**Egg Salad With Avocado**

This egg salad is extra creamy with the addition of fresh avocado! Serve on top of toast or make into a sandwich.

- **Overall Time:** 15 minutes
- **Yield:** Two 4-oz. portions
- **Calories With Bread:** 500+

**Ingredients:**
- 4 hard boiled eggs, peeled
- 1 avocado
- 3 tablespoons mayonnaise or mayonnaise alternative
- 1 tablespoon Dijon mustard or whole grain mustard
- 2 celery stalks, chopped (optional)
- Salt and pepper, to taste
- 2 pieces sliced bread

**Directions:**
1. Cut the peeled hard boiled eggs in half, and then into small pieces (½ inch pieces or so). Add to a medium bowl.
2. Halve and de-pit the avocado. Scoop out the flesh and cut ½-inch cubes (similarly sized to the egg). Add the avocado pieces to the bowl.
3. Add the mayonnaise, mustard, chopped celery, salt, and pepper to the bowl and mix until combined.
4. Serve on sliced bread as a sandwich.

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**Blender Hummus**

This hummus is quick and simple to make. Using a blender results in a creamy, delicious hummus.

- **Prep Time:** 5 minutes
- **Cook Time:** 5 minutes
- **Yield:** 1 pint (2 cups)

**Ingredients:**
- 3 tablespoons tahini
- 3 tablespoons lemon juice (about 1 lemon)
- 1 cloves of garlic, peeled
- ¼ teaspoon cumin
- 1 (15-oz.) can of chickpeas
- Salt, to taste

**Directions:**
1. Add the tahini, lemon juice, garlic, cumin, chickpeas and a ½ cup of water to the blender.
2. Blend until thick, creamy, and smooth. Salt the mixture to your liking.

**Tips and Tricks:** You can make different flavors of hummus by adding different spices or vegetables. For example, you can add things like a cooked beet, cooked sweet potato, or kalamata olives.
Miso Glazed Tofu Kabobs

These baked kabobs make a simple yet fun vegetarian dinner! Serve with rice or quinoa to round out the meal or just enjoy the kabobs by themselves.

Prep Time: 5 minutes
Cook Time: 25 minutes
Yield: 8 kabobs

**Ingredients:**

For the Glaze
- 1 tablespoon low sodium soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons rice wine vinegar
- 2 tablespoons miso paste (any kind)
- 1 tablespoon water
- 3 garlic cloves, minced (or 1 teaspoon garlic powder)
- 2 teaspoons ginger, minced (or 1 teaspoon ground ginger)
Optional – 1 teaspoon sriracha (or other hot sauce)

For the Kabobs
- 2 bell peppers (any color)
- ½ sweet yellow onion
- ½ pound baby bella mushrooms (or another mushroom similar in size)
- 1-pound block firm or extra firm tofu
- 8 wooden or metal skewers

**Directions:**

1. Preheat oven to 425 °F.
2. Line a rimmed sheet tray with parchment paper or aluminum foil.
3. If using wooden skewers, soak in water while preparing the glaze and vegetables/tofu.
4. Make the glaze. In a small bowl, whisk soy sauce, rice wine vinegar, sesame oil, miso paste, water, garlic, and ginger. Set aside.
5. Prepare the vegetables and tofu. Get out a medium bowl. Cut the bell peppers in half and remove the seeds and stem. Cut each half into 1-inch chunks (about 8 pieces each half). Place in the bowl. Take the half onion and cut into quarters. Carefully separate each quarter into pieces 2-3 layers thick, add to the bowl. Remove stems from the mushrooms, if desired. The stems can be left on, just make sure that the ends are clean. Add to the bowl. Remove the tofu from the package and drain the water. Pat dry. Cut the tofu into 1-inch cubes, add to the bowl.
6. Drizzle the glaze over the vegetables and tofu. Use a wooden spoon or your hands to coat everything evenly. Be careful to make sure that the tofu doesn’t crumble.
7. To assemble the kabobs, thread the vegetables and tofu onto the skewers. Make sure to go through the center of each piece so the kabobs will bake evenly.
8. Line the kabobs evenly on a rimmed sheet tray. Bake the kabobs for 25 minutes until the vegetables are tender and the tofu is browned.
Mushroom and Cauliflower Pot Stickers

Enjoy these vegetarian pot stickers that taste even better than the meat-filled ones!

Prep Time: 30-45 minutes
Cook Time: 20 minutes
Yield: 4-5 (6-8 pieces each)

Ingredients:
1 (3.5-oz.) container shiitake mushrooms, stems removed
1 (10-oz.) bag, cauliflower florets (about ½ a head)
1 tablespoon sesame oil
1 bunch green onion, thinly sliced
1 tablespoon + 2 teaspoons soy sauce
1 ½ tablespoon hoisin sauce
1 packet of pot-sticker wrappers
As needed (approximately 1 tablespoon per batch) vegetable oil
As needed (approximately ⅓ cup per batch) water

Directions:
1. Combine the shiitake mushrooms and cauliflower in a food processor. Pulse until everything is minced. Scrape the sides occasionally.
2. Heat a medium sauté pan over medium-high heat and add the sesame oil. Once the oil is hot enough, add the mushroom and cauliflower mixture. Cook for 10 minutes or until tender.
3. Add the green onion, soy sauce, and hoisin sauce. Cook for two minutes. Remove from heat and transfer the mixture into a clean bowl.
4. Fill a clean bowl with water to dip your finger in.
5. Place a pot-sticker wrapper on a clean work surface and add ½ a tablespoon of the mixture.
6. To seal the dumpling, dip your index finger into the bowl of water and brush it on half of the edge of the wrapper. Fold the wrapper over and press to seal.
7. At this point, you can freeze the dumplings on the sheet pan for five hours and then transfer into a zip-lock freezer bag or cook the dumplings.
8. If cooking, cook the pot stickers in batches.
9. Heat a large non-stick pan over medium heat. Add the pot stickers into the pan in groups of 8 to 10.
10. Cook for two minutes or until golden brown. Then add the water to the pot stickers and cover the pan with a lid. Cook for another 2 minutes or until the liquid has evaporated.
11. Remove the pot stickers from the pan and transfer them onto a platter.
12. Repeat the cooking process with the remaining batches. Clean the pan in between batches.
13. Repeat these for the remaining batches.
14. Frozen pot stickers can be cooked immediately from the freezer without the need to thaw them out.
15. Serve.

Tips and Tricks: Serve with your favorite dipping sauce.
Sweet and Spicy Pulled Chicken

This easy recipe can be made in the slow cooker or in a pot on the stove. And it’s great for a spring evening.

Prep time: 15 minutes
Cook Time: 4 hours
Yield: 8–10 servings

**Ingredients:**
1 (18-oz) bottle sweet and spicy barbecue sauce
1 cup unsalted chicken stock
1 small, (about 1 cup) onion, thinly sliced
4 pounds chicken, boneless skinless thighs or breasts
Salt to taste, approximately ¾ teaspoon.

**Directions:**
1. Turn the slow cooker up to high.
2. Combine the barbecue sauce, chicken stock, onions, and chicken and cook for 4 hours.
3. With 2 forks, lightly pull apart the chicken.

No-Bake Peanut Butter & Chocolate Cookies

A quick blender cookie, no heat needed.

Total Time: 20 minutes
Yield: 16 cookies

**Ingredients:**
1 cup rolled oats
Pinch of salt
¼ teaspoon cinnamon
⅔ cup creamy peanut butter (or nut butter of choice)
3 tablespoons maple syrup
½ cup dark chocolate chips

**Directions:**
1. Line a baking sheet with parchment paper.
2. Place the rolled oats in a blender. Blend on medium into a course oat flour.
3. Add the salt, cinnamon, peanut butter, and maple syrup and blend until a ball of dough forms. This step you can mix by hand with a sturdy spoon if that is easier.
4. Mix in chocolate chips.
5. Roll 1 tablespoon of dough at a time into balls and place on baking sheet. Flatten each cookie into a disk with a fork.