

Easy Guacamole

Loaded with healthy monounsaturated fat!

Ingredients

2 small avocados
1 small onion, finely chopped
1 clove garlic, minced
1 ripe tomato, chopped
Juice of 1 lime
Salt and pepper to taste

Directions

Peel and mash avocados in a medium serving bowl. Stir in onion, garlic, tomato, lime juice, salt and pepper. Season with remaining lime juice and salt and pepper to taste. Chill for half an hour to blend flavors. Serve with red bell pepper spears, carrots, or your favorite vegetables.

Source: allrecipes.com



Spiced Nuts

Ingredients

1 1/2 tsp. cumin
1/2 tsp. chili powder
1 1/2 tsp. cinnamon
1/4 tsp. cayenne pepper
4 cups (400g) assorted nuts - pecans, walnuts, cashews & almonds
1 tsp. vanilla extract
1 tbs. butter

Directions

Mix the cumin, chili powder, cinnamon, and cayenne in a small bowl and set aside. Preheat large cast-iron skillet or other large skillet over medium heat. Add nuts and toast until slightly browned, being careful not to burn. Add butter and vanilla to coat nuts, then sprinkle spice mixture over nuts and stir until well combined. Spread nuts over large cookie sheet to dry, or serve warm right out of the pan.



Smoked Salmon in Cucumber Boats

Salmon is a great source of Omega-3 fatty acids!

Ingredients

2 English Cucumbers, peeled
½ cup plain Greek yogurt
½ cup chopped smoked salmon
¼ cup chopped red onion

Directions

Trim ends off cucumbers. Split each cucumber in half lengthwise. Scoop out center of cucumbers, leaving a 1/4- to 1/2-inch-thick shell. Cut into 24 (1 1/2-inch-long) pieces. Reserve any remaining cucumber for another use.

Combine yogurt, salmon, and onion in a food processor; process until almost smooth, scraping sides of bowl as needed. Spoon 2 teaspoons salmon mixture into each cucumber piece.

Source: myrecipes.com

