



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



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



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.

From kyleecooks.com



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.

From kyleecooks.com