

Stuffed Avocado with Tuna

Ingredients

- 1 avocado (pitted)
- 2 Tbsp. Plain, Fat-Free Greek Yogurt or Mayonnaise
- 1 (5 oz.) can tuna, drained
- 2 Tbsp. Queso Fresco, crumbled
- 1 Pepper, diced
- Salt, to taste
- Pepper, to taste
- 1 Lime, juiced

Directions:

1. Cut avocado in half. Take pit out, then set avocado aside.
2. Drain tuna. Mix with Greek yogurt (or mayo) in a small bowl.
3. Crumble queso fresco. Mix into tuna mixture.
4. Dice pepper. Mix into tuna mixture, as desired.
5. Add salt, pepper, and lime juice into tuna mixture to taste
6. Fill both halves of avocado with tuna mixture

Stuffed Avocado with Corn

Ingredients

- 1 avocado (pitted)
- 1 cup kernel corn
- 2 Tbsp. Queso Fresco, crumbled
- 1 Pepper, diced
- ¼ cup Cilantro, diced
- Pepper, to taste
- 1 Lime, juiced

Directions:

1. Cut avocado in half. Take pit out, then set avocado aside.
 2. Crumble queso fresco. Mix into a small bowl with corn.
 3. Dice pepper. Mix into corn mixture, as desired.
 4. Add cilantro to corn mixture, to taste
 5. Fill both halves of avocado with corn mixture
- (Recipes created by Cesar Tafoya)

Spring Tacos

Ingredients

Filling:

- 2 very ripe Avocados
- ½ Pepper, diced
- 2 Tbsp. Chives, Diced
- 2 Tbsp. Lime Juice
- 3 Garlic Cloves, Minced

Taco:

- 6 large Romaine Lettuce Leaves

Toppings:

- ½ cup Queso Fresco, crumbled
- ½ cup Pomegranate seeds
- ½ cup Microgreens (any type)

Directions:

1. Cut avocados in half. Take pits out. Scoop out inside of avocado into a mixing bowl and mash together
2. Dice pepper and chives. Mix into avocado bowl
3. Add lime juice and minced garlic cloves to avocado mixture.
4. Rinse romaine leaves and lay out individually
5. Fill romaine leaves with avocado mixture
6. Sprinkle with queso fresco, pomegranate, and microgreens



Ginger Tofu Soup

Ingredients:

Soup broth

- 8 qts chicken stock
- ½ inch fresh ginger sliced
- 2 cloves garlic
- A dash of salt

Meatballs

(makes about 30-40 mini balls)

- 1 lb ground pork
- 14 oz packet firm tofu
- 2 green onions thinly sliced
(save some for garnish)
- 1 tbs Tamari sauce (soy sauce)
- 1 tsp Minced ginger
- ¼ tsp Garlic powder
- ½ tsp salt
- 1/8 tsp black pepper

Directions:

1. Heat chicken stock in pot and add minced ginger, garlic gloves, dash of salt. Simmer for 15 min.
2. While stock is simmering, it's time to make meatballs.
3. Open tofu and drain out the water. Put into mixing bowl and crumble with hand or fork.
4. Add ground pork, Tamari sauce, garlic powder, green onions, salt and pepper. Mix well.
5. Take a small amount (about a tsp or tbsp. (depending on how big you want meatballs to be) of the mixture and gently roll it between your hands to form a cute ball.
6. Place meatballs on sheet pan and gently add to the soup stock.
7. Cook until meatballs float up and are cooked (about 8-10 minutes).
8. Garnish with chopped green onions. (A dash of sesame oil also adds flavor)

(Recipes created by Thippi Luangpraseuth)

Spring Rolls

Ingredients:

- 1 package rice paper spring roll wrappers
- lettuce chopped
- micro greens
- 1 bell pepper (any colorful ones), cut into strips
- 1 hothouse cucumber, sliced
- 1 cup shredded carrots
- 1 cup thinly sliced purple cabbage
- fresh mint and basil
- vermicelli rice noodles (optional)

Directions:

1. Fill a wide bowl with at least an inch of warm water. Dip one rice paper wrap in the water and lay on your work surface.
2. Place a handful of the greens toward one end of the soaked wrap. Top with the other veggies and herbs. If you would like one certain veggie showing at the top of the rolls, lay that toward the other end.
3. Pick up the end of the rice paper closest to your mound of veggies and tightly wrap it over the veggies. Grab each end and fold over like a burrito. The paper will stick to itself. Continue wrapping the roll until sealed.
4. Continue making the rolls this way until you've made all you want or are out of ingredients. Store the rolls covered in the refrigerator until ready to eat, then cut in half on the bias.
5. Enjoy with your choice of sauces.



Asparagus Risotto

Ingredients:

- 1 pound asparagus, trimmed, cut into 2-inch lengths
- 5 cups canned low-salt chicken broth
- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 1
- 1/2 cups arborio rice or medium-grain white rice
- 6 tablespoons (3/4 stick) butter
- 3/4 cup freshly grated Parmesan cheese (about 3 ounces)

Directions:

1. Blanch asparagus pieces in large pot of boiling, salted water 2 minutes. Drain. Rinse asparagus under cold water. Drain asparagus well.
2. Bring chicken broth to simmer in small saucepan. Reduce heat to low and keep broth hot.
3. Heat olive oil in heavy large saucepan over medium heat.
4. Add chopped onion and sauté until translucent, about 4 minutes.
5. Add rice and stir 3 minutes.
6. Add dry white wine and cook until liquid evaporates.
7. Continue cooking until rice is tender but still slightly firm in center and mixture is creamy, adding chicken broth 1 cup at a time and stirring almost constantly, about 20 minutes.
8. Add blanched asparagus pieces and stir until heated through, about 2 minutes. Remove from heat.
9. Add 6 tablespoons butter and stir until incorporated. Stir in grated Parmesan cheese.
10. Season risotto to taste with salt and pepper.

(Recipes created by Adrian Lipscombe)

Lemon Curd

Ingredients:

- 3 lemons
- 1 1/2 cups sugar
- 1/4 pound unsalted butter, room temperature
- 4 extra-large eggs
- 1/2 cup lemon juice (3 to 4 lemons)
- 1/8 teaspoon kosher salt

Directions:

1. Using a carrot peeler, remove the zest of 3 lemons, being careful to avoid the white pith. Put the zest in a food processor fitted with the steel blade. Add the sugar and pulse until the zest is very finely minced into the sugar.
2. Cream the butter and beat in the sugar and lemon mixture. Add the eggs, 1 at a time, and then add the lemon juice and salt. Mix until combined.
3. Pour the mixture into a 2 quart saucepan and cook over low heat until thickened (about 10 minutes), stirring constantly. The lemon curd will thicken at about 170 degrees F, or just below simmer.
4. Remove from the heat and cool or refrigerate.



