Avocado, Tomato, and Cucumber Salad
Serves 6
Ingredients
Salad:
- 3 cups sliced English cucumbers, cut in half (1 large)
- 2 cups Backyard Farms Cocktail Tomatoes, cut in half
- 1 avocado, peeled, pit removed, cut into pieces
- ½ cup sliced red onion
Dressing:
- 3 tablespoons extra virgin olive oil
- 1 tablespoon fresh lime juice
- 1 teaspoon freshly grated lime peel
- ¼ teaspoon salt
- ⅛ teaspoon freshly cracked pepper
Directions
1. In large mixing bowl, stir together all salad ingredients.
2. In 1-cup glass measure, combine all dressing ingredients. Pour over salad; mix well.
3. Refrigerate leftovers.

Honey Dijon Chicken and Veggies (foil packs)
Serves 4
Ingredients
- 4 boneless skinless chicken breasts
- 3 tablespoons olive oil
- 6 cloves minced garlic
- Pinch salt and pepper
- 1/3 cup honey
- 2 tablespoons whole grain Dijon mustard
- Chopped fresh parsley
- Crushed chili pepper (optional)
- 4 zucchini, sliced
- 1 pound (450g) grape tomatoes, halved
Directions
1. Pre-heat your oven to 400°F (200°C). Lay four 12×12 inch (30×30 cm) squares of foil out on a flat surface. Place zucchini slices, tomatoes in the middle of each piece of foil. Season with salt and pepper, then top with each chicken fillet. Season chicken with salt and pepper, to taste.
2. In a small bowl, combine olive oil, minced garlic, mustard, and honey. Divide the sauce over each chicken pack and sprinkle with crushed chili pepper and chopped parsley.
3. Fold the foil over the chicken and vegetables to close off the pack, pinch the ends together so the pack stays closed.
4. Transfer the packs to a baking sheet and bake for 20-25 minutes or until chicken is cooked through and veggies are tender. Serve immediately and open carefully. Enjoy with an additional touch of parsley!
Yogurt Ranch Dip

| 1 cup |

Ingredients
- 1 cup plain, non-fat Greek yogurt
- 3/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried dill
- 1/4 teaspoon kosher salt
- 1/4 teaspoon Worcestershire sauce
- 1/8 teaspoon cayenne pepper
- Fresh, chopped chives garnish

Directions
1. In a medium bowl, stir together all of the ingredients: Greek yogurt, garlic, onion, dill, salt, Worcestershire, and cayenne. Garnish with fresh chives and serve.