

Black Bean and Corn Salad

Ingredients:

1. 1-19 oz can **black beans, rinsed and drained**
2. 2 cups **frozen corn, thawed**
3. ¼ cup **lime juice**
4. 2 **medium tomatoes, chopped**
5. ½ tsp **salt and pepper**



Photo: www.seriousseats.com

Directions:

1. Combine all ingredients in a large bowl and serve.

No-Cook Overnight Strawberry Oatmeal

Ingredients:

1. 1/3 cup **old fashioned rolled oats**
2. 2/3 cup **milk**
3. 1 cup **fresh or thawed frozen strawberries, sliced**
4. 2 tsp **chopped walnuts**



Photo: unsplash.com

Directions:

1. Place the oats in a portable cup.
2. Add milk and refrigerate overnight.
3. In the morning, stir in strawberries and walnuts.

Tuna Stuffed Celery

Ingredients:

1. 1 can **tuna**
2. ¼ cup **plain yogurt**
3. 1 tsp **lemon juice**
4. 1 pinch **pepper and salt** (optional)
5. 4 **celery stalks**



Photo: kathiecooks.blogspot.ca

Directions:

1. In a large bowl, mix tuna, yogurt, lemon juice, salt and pepper.
2. Spread the tuna mix on the celery.

Deviled Eggs

Ingredients:

1. 6 **hard-boiled eggs**
2. 1/3 cup **plain yogurt**
3. 1 tbsp **lemon juice**
4. 1 pinch **salt and pepper** to taste
5. 1 pinch **paprika** for garnish

Directions:

1. Peel eggs and slice in half.
2. Remove yolk.
3. In a medium size bowl, combine yolks, yogurt, lemon juice, salt and pepper.
4. Mix well.
5. Evenly divide the filling from step 3 to fill each of the egg whites.
6. Sprinkle the tops with paprika.



Photo: unsplash.com

Broccoli Egg Muffins

Ingredients:

1. 6 **eggs**
2. 1 pinch **pepper**
3. 1 cup **broccoli, chopped**
4. 5 **mushrooms, chopped**
5. 1 tbsp **oil**

Directions:

1. Whisk/mix eggs. Sprinkle with pepper.
2. Put oil in muffin tins.
3. Add eggs to muffin tins.
4. Add chopped broccoli and mushrooms to each of the muffin tins on top of the eggs.
5. Cook at 350 F for 10-15 minutes.



Photo: broccoliandmuffins.com