Cucumber Avocado Salad

Ingredients:

- ½ ripe avocado, scrubbed under running water, diced
- 1 medium cucumber, scrubbed under running water, thinly sliced
- 1 ½ Tablespoon oil (olive, canola, or vegetable)
- 1 Tablespoon balsamic vinegar
- 1 clove garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Recipe Notes: Persian or English cucumbers work best, as they have a thinner peel. If you don’t have fresh garlic on hand, you can substitute 1/2 teaspoon of garlic powder.

Procedure:

1. Wash hands with soap and warm water for 20 seconds.
2. In a small bowl, whisk together olive oil, balsamic vinegar, garlic, salt and pepper.
3. In a medium bowl, add avocado and cucumbers. Pour dressing into bowl and gently toss to coat.
4. Serve & enjoy!
5. Leftovers can be stored in an airtight container in the refrigerator for up to 4 days.

PREP TIME: 5-10 MIN  
MAKES: 2 SERVINGS  
COST PER SERVING: $1.12
Garlic Bok Choy

Ingredients
- ½ Tablespoon oil (olive, canola or vegetable)
- 1 small clove garlic, minced
- 1 cup bok choy, rinsed and chopped
- 1/8 Tablespoon salt

Directions
1. Wash hands with soap and warm water.
2. Cut the bottom parts of the stems (about ¼ inch) off of the bok choy.
3. Heat skillet over medium-high heat. Add oil and let heat for about 1 minute, then add garlic, stirring frequently until fragrant.
4. Add bok choy, stirring frequently for 1 minute. Add salt and cook for another 2-3 minutes.
5. Serve & enjoy!
6. Store leftovers in an air-tight container in the refrigerator for up to 4 days.

Recipe Notes: Try adding a pinch of crushed red garlic for a little kick. You can easily double or quadruple the recipe ingredients to create leftovers as an easy side to add to meals throughout the week. Bok choy is also a great addition to stir-fry.
Roasted Sesame Broccoli

**Ingredients**
- 1.5 cups broccoli florets (fresh or frozen)
- 1 Tablespoon oil (olive, vegetable, or canola)
- ½ Tablespoon sesame oil
- ¼ teaspoon ground ginger
- ½ Tablespoon sesame seeds
- 1 Tablespoon soy sauce

**Recipe Notes:**
An easy way to check if the broccoli is done: using a fork, pierce the broccoli stem. If you like crunchier vegetables, cook until it is somewhat easy to pierce stem. If you like more tender broccoli, cook until stem is easily pierced with fork. Pair this with your favorite whole grain and a protein source for a tasty and filling meal.

**Procedure**
1. Wash hands with soap and warm water for 20 sec.
2. Preheat oven to 425F. Cover a sheet pan with parchment paper.
3. In a small bowl, whisk together olive oil, ginger, sesame seeds and soy sauce.
4. Add broccoli to bowl and toss with dressing to coat.
5. Spread Broccoli in one layer onto baking sheet and bake for 20 minutes.
6. Serve & enjoy!
7. Store leftovers in air-tight container in the refrigerator for up to 4 days.