

## Red, White, and Blue Nacho Bites

**Yield: 30 Nacho Bites**

### Ingredients:

- 30 blue corn tortilla chips
- 4 ripe tomatoes, diced
- ½ white onion, diced
- 1 jalapeno, stemmed, seeded, and diced
- 1 lime, juiced
- ½ tsp salt
- 1 bunch cilantro, chopped
- ¼ cup queso fresco, crumbled

### Directions:

1. Place the blue corn tortilla chips in one layer on a serving tray.
2. Combine the diced tomatoes, diced onion, diced jalapeno, lime juice, salt, and chopped cilantro in a bowl. Spoon a small amount of the salsa onto each tortilla chip.
3. Sprinkle a pinch of queso fresco onto each tortilla chip.



## Roasted Beet & Blueberry Salad

Yield: 2 Servings

### Ingredients:

#### Honey Yogurt Dressing:

- ½ cup plain Greek yogurt
- 2-3 tbsp honey
- 1 tbsp lime juice
- Pinch of salt
- 1 tbsp water to thin, as needed

#### Salad:

- 2 pounds small-to-medium beets
- ½ cup water
- Handful of arugula, or green of your choice
- 1 ripe avocado, cubed
- ½ cup fresh blueberries
- ¼ cup walnuts, pistachios, or nuts of your choice
- 1 small radish, washed and sliced thinly
- 1 tbsp extra virgin olive oil
- Salt and black pepper, to taste

### Directions:

1. Place beets in a 9-inch baking pan. Add water and cover with foil. Roast until the beets can be easily pierced with a fork, 1-1 ¼ hours. Set aside, uncovered, until cool enough to handle, about 30 minutes. Peel and refrigerate until cold, about 30 minutes.
2. Make the dressing: mix all dressing ingredients in a medium bowl. Add in a bit of water to thin it out, as desired.
3. Cut the beets to uniform size, halving the smaller ones, and quartering the larger ones.
4. On a plate, layer the arugula, avocado, blueberries, beets, nuts, radish, and any other toppings. Drizzle with olive oil, salt, and pepper.
5. Dollop the yogurt sauce on top.

