

Recipes

Recipes

Fennel Orange Salad

Prep Time: 10 minutes

Total Time: 30 minutes

Yield: 4 servings

Ingredients

- 1 fennel bulb, sliced
- 6 cups arugula
- 2 blood oranges, medium, sliced
- 1/2 cup almonds, slivered, raw

Instructions

Prep

1. Slice the fennel bulb.
2. Slice the blood orange into segments.
3. Thoroughly wash and dry arugula.

Make

1. Bring a small pot of water to a boil. Once boiling, add the sliced fennel to the pot and cook for 2 to 3 minutes. Drain the fennel into a colander or strainer and rinse with cold water until no longer warm. Allow to drain until assembling the salad.
2. In a large bowl, toss together the mixed greens, blood orange segments, blanched fennel, and slivered almonds. Toss with Lemon Dressing and serve.

Tofu Sheet Pan Stir Fry

Prep Time: 15 minutes

Total Time: 45 minutes

Yield: 2 servings

Ingredients

- 1 bell pepper, red, chopped
- 1 bell pepper, orange, chopped
- 2 large carrots, sliced
- 2 scallions
- 1 cup broccoli, chopped
- 12 oz tofu, extra firm, cubed
- 2 Tbs tamari Or low-sodium soy sauce
- 1 tsp garlic, minced
- 2 tsp maple syrup
- 2 tsp ginger, grated
- 2 tsp olive oil

Instructions

Prep

1. Preheat oven to 375°.
2. Chop peppers, carrots, green onions, broccoli, and cube drained tofu.
3. Mince garlic and ginger.
4. In a small bowl, mix together tamari, garlic, maple syrup, and ginger.

Make

1. On a lined sheet pan, cook tofu for about 15 minutes.
2. After tofu has cooked a little, then add in the veggies and sauce mixture to the same pan as the tofu.
3. Pour sauce mixture over all veggies and tofu.
4. Bake for about 20 minutes until vegetables are cooked and tofu browns a bit.

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Lentils with Yogurt & Spinach

Prep Time: 10 minutes

Total Time: 20 minutes

Yield: 4 serving

Ingredients

- 2 cups spinach, baby, chopped
- 1 cup basil, fresh, chopped
- 1 cup lentils, cooked (or canned)
- 2 Tbs parsley, flat leaf, chopped
- 1 clove garlic, minced
- 1 lemon, juiced
- 1 cup greek yogurt, full fat
- 1/4 cup extra virgin olive oil
- sea salt, to taste
- black pepper, to taste
- 1/2 cup walnuts, raw, chopped

Instructions

Prep

1. Wash and chop spinach, basil, and parsley.
2. Mince garlic.
3. Juice lemon.

Make

1. In a medium bowl, mix together lentils, spinach, basil, parsley, lemon juice, and garlic. Fold in the yogurt. and add olive oil. Season with salt and pepper to taste.
2. Spread on bread, sliced cucumbers, or endive spears.
3. Drizzle with olive oil and top with nuts.

Italian Style Cod with Tomatoes & Capers

Prep Time: 5 minutes

Total Time: 20 minutes

Yield: 4 servings

Ingredients

- 1 1/2 lb cod fillets, cut into 4 filets or other flakey fish
- 1/4 cup capers, drained and rinsed
- 1 qt cherry tomatoes
- 6 scallions, chopped
chives or thinly sliced onions work well too
- 1 Tbs Italian seasoning
- 2 Tbs olive oil
- salt, to taste
- pepper, to taste

Instructions

Prep

1. Tear two pieces of foil large enough to accommodate 2 filets. Line with sheets of parchment paper to prevent sticking.
2. Chop scallions.
3. Preheat the grill or oven to 350°F.

Make

1. Place fish filets on parchment-lined foil sheet.
2. Top each filet with capers, tomatoes, and scallions. Sprinkle with Italian seasoning and drizzle with olive oil. Season with salt and pepper.
3. Pull together long sides of foil and crimp tightly then crimp ends to create a pouch.
4. Place on grill or on a baking sheet in the oven and cook for about 12-15 minutes until fish flakes easily [you can check doneness by opening one pouch and poking filet with a fork.]
5. Remove filets to plates and top with tomatoes, capers, and juices.