

Orange Avocado Salad (adapted from ciaoflorentina.com)

Ingredients

- 4 oranges (suggest mixing the varieties)
- 2 avocados
- 1 bunch cilantro (put aside 2 TBSP of the leaves for garnish)
- 3 scallions (put aside 1 scallion for garnish)
- Juice from 1 lime
- ¼ cup olive oil
- Pinch salt
- Black pepper

Directions

1. Rinse the oranges and avocados. Peel oranges and slice into thin slices. Arrange on a platter.
2. Cut the avocados crosswise and remove the pit. Cut a thin slice off the bottom of each half and gently peel off the skin. Slice crosswise into thin slices and arrange avocado slices between the orange slices on the platter.
3. Place the leafy tops of the cilantro into a food processor. Slice the scallions, put aside ¼ cup for garnish. Add the rest of the scallions, lime juice, and olive oil to food processor. Process until smooth. Season with salt and pepper.
4. Pour the dressing over the oranges and avocados. Garnish with the cilantro leaves and scallions set aside.

Citrus Chicken Quinoa Salad (adapted from sallysbakingaddiction.com)

Ingredients

- 1 ½ cups cooked quinoa
- 2 TBSP olive oil
- 1 lb skinless boneless chicken breast, cut into 1-inch pieces
- 2 cloves garlic, minced
- ½ tsp paprika
- ½ tsp salt
- 2 large oranges, peeled and segmented
- 1 avocado, peeled and cubed

Dressing

- ¼ cup fresh lime juice (~2 limes)
- 1/3 cup chopped cilantro (packed well)
- 1 TBSP orange juice (you can use fresh)
- 1 TBSP olive oil
- 1 TBSP honey

Directions

1. Heat a large skillet over medium heat and add olive oil. Add chicken and garlic, stirring to coat with the oil. Add paprika and salt. Stir and cook until chicken is done (~7-8 minutes). Add cooked chicken, oranges and avocado to the quinoa.
2. For dressing: whisk all of the ingredients together. Pour over salad and toss to coat evenly.

Coconut Pancakes with Tropical Fruit

(adapted from epicurious.com)

Ingredients

- 1 ½ whole wheat flour
- 1 cup unsweetened shredded coconut
- 2 tsp baking powder
- ¾ tsp ground nutmeg
- ¾ tsp ground allspice
- ¼ tsp baking soda
- ½ tsp salt
- 1 13 ½ can light unsweetened coconut milk
- 1 ¼ cups warm water
- 3 TBSP maple syrup
- 1 TBSP vanilla extract
- Vegetable oil, butter or nonstick cooking spray

Tropical Fruit Salad ingredients

- 1 cup peeled, diced mango
- 1 cup peeled, cored, diced pineapple
- 1 cup peeled, diced banana
- 2 TBSP maple syrup

Directions

1. In a large bowl, whisk the flour, coconut, baking powder, nutmeg, allspice, baking soda and salt together.
2. In a separate medium bowl, whisk the coconut milk, water, maple syrup and vanilla together. Add liquid ingredients to dry ingredients and stir until pourable.
3. Heat griddle over medium-high heat. Brush with oil or butter or nonstick cooking spray. Pour ~1/4 cup of batter onto griddle, spreading to a 4" round pancake. Cook until bubble, turn and cook another 1-2 minutes. Transfer to platter and keep warm.
4. For the Tropical Fruit Salad, mix all of the ingredients together in a medium bowl.
5. Top the pancakes with the fruit salad and maple syrup.