

AVOCADO EGG SALAD

INGREDIENTS

1 LARGE AVOCADO	1/2 CUP CHOPPED DILL
1 LBS ASPARAGUS	1 LEMON
AVOCADO OIL	2 TBSP OLIVE OIL
4 EGGS	SEA SALT
	PEPPER

INSTRUCTIONS

1. PREHEAT OVEN TO 400F AND BRING WATER TO THE BOIL IN A SMALL POT.
2. TRIM DRY ENDS OF ASPARAGUS, ADD TO A BAKING SHEET IN ONE LAYER AND DRIZZLE WITH A LITTLE BIT OF AVOCADO OIL AND SPRINKLE WITH SEA SALT. MASSAGE IN OIL AND SALT AND THEN ROAST FOR 5-10 MINUTES DEPENDING ON THICKNESS.
3. CAREFULLY ADD FRIDGE COLD EGGS TO BOILING WATER AND COOK FOR 8 MINS.
4. IN THE MEANTIME, HALF, PIT, PEEL AND CUBE AVOCADO AND ADD TO A LARGE MIXING BOWL.
5. WASH, DRY AND CHOP DILL AND ADD TO AVOCADO.
6. CUT UP ROASTED ASPARAGUS INTO BITE SIZE PIECES AND ADD TO OTHER INGREDIENTS.
7. PEEL AND CUT EGGS INTO WEDGES AND ADD TO MIXING BOWL.
8. IN A SMALL SEALABLE CONTAINER SHAKE TOGETHER JUICE OF WHOLE LEMON, OLIVE OIL, SEA SALT AND PEPPER, THEN DRIZZLE OVER SALAD AND TOSS WELL.
9. SERVE IMMEDIATELY OR STORE IN AN AIRTIGHT CONTAINER IN THE FRIDGE FOR UP TO 12 HOURS..

AVOCADO TUNA SALAD

INGREDIENTS

1 AVOCADO	1 TBSP DIJON MUSTARD
2 6 OZ CANS FLAKED TUNA IN WATER	1/4 CUP OLIVE OIL
1/2 CUP CHOPPED PARSLEY	1 LEMON
1 SMALL RED ONION	SEA SALT
1 RED BELL PEPPER	PEPPER

INSTRUCTIONS

1. HALF, DESTONE AND PEEL AVOCADO, THEN CUBE AND ADD TO A LARGE MIXING BOWL.
2. DRAIN TUNA WELL AND ADD TO MIXING BOWL.
3. WASH, DESEED AND FINELY DICE BELL PEPPER AND ADD TO BOWL.
4. WASH AND SHAKE DRY PARSLEY, THEN CHOP FINELY AND ADD TO OTHER INGREDIENTS.
5. PEEL AND SLICE ONION AND ADD TO BOWL.
6. IN A AIR-TIGHT SEALABLE CONTAINER ADD DIJON MUSTARD, JUICE OF WHOLE LEMON, OLIVE OIL AND SEA SALT AND PEPPER TO TASTE, THEN SHAKE UNTIL WELL COMBINED AND POUR OVER SALAD INGREDIENTS.
7. TOSS SALAD AND SERVE.

AVOCADO CHICKEN SALAD

INGREDIENTS

1 LBS CHICKEN BREAST	1 SMALL RED ONION
AVOCADO OIL	1 CUP CILANTRO
4 STRIPS BACON	OLIVE OIL
1 HEAD ROMAINE LETTUCE	1 LEMON
1 LARGE AVOCADO	SEA SALT
1 LARGE YELLOW BELL PEPPER	PEPPER

INSTRUCTIONS

1. PREHEAT OVEN TO 450F WITH THE RACK IN THE LOWER THIRD OF THE OVEN.
2. ADD CHICKEN BREAST TO A BAKING SHEET AND DRIZZLE WITH A LITTLE AVOCADO OIL AND SEASON WITH SEA SALT AND PEPPER.
3. PLACE BACON ON A DIFFERENT BAKING SHEET WITH PLENTY OF SPACE IN BETWEEN EACH STRIP AND ADD TO THE HOT OVEN FOR 5-10 MINUTES DEPENDING ON THICKNESS UNTIL NICE AND CRISPY. THEN REMOVE AND PLACE ON A PAPER TOWEL LINED PLATE TO ABSORB THE EXCESS GREASE.
4. CUT ROMAINE LETTUCE INTO STRIPES, RINSE AND SPIN DRY, THEN ADD TO A LARGE BOWL.
5. WASH, DESEED AND DICE BELL PEPPER. PEEL, DESTONE AND CUBE AVOCADO. WASH, SPIN DRY AND CHOP CILANTRO. ADD EVERYTHING TO BOWL.
6. SHRED CHICKEN AND ADD TO BOWL.
7. DRIZZLE EVERYTHING WITH A LITTLE OLIVE OIL (ABOUT 1 TBSP), THE JUICE OF ONE LEMON, AND SEASON WITH SEA SALT AND PEPPER.
8. TOSS SALAD TO COVER EVERYTHING WELL IN THE DRESSING.
9. ADD CHOPPED CRISPY BACON LAST AND GIVE IT ONE QUICK LAST TOSS. SERVE.

AVOCADO TOMATO SALAD

INGREDIENTS

1 LARGE AVOCADO
1 CUP CHERRY TOMATOES
1 CUP BOCCONCINI
1/3 CUP SLICED BASIL
SEA SALT
PEPPER
OLIVE OIL
BALSAMIC REDUCTION

INSTRUCTIONS

1. HALF AND PIT AN AVOCADO AND THEN USE A MELON BALLER TO CUT OUT AVOCADO BALLS OR PEEL THE AVOCADO HALVES AND CUT INTO CUBES. THEN ADD AVOCADO TO A LARGE MIXING BOWL
2. WASH AND DESTEM CHERRY TOMATOES AND ADD TO THE BOWL.
3. ADD BOCCONCINI AND SLICED BASIL THEN SEASON WITH SEA SALT, PEPPER AND OLIVE OIL TO TASTE.
4. ADD AVOCADO TOMATO SALAD TO WASHED AND SPIN-DRIED BUTTER LETTUCE LEAVES AND DRIZZLE WITH PLENTY OF BALSAMIC REDUCTION..

CUCUMBER TOMATO AVOCADO SALAD

INGREDIENTS

1 ENGLISH CUCUMBER
3 ROMA TOMATOES
1 YELLOW BELL PEPPER
1 AVOCADO
1 HAND FULL FRESH BASIL LEAVES
3 SCALLIONS
2-3 TBSP OLIVE OIL
1-1.5 TBSP BALSAMIC VINEGAR
SEA SALT
PEPPER

INSTRUCTIONS

1. WASH VEGETABLES AND CUT. CUCUMBER LENGTHWISE AND THEN INTO ABOUT 1/4" THICK HALF MOONS, TOMATOES INTO CUBES AND BELL PEPPER INTO CUBES.
2. HALF, PIT AND PEEL AVOCADO AND ADD TO OTHER VEGETABLES. WASH, SPIN DRY, DESTEM AND FINELY CHOP BASIL LEAVES AND ADD TO SALAD.
3. WASH AND THINLY SLICE SPRING ONIONS AND SPRINKLE ON SALAD. IN A SMALL JAR MIX OLIVE OIL, BALSAMIC VINEGAR, SEA SALT AND PEPPER AND THEN DRIZZLE OVER SALAD. TOSS AND SERVE.

CUCUMBER AVOCADO SALAD

INGREDIENTS

2 TSP SMOKED PAPRIKA	1 ENGLISH CUCUMBER
1/2 TSP THYME	1 YELLOW BELL PEPPER
1/2 TSP DRIED ONION	1/4 CUP CHOPPED CILANTRO
1/2 TSP GARLIC SALT	1 AVOCADO
1/2 TSP CHILI FLAKES	OLIVE OIL
PEPPER OPTIONAL	SEA SALT
2 DOLLOPS AVOCADO OIL	PEPPER
1 CUP COOKED CHICKPEAS	LIME JUICE

INSTRUCTIONS

1. PREHEAT OVEN TO 400F.
2. ADD AL SPICES TO A BOWL AND WHISK, THEN ADD AVOCADO OIL AND MIX WELL UNTIL CREAMY.
3. ADD COOKED CHICKPEAS TO SPICE MIX AND COAT WELL.
4. THE COATED CHICKPEAS GO INTO THE PREHEATED OVEN ON A BAKING SHEET FOR 20 MINUTES.
5. WASH AND DICE CUCUMBER, BELL PEPPER, CILANTRO. DESEED, PEEL AND DICE AVOCADO AND ADD ALL TO A LARGE MIXING BOWL.
6. ONCE CHICKPEAS COOLED DOWN YOU CAN ADD TO SALAD AND SEASON WITH OLIVE OIL, SEA SALT, PEPPER AND LIME JUICE TO TASTE.