

Vegetarian Thai Peanut Noodles

Serves 6

Ingredients:

- 12 oz noodles**
- 2 Tbsp canola, oil
- 1 Tbsp ginger, fresh, minced
- 2 Tbsp garlic, fresh, minced
- ½ bunch green onion, white part, sliced
- 2 cups stir-fry vegetables
- ¼ cup peanut butter
- ¼ cup soy sauce
- 3 Tbsp rice vinegar
- 4 Tbsp sweet chile sauce
- ¼ tsp sesame oil
- ¼ cup cilantro, chopped
- 1-2 each fresh lime wedges
- ½ bunch green onions, green part, sliced
- ¼ cup peanuts, toasted

Method:

1. Cook noodles in boiling water until tender, drain, set aside.
2. In a sauté pan, add oil, ginger, garlic, green onion (white part) and stir-fry vegetables.
3. Sauté for 2-3 minutes on medium heat moving vegetables around in pan so that the garlic and ginger do not burn.
4. In a separate bowl whisk peanut butter, soy sauce, rice vinegar, sweet chile and sesame oil. Add to pan and simmer for 30 seconds or until sauce thickens.
5. Add noodles, cilantro, green onions and toasted peanuts to pan and combine with sauce and vegetables. (reserve a small amount of cilantro, green onions and peanuts to garnish dishes just before service).
6. Garnish each serving with a lime wedge or squeeze lime over pasta and briefly toss.

**Noodles Note: While Asian Noodles made from wheat (yakisoba, udon, Chinese wheat noodles) work well with this recipe, linguine or spaghetti also works very well. Dried or fresh noodles can be used.

Stir-fry Vegetables: Carrot, cabbage, red bell pepper, snow peas and broccoli all work well.

Raw Kale Salad with Pan-Seared Wild Salmon

Serves 4

Ingredients:

- 1-1.5 bunches kale, washed, ribs & stems removed
- 2 each lemon, fresh, juice of (zest also)
- 2 Tbsp olive oil
- 2 Tbsp maple syrup or honey
- ¼ cup almonds, toasted
- ¼ cup cherries or cranberries, dried
- 1/3 cup Parmesan or Romano, optional
- 1 lb salmon, wild, 4 oz portions
- to taste kosher salt & black pepper

Method:

1. Place lemon juice, olive oil and syrup or honey in a bowl and whisk to combine.
2. Massage dressing with your fingertips into kale leaves.
3. Add fruit, nuts and cheese. Toss.
4. Season to taste with salt and black pepper and set aside.
5. Season salmon with salt and pepper.
6. Sear salmon in a hot, pre-heated sauté pan with a teaspoon of olive oil for a few minutes until a nice crust develops on salmon.
7. Gently flip over salmon and continue to cook for an additional few minutes or until salmon has reached an internal temperature of 140 degrees.
8. Plate salad and top with salmon and fresh lemon zest.

Notes:

1. Remove kale stems in one motion by grabbing kale from one end and sliding your hand up the stem, pulling leaves off the stem as you go.
2. Different varieties of kale can be used for this salad including Toscano (also known as Lacinato or Dino), Red Russian, Siberian Dwarf or curly kale.

Quinoa with Almonds and Currants

Ingredients:

- 1 ½ cups quinoa
- 2 ¼ cups water
- ¼ cup currants or raisins
- Pinch of sea salt
- 1 Tbsp olive oil, extra virgin
- ¼ cup shallot, minced
- ¼ tsp cinnamon, ground
- ¼ tsp ginger, ground
- ¼ tsp coriander, ground
- 1/8 tsp turmeric, ground
- ¾ tsp cumin, ground
- 3 Tbsp almonds, sliced, toasted
- ¼ cup parsley, chopped
- Sea salt and fresh ground pepper to taste

Method:

1. Rinse quinoa and place in large pot or rice cooker with water, currants and salt.
2. Bring to boil, then reduce heat and simmer 15 minutes or until all water is absorbed.
3. Let cool slightly before fluffing with fork.
4. In large skillet over medium heat, sauté onion and spices in oil until soft (about 5 minutes).
5. Fold into cooked quinoa along with almonds and parsley.
6. Season to taste with salt and pepper and serve.

Note:

To make this dish less sweet, you can cook the quinoa without currants and add them at the end with the almonds and parsley.

Packed Summer Salad with Raspberry Vinaigrette

Serves 4

Ingredients:

Dressing- Raspberry Tarragon Vinaigrette (7 oz)

- 2 Tbsp Raspberry Jam
- 1 tsp Mustard, Dijon
- 2 Tbsp Vinegar, Red Wine
- ¼ tsp garlic, fresh, minced
- 2 tsp onion, red or shallot, minced
- ½ cup Olive oil and/or Canola oil
- To Taste Tarragon, fresh or dried
- To Taste Salt and Black Pepper

Salad

- 1 cup Quinoa, red or mixed, cooked
- 8 cups Lettuce, Assorted Greens
- 16 each Strawberries, halved, stem removed
- 1 each Cucumbers, peeled and sliced
- ¾ cup Feta
- ¼ cup Almonds

Method:

1. Follow instructions on package to cook quinoa. Look for a “tail” to uncurl which will mean the quinoa is cooked (about 20 minutes in boiling water). Drain and cool.
2. For dressing, add the first five ingredients to a mixing bowl or blender. While whisking or blending, drizzle in oil slowly.
3. Add tarragon, salt and pepper to taste.
4. For salad, add all salad ingredients to a large salad bowl. Add dressing and toss.
5. Alternatively, place greens on platter or in bowl and top with lines of remaining ingredients similar to a classic cobb salad.

Note:

You may have extra dressing, which you can save for another salad. If so, refrigerate for up to one week in a tightly sealed container.

Arizona Greens & Butternut with Pomegranate

Ingredients:

- 2 Tablespoons olive oil
- ½ each red onion, sliced
- 2 cloves garlic, sliced thin
- 1 bunch kale, chard or mustards
- 3 Tablespoons water
- 1 each butternut squash
- 2 Teaspoons garam masala
- 1 Tablespoon balsamic vinegar
- ½ cup pomegranate seeds
- Salt and black pepper to taste

Method:

- Peel and seed butternut squash. Dice into ½” cubes. Toss squash in 1 Tablespoon of olive oil and garam masala.
- Roast on a sheet pan at 400 degrees for 25 minutes or until tender. Reserve.
- In a sauté pan, saute onion in olive oil until translucent.
- Add garlic, sauté for 30 seconds and then add chopped greens.
- Sauté greens for 2 minutes and then add balsamic vinegar and water. Cover pan and reduce heat to medium. Let greens finish cooking for 2 minutes.
- Add roasted butternut squash to greens and cook until butternut is heated through.
- Take off heat, season with salt/pepper.
- To serve, top with fresh pomegranate seeds.

Note:

Garam Masala can be purchased in Indian or Asian markets. It can also be made very easily by combining ground spices such as cumin, coriander, cinnamon, cardamom, and cloves.