

Avocado Chimichurri

Serves 4-6

Ingredients

- 1 cup avocado (cubed)
- 1 cup fresh parsley (minced)
- ¼ cup extra virgin olive oil
- 3 tablespoons lemon juice
- 1 tablespoon garlic (minced)
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon red pepper flake

Directions

1. In a medium bowl, combine avocado, parsley, olive oil, lemon juice, garlic, salt, pepper, and red pepper.
2. Serve with grilled veggies or meat, or use as a marinade.



Notes

This sauce can also be prepared by pureeing in a food processor or blender for a finer texture and thinner consistency.

Try this as a topping for the Portabella Steak recipe.

Portabella “Steak”



Ingredients

- 3 portabella mushrooms
- 2 tablespoons reduced sodium tamari
- 1 tablespoon grapeseed or canola oil
- 1 tablespoon balsamic vinegar
- 2 cloves garlic, minced
- ½ teaspoon dried oregano, optional

Serves 3

Directions

1. Remove stems from the mushrooms and wipe clean with a damp towel.
2. In a large skillet, combine all ingredients except mushrooms and bring to a simmer.
3. Add mushrooms, gill side up, and cook for 3-4 minutes on each side, or until tender. Remove from heat and serve.

Notes

Alternatively, mushrooms can be marinated in these same ingredients for 1 hour, then grilled.

Experiment with other flavors: Red wine, steak sauce, parsley, rosemary, paprika, cumin, etc.

Serve as a “steak” with other sides (mashed cauliflower or potatoes, green beans, etc.) or on a bun as a “burger.”

Asian Cole Slaw

Serves 6-8

Ingredients

- 1 head of cabbage, thinly sliced
- 4 stalks green onions, sliced
- ¼ cup sliced almonds
- 2 tablespoons sesame seeds
- 4-6 clementines, peeled and segments separated or 1 can mandarin oranges, packed in water or juice, drained

For dressing:

- ¼ cup + 2 tablespoons grapeseed or olive oil
- 2 tablespoons sesame oil
- ½ cup rice vinegar or white vinegar
- Salt and pepper to taste

Note

This recipe is a quick, easy and affordable side dish for a potluck!



Directions

1. Preheat a skillet over low heat. Add almonds and toast, stirring frequently, until they start to turn very light brown. Add the sesame seeds and continue to stir often, until toasted but not burnt.
2. Mix together salad dressing ingredients by shaking in a jar, blending in a blender, or whisking in a bowl.
3. Toss dressing with cabbage and green onions, letting sit for 30 minutes to allow flavors to combine. Top with oranges, almonds, and sesame seeds just prior to serving.

Broiled Green Beans

Ingredients

- 3 cups thin green beans, trimmed
- 2 tablespoons olive oil
- salt to taste
- ½ teaspoon garlic powder, optional

Serves 3

Directions

1. Place oven rack in the top third of oven. Set oven to broil.
2. Toss green beans with olive oil, salt, and optional garlic powder. Spread an even layer of green beans on a baking sheet, using two pans if necessary to avoid crowding the pan.
3. Broil until light golden brown, tossing once or twice, about 5 minutes for haricot vert or very thin green beans, or 10-15 minutes for regular green beans.
4. Serve as a side dish or as a “fry” with dipping sauce.



Tip

For best results, use thin green beans. Haricot vert are thin, tender French green beans that work very well in this recipe.

Note

Frozen green beans can be used, too. Follow the same steps, but cook longer, until light golden brown. Yes, you can cook the green beans straight from the freezer!