

# Taste of Wellness

March 18, 2025, 3-4pm ET



Discover the joy of cooking delicious, nutritious meals in the comfort of your own kitchen! Join us for a fun and interactive virtual cooking experience focused on promoting health and wellness.

# TUNA SALAD STUFFED AVOCADO

## SERVES 4

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### INGREDIENTS

2 avocados  
2 cans tuna  
1 shallot, finely diced  
2 stalks celery, cut into half-moons  
1 small carrot, finely diced  
1 tbsp dijon  
2 tsp red wine vinegar or white wine vinegar  
1/4 cup dill  
1/4 cup flat leaf parsley, leaves and stems removed  
1 lemon, juiced (about 2 tbsp)  
sunflower seeds (optional)  
capers ( optional)  
salt and freshly ground pepper to taste

### INSTRUCTIONS

1. Cut avocado in half and remove the pit gently with the knife.
2. Removed a good part of the avocado fruit into a bowl. Add remaining ingredients to the bowl and combine.
3. Scoop tuna salad into avocado.
4. Enjoy!

### EQUIPMENT

- cutting board
- chef knife
- medium bowl
- spoon
- measuring spoons
- can opener

### SUPERFOOD HIGHLIGHT

**Avocados** are loaded with heart-healthy monounsaturated fats, potassium, and fiber. They may help in the reduction of cholesterol, improve digestion, and promote glowing skin.

# CHICKPEA SALAD STUFFED AVOCADO

## SERVES 4

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### INGREDIENTS

2 avocados  
2 cans chickpeas, drained and rinsed  
1 sheet Nori paper  
1 shallot, finely diced  
2 stalks celery, cut into half-moons  
1 small carrot, finely diced  
1 tbsp dijon  
2 tsp red wine vinegar or white wine vinegar  
handful dill  
handful flat leaf parsley, leaves and stems removed  
1 lemon, juiced ( about 2 tbsp)  
1/2- 1 tsp kosher salt  
black pepper to taste  
sunflower seeds (optional)  
capers (optional)  
salt and freshly ground pepper to taste

### INSTRUCTIONS

1. Cut avocado in half and remove the pit gently with the knife.
2. Removed a good part of the avocado fruit into a bowl. Add remaining ingredients to the bowl and combine.
3. Scoop chickpea salad into avocado.
4. Enjoy!

### EQUIPMENT

- cutting board
- chef knife
- medium bowl
- spoon
- measuring spoons
- can opener

### SUPERFOOD HIGHLIGHT

**Avocados** are loaded with heart-healthy monounsaturated fats, potassium, and fiber. They may help in the reduction of cholesterol, improve digestion, and promote glowing skin.

# THAI TOMATO GINGER BLENDER SOUP

## SERVES 4

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### INGREDIENTS

- 2 garlic cloves
- 1 cup raw cashews
- 1/4 cup olive oil
- 1 cup boiling water
- 2 tsp. kosher salt, divided
- 1 28-oz. can crushed tomatoes
- 3 Tbsp. red curry paste
- 1-2 Tbsp. honey
- 2 Tbsp. fresh lemon juice

### INSTRUCTIONS

1. Carefully blend 2 garlic cloves, 1 cup raw cashews, 1/4 cup olive oil, 1/2 tsp. kosher salt, and 1 cup boiling water in blender on low speed until combined. Increase speed to high and blend until very smooth, about 2 minutes. Measure out 1/2 cup cashew cream and set aside for serving.
2. Add 28-oz. can crushed tomatoes, 3 Tbsp. red curry paste, 2 Tbsp. honey, and 1 Tsp. kosher salt to remaining cashew cream in blender. Pour in 1 1/2 cups room-temperature water and blend on low speed until combined. Increase speed to high and blend until soup is steaming and very smooth, 6-8 minutes. Add 2 Tbsp. fresh lemon juice and blend on low speed until combined and soup is less frothy, about 1 minute. Taste and season with more salt and/or honey if needed.
3. Serve soup in bowls. Drizzle with oil and reserved cashew cream.

### EQUIPMENT

- Vitamix
- measuring cups
- measuring spoons
- can opener

### OPTIONAL TOPPINGS

- fresh cilantro
- hemp hearts
- pumpkin seeds

# COCO DATE ALMOND ENERGY BALLS

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## INGREDIENTS

- 1/2 cup almonds
- 15 whole, pitted dates roughly chopped
- 1/2 cup shredded unsweetened coconut divided
- 1 tablespoon coconut oil
- 1 1/2 tablespoons cocoa powder
- 1 pinch kosher salt
- 1 tablespoon water (if needed)

## INSTRUCTIONS

1. Put almonds in food processor and pulse until roughly chopped.
2. Place 1/4 cup of the shredded coconut in a small bowl. Set aside.
3. Add the remaining ingredients minus the 1 tablespoon water to the food processor. Turn the food processor on until very well mixed. If the mixture seems too dry to stick together, add the water.
4. Using a tablespoon measure, spoon out the mixture and roll in balls.
5. Coat each ball in the reserved 1/4 cup shredded coconut.
6. Place on a parchment-covered baking sheet and refrigerate for at least thirty minutes, until they harden.
7. Store in the fridge in an airtight container or plastic bag for up to two weeks.

## EQUIPMENT

- baking sheet
- food processor
- parchment paper
- measuring spoons
- measuring cups

## SUPERFOOD HIGHLIGHT

**Coconut** is rich in fiber and medium-chain triglycerides (MCT), which may help improve gut function for those with malabsorptive GI disorders. It may also promote blood sugar stability, contains powerful antioxidants, and has natural antimicrobial properties. It's great for baking as it pairs beautifully with sweet treats, but also can withstand higher cooking heat in the oven and on the stove!

# GROCERY LIST

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## Produce

2 avocados  
1 shallot  
1 bunch celery  
1 carrot  
dill  
flat-leaf parsley  
2 lemon  
1 head garlic  
cilantro (optional)

## Grocery

2 cans tuna **(for vegetarian version sub 2 cans chickpeas)**  
dijon  
vinegar (red wine vinegar or white distilled vinegar)  
sunflower seeds (optional)  
capers (optional)  
hemp hearts (optional)  
pumpkin seeds (optional)  
olive oil  
1 cup raw cashews  
1/2 cup almonds  
pitted dates  
shredded unsweetened coconut  
coconut oil  
cocoa powder  
1 28-oz. can crushed tomatoes  
red curry paste  
honey