

# Foods for Vibrant Health

Airing on WLAQ, 1410 AM • Saturdays 9:30-10:00 a.m.



Cherokee  
Herb Shop

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## *Avocado Recipes - Show #1*

### **Chunky Avocado Salsa**

1-2 avocados chopped into 1/2 inch chunks. (keep seeds)  
1-2 cloves garlic, minced  
1-2 fresh tomatoes, chopped  
1/2-1 fresh onion, chopped  
handful fresh cilantro, chopped  
1 Tbsp. fresh lime juice  
1 Tbsp. Cold-pressed olive oil  
Sea salt to taste  
Tobasco or hot sauce (optional)

Mix all ingredients together and serve as a side dish or with tortilla chips. If you place the seed inside the bowl of salsa, the avocado will stay green longer.

### **Lettuce Wraps**

4-6 Romaine or large Bibb lettuce leaves washed and patted dry  
1 tomato, diced  
1 avocado, diced  
2-3 pieces Morning Star Farms vegetarian bacon, cooked and broken into small pieces  
Sea salt and pepper to taste

Open up the lettuce leaves and stuff with the tomato, avocado, and veggie bacon. Salt and pepper as desired. Roll each one up individually. You may also add scrambled eggs or tofu scramblers if desired.

### **Avocado Roll-Ups**

4-6 corn tortillas  
1 avocado, cut lengthwise into 1/2 inch slices  
1 small container alfalfa sprouts  
1 Tbsp. Mayonnaise or Veganaise  
1 Tbsp. Stoneground mustard  
several teaspoons olive oil

Heat olive oil in skillet and lightly sauté each corn tortilla. Mix mayonnaise and mustard together; spread some on each tortilla. Put one or two slices of avocado on each tortilla and sprinkle with alfalfa sprouts. Roll each tortilla tightly and enjoy!