



### **Lemony Avocado and Celery Salad**

**Time: 25 minutes**

¾ lb. lettuce, leaves separated  
3 celery ribs, peeled and thinly sliced  
2 avocados, cut into ¼-inch wedges  
1 red or green bell pepper, cut into thin sticks  
2 Tbl. plus 1 Tbl. olive oil  
2 Tbl. fresh lemon juice  
1 garlic clove, minced  
Salt and pepper

1) In a small bowl, whisk the olive oil with the lemon juice and garlic, and season with salt and pepper.

2) In a large bowl, toss the lettuce with half of the dressing and mound the leaves on a plate. Add the celery, avocados, bell peppers and the remaining vinaigrette to the large bowl and toss to coat. Mound the vegetables on the lettuce and serve.

*From foodandwine.com*



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### **Velvety Carrot Cilantro Soup**

**Time: 30 Minutes**

1 lb. carrots, roughly chopped  
1 medium onion, diced  
1 bunch cilantro including roots, finely chopped  
1 Tbl. olive oil  
3 cloves garlic, minced  
3½ cups vegetable stock  
4 Tbl. sour cream & extra cilantro leaves

1) Heat olive oil over medium high heat in a saucepan. Cook the onion, garlic and cilantro for a few minutes. Add carrots, turn the heat to high, and cook for a few more minutes, until the carrots begin to brown. Season with salt and pepper.

2) Add 3 cups of vegetable stock and cook until the carrots are tender, about 15 minutes. Then, puree in a blender until nice and smooth. Add more stock if needed, to find the right consistency. Add seasoning if needed. Garnish with sour cream and fresh cilantro.

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