

Chopped Summer Salad

If you loved the vegetable prepper, you'll love this recipe!

Ingredients

- 1 (15 oz) can chickpeas, drained and rinsed
- 1/4 red onion, slivered or chopped
- 1 yellow bell pepper, seeded & chopped
- 1 orange bell pepper, seeded & chopped
- 1 green bell pepper, seeded & chopped
- 2 cups grape tomatoes, sliced
- 2-4 small English cucumbers, chopped
- 4 stalks celery, sliced
- 1/3 cup kalamata olives
- 4 oz feta cheese, crumbled (opt'l)
- 4 oz chicken or shrimp (opt'l)

Dressing Ingredients

- 1/4 cup extra virgin olive oil
- juice of 2 fresh lemons
- 2 cloves garlic, minced
- 2 Tbsp. fresh parsley leaves, chopped
- sea salt & pepper to taste

Directions

Mix the dressing ingredients together (or use a Nutribullet) and blend well.

Chop the vegetables in the veggie chopper and toss together with the chickpeas and feta. Mix in a large bowl with the dressing and serve.





Veggie Avocado Chicken Salad

Ingredients

2 skinless chicken breasts, baked or poached; chopped
¼ cup chopped red, yellow or orange bell pepper
1 stalk chopped celery
2 chopped carrots
¼ of an onion, chopped
1-2 cloves chopped fresh garlic
1-2 very ripe avocados, cubed
1 TBSP fresh lime juice
1 TBSP organic yellow mustard (optional)
1½ tsp chipotle or chili powder
Pinch of black pepper
Handful of arugula

Directions

Chop cooled chicken into small, bite-sized pieces and place in large bowl. Add all the chopped vegetables (except the avocado) and mix well with a large fork.

Now add the cubed avocado; mash the avocado into the chicken and vegetable mixture, stirring and mashing until you have a slightly smooth consistency. Add the lime juice, the yellow mustard if using, and the chipotle or chili powder. Mix well.

Sprinkle with fresh ground black pepper and arugula leaves just before serving.

