

— MY FAVORITE FLAVOR IS —

SAVORY



Enjoy the simple flavors of these
satisfying, healthy snacks.



CEVICHE

Don't be fooled, this recipe is very simple to make. Just combine all of these ingredients in a bowl, stir, and enjoy: **$\frac{1}{2}$ pound** cooked small bay shrimp, **1 cup** diced cucumber, **$\frac{1}{2}$ cup** diced avocado, **$\frac{1}{2}$ cup** chopped tomatoes, **$\frac{1}{4}$ cup** minced red onion, **$\frac{1}{4}$ cup** frozen corn, thawed, **3 tablespoons** fresh lime juice, **3 tablespoons** prepared taco sauce, and **1** serrano chili, seeds removed and finely chopped.



ZUCCHINI CHIPS

Preheat oven to **450°F**. Wash and cut fresh zucchini into **$\frac{1}{4}$ inch** rounds. In a bowl, mix **2 tablespoons** canola oil, **1 tablespoon** lemon juice, **$\frac{1}{2}$ tablespoon** Italian seasoning, and **$\frac{1}{4}$ teaspoon** each of salt and pepper, then coat your zucchini rounds in the mixture. Spread them out evenly on a baking sheet and bake for **20 minutes**. Stir after the first **10 minutes** of baking. Serve while they're hot.



EDAMAME BEANS

Edamame (young soybeans) are fun to pop open and yummy to eat. Buy them frozen and then boil or microwave them in minutes by following the directions on the back of the bag. Add a dash of salt and enjoy.