- 1 teaspoon lime zest
- 6 tablespoons lime juice
- ½ cup loosely-packed fresh cilantro, chopped
- 2 avocados

1. Combine all the ingredients except for the avocados in a large bowl and mix well.
2. Chill for at least 2-3 hours (or overnight).
3. Right before serving, chop avocados and mix gently into salad, being careful not to mash them.
4. Garnish with additional cilantro, if desired, and serve at room temperature.

Avocado & Egg Pita

1 serving

- ½ avocado
- 2 handfuls baby spinach leaves, torn
- 2 tablespoons salsa
- 1 whole-grain pita, halved
- 2 eggs, beaten
- Salt and black pepper, to taste

1. In a small bowl, mash avocado. Stir in spinach and salsa until incorporated.
2. Spread avocado mixture inside whole-grain tortilla halves.
3. Spray a skillet with nonstick cooking spray and heat over medium heat. Pour in beaten eggs and scramble constantly until golden-brown and cooked through.
4. Remove egg mixture from heat and divide between prepared sandwich halves. Add salt and pepper to taste and pinch together.

Avocado Feta Frittata

2 servings

- 2 tablespoons sliced green onions
- 4 eggs
- 1 tablespoon milk of choice
- ½ teaspoon Mrs. Dash
- Black pepper, to taste
- 1 avocado, pitted and cubed into ½” pieces
- ¼ cup reduced-fat or fat-free feta cheese

1. Spray a medium skillet with nonstick cooking spray and heat over medium heat. Sauté green onions until softened but not browned.
2. While onions cook, beat together eggs, milk, and spices.
3. Pour eggs over onions and cook for 2-3 minutes.
4. When eggs look barely set on the edges, scoop avocado over the eggs, spreading evenly across the entire surface.
5. Continue to cook for 1-2 minutes, then sprinkle cheese over top.
6. Cover pan and cook for 8-10 minutes, or until bottom of frittata is starting to brown and eggs are barely set on top. Remove from heat and remove lid.

Avocado Egg Toast

1 serving

- ¼ avocado
- Salt and black pepper, to taste
- 1 piece whole-grain bread, toasted
- 1 egg
- Toppings of choice (salsa, seasonings)

1. In a small bowl, mash avocado well, adding salt and pepper if desired.
2. Spread avocado onto toasted bread slice.
3. Spray a small skillet with nonstick cooking spray and heat over medium heat. Prepare egg according to whatever method preferred.
4. Top toasted bread and avocado with egg, along with any additional toppings as desired.

Black Bean Egg Naan Bowls

4 servings

- 4 eggs
- 4 mini whole-grain naan bread
- 1 (15-ounce) can black beans, drained and rinsed
- 1 avocado, sliced
- ½ cup salsa

1. Spray a skillet with nonstick cooking spray and heat over medium-high heat. Crack eggs into pan and cook to desired firmness. Flip and repeat, then remove from heat.
2. Warm naan and black beans in microwave.
3. Distribute naan and black beans between bowls, then top each with an egg, avocado slices, and salsa.

Chocolate Avocado Pudding

4-6 servings

- 1 cup medjool dates, pitted
- 1 avocado, pitted and sliced
- ¼ cup unsweetened cocoa powder
- ½ cup milk of choice
- 1 teaspoon vanilla extract

1. Soak the dates in warm water overnight.
2. Combine the soaked dates with the remaining ingredients in a food processor. Blend until smooth.
3. Refrigerate for at least 1 hour prior to serving.

Adapted from "Rabbit Food for My Bunny Teeth"

Fusilli with Tomato, Avocado, and Basil

4 servings

- 1 (13.25-ounce) box whole-grain fusilli
- 3 cups cherry tomatoes, halved
- ¼ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- ½ cup packed fresh basil leaves, chopped
- 2 avocados, halved and pitted
- 3 large garlic cloves, chopped
- ¼ cup lemon juice
- ¼ cup grated Parmesan cheese (optional)
- ¼ teaspoon black pepper

1. Fill a large saucepan with water and heat over high heat. Once the water reaches a boil, add pasta, and cook until tender. Remove from heat and drain, reserving 1 cup cooking water.
2. Place tomatoes in a large bowl and sprinkle with salt. Add oil and basil, and toss to coat. Set aside.
3. Scoop avocado into empty pasta pot, and mash using the back of a fork or a potato masher. Add garlic and lemon juice, then stir in reserved pasta water to create a light sauce.
4. Stir pasta and tomatoes into sauce, followed by cheese (if using) and black pepper. Toss well.

From "Runner's World"

Spicy Avocado Rotini

6 servings

- 1 (13.25-ounce) box whole-grain rotini

- 2 medium ripe avocados
- 1 jalapeño pepper, quartered and seeds removed
- 2 cups loosely packed baby spinach leaves
- ½ cup fresh cilantro leaves
- 2 cloves garlic
- 3 tablespoons lime juice
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ½ cup shredded Parmesan cheese
- 4 cups cherry tomatoes, halved

1. Fill a large saucepan with water and heat over high heat. Once the water reaches a boil, add pasta, and cook until tender. Remove from heat and drain. Set aside.
2. Scoop the avocado, spinach, cilantro, garlic, lime juice, salt, and pepper into a food processor. Blend until smooth.
3. Add the Parmesan cheese and blend again until incorporated.
4. Pour the sauce over the pasta, and mix very well.
5. Toss pasta with tomatoes.

Adapted from "Well Plated"

Avocado & Pepperjack Macaroni & Cheese

6 servings

- 10 ounces whole-grain pasta of choice
- 2 cloves garlic, minced
- 2 avocados, peeled and pitted
- 2 tablespoons lime juice
- 1/3 cup chopped fresh cilantro
- Salt and black pepper, to taste
- 2 tablespoons butter (can use butter substitute)
- 2 tablespoons white whole wheat flour
- 1 cup milk of choice
- 2 cups shredded Pepper Jack cheese

1. Fill a large saucepan with water and heat over high heat. Once the water reaches a boil, add pasta, and cook until tender. Remove from heat and drain in a colander.
2. Prepare the avocado sauce by placing the garlic, avocados, lime juice, cilantro, salt and pepper into a food processor or blender. Process until smooth and creamy. Set aside.
3. To make the cheese sauce, place butter/butter substitute in a small saucepan and heat over medium heat. When melted, mix in the flour to create a paste.
4. Whisk in milk until smooth, stirring until the sauce starts to thicken.
5. Add in the cheese and continue to stir until cheese is melted and sauce is creamy. Remove from heat.
6. Pour the avocado sauce over the pasta and stir until well-coated.
7. Mix in the cheese sauce, continuing to stir until pasta is coated and creamy.

Adapted from "Two Peas & Their Pod"

Black Bean & Corn Salad with Chipotle-Honey Vinaigrette

6-8 servings

SALAD:

- 1 cup corn
- 1 (15.5-ounce) can black beans, drained and rinsed
- 1 cup chopped red onion
- 1 red bell pepper, diced
- ½ cup loosely packed fresh cilantro, chopped
- 1 avocado

DRESSING:

- 2 tablespoons red wine vinegar
- 2 tablespoons lime juice
- 2 tablespoons honey
- ¼ cup + 2 tablespoons canola oil
- 1 garlic clove, minced
- ¼ teaspoon dried oregano
- ¾ teaspoon cumin
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 2 chipotle peppers in adobo sauce

1. In a large bowl, stir the corn, beans, onion, bell pepper, and cilantro.
2. Add all the dressing ingredients to a food processor, and blend until smooth.
3. Pour the dressing over the salad; toss well.
4. Cover salad and refrigerate for at least 1 hour.
5. Prior to serving, dice the avocado and mix gently.

From "Once Upon a Chef"

Avocado, Tomato, & Cucumber Salad

4 servings

SALAD:

- 1 pound Roma tomatoes, diced
- 1 English cucumber, diced
- ½ red onion, diced
- 2 avocados, diced
- ¼ cup cilantro, chopped

DRESSING:

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- ¾ teaspoon salt
- 1/8 teaspoon black pepper

1. Mix together all of the salad ingredients in a large bowl.

2. Drizzle oil and lemon juice onto the salad, and toss gently to combine.
3. Just before serving, add salt and pepper. Stir. Serve cold.

Adapted from "Natasha's Kitchen"