Recipes

**Ginger and Turmeric Aromatic Rice**

Ingredients:

* 1 cup basmati brown rice
* 1 tablespoon coconut oil or oil of choice
* 2 large cloves garlic, minced
* 1 tablespoon ginger, peeled and grated
* 1 teaspoon turmeric, peeled and grated\*
* ¾ teaspoon salt
* 2 cups boiling water
* 1 tablespoon fresh lemon juice
* ½ cup dried cranberries
* For serving:
  + ¼ cup fresh cilantro, chopped
  + ¼ cup pine nuts

Directions:

1. Pour the dry rice into a bowl and cover with cool water. Soak for 15 minutes, then drain.

2. While rice is soaking, put on a kettle of water and bring to a full boil.

3. Add the coconut oil, garlic, and ginger to a medium-sized pot and heat to medium. Sauté until very fragrant, about 3 minutes.

4. Add the rice, turmeric and salt, and sauté an additional 2 to 3 minutes.

5. Add 2 cups of boiling water, reduce heat and simmer, covered until water is absorbed, about 30 to 35 minutes.

6. A few minutes before rice is finished cooking, stir the fresh lemon juice and dried cranberries into the rice. Re-place the cover and continue to cook.

7. Serve with fresh cilantro and pine nuts alongside your favorite main dish.

**Detox Salad**

Ingredients:

* For the dressing:
  + 1 tbs olive oil
  + 1 tbs lemon juice, fresh
  + 1/4 tbs ginger, peeled and grated
  + 1/8 tbs salt, or to taste

For the salad:

* 1/2 cup dinosaur kale, tightly packed and thinly sliced
* 1/4 cups red cabbage, thinly sliced
* 1/4 cups broccoli florets
* 1/4 large carrots, peeled and grated
* 1/4 red bell pepper, sliced into matchsticks
* 1/4 avocado, peeled and diced
* 1/8 cup fresh parsley, chopped
* 1/6 cup walnuts
* 1/4 tablespoon sesame seeds

Directions

1. Whisk together all ingredients for the dressing (or put everything in a small blender and blend) and set aside until ready to use.

2. Add the kale, cabbage, broccoli, bell pepper, and carrots to a large serving bowl.

3. Pour desired amount of dressing over the salad and toss until everything is coated.

4. Add the parsley, diced avocado, sesame seeds and walnuts and toss again.

**Baked Tarragon Oil & Lemon Fish with Kale Pesto Quinoa**

Ingredients:

Kale Pesto:

* 1/8 cup almonds
* 1/2 tbs walnut oil
* 1/2 garlic cloves, roughly chopped
* 2 kale leaves chopped
* Extra Virgin Olive Oil

Tarragon Oil:

* 1/2 cup + 3 tablespoons olive oil
* 1 oz. fresh tarragon

120 gr pollock whitefish

1/2 meyer lemons, sliced in rounds Sea salt to taste Freshly ground pepper

1 cup quinoa

**Spaghetti Squash with Basil-Parsley Pesto and salmon with lemon**

Ingredients:

* ½ pound spaghetti squash
* 1 to 2 tablespoons olive oil
* Salt and pepper

Basil-Parsley Pesto Sauce:

* ¼ cup tightly packed basil leaves
* ¼ cup tightly packed parsley leaves
* ½ cloves garlic, minced
* 1/6 cup pine nuts
* ¼ teaspoon salt, or to taste
* ½ cup olive oil or grapeseed oil

For the Salmon:

* 120 g salmon
* ½ tablespoons olive oil
* 1 cloves garlic, minced
* For Serving:
  + pine nuts Lemon wedge

**Avocado hummus Salad**

Ingredients:

* ¼ large avocado, firm, not too soft
* 2 ounces of hummus
* ¼ small Persian cucumber
* Salad greens, preferably baby lettuce, spinach, brocoli, kale
* 1 green onion, minced
* Toasted sesame seeds

**Salmon with Farmer's Market Salad**

120 g of salmon

Ingredients:

* 1 cups sliced zucchini and or summer squash
* ½ cup yellow wax beans, chopped in 2 inch pieces
* 1/4 cup sliced radishes (¼ inch slices)
* ¼ a kohlrabi, halved and sliced in ¼ inch slices
* ¼ cup herb sprigs and leaves—flat leaf parsley, dill and basil
* ¼ spring onion, thinly sliced Pinch chopped chives
* ½ tbs toasted sunflower seeds Dressing
* ½ tbs flax oil
* ½ tbs apple cider vinegar

**Spiced Chickpeas Over Kale Caesar Salad**

Ingredients:

chickpeas:

* ½ cup chickpea
* 1/4 cup sesame seeds
* 1 tbs olive oil
* ½ tbs cumin
* ½ tbs garlic
* ¼ tbs sea salt
* 1/2 teaspoon coriander
* 1/2 teaspoon cayenne
* 1/2 teaspoon paprika
* 1/2 teaspoon fresh ground pepper
* 1/4 teaspoon turmeric

Salad:

* 3/4 cup cashews, raw
* 1/2 teaspoon apple cider vinegar
* 2 garlic cloves, whole
* 2 teaspoons lemon juice
* 1 teaspoon nori, chopped
* 2 tablespoons coconut cream
* 1/2 cup water
* 1 teaspoon tamari, gluten-free
* 1/2 teaspoon black pepper
* 1 teaspoon sea salt
* 1 head of kale, chopped
* 1/2 avocado, diced

**Quinoa Cakes**

Ingredients:

* 2 cups cooked quinoa, chilled
* 2 eggs
* 1/2 cup red bell pepper, chopped
* 1/2 cup Red Cabbage, shredded
* 1/2 cup Kale, shredded
* 2 cloves garlic, minced
* 1 medium carrot, chopped
* 2 scallion stalks, chopped
* 1 tsp ground cumin
* 4 large leaves Basil
* 1/2 bunch Cilantro leaves
* 2 tsp Turmeric

Directions:

1. In a medium mixing bowl, place cooked quinoa

2. In a food processor add all other ingredients. Combine for 15 seconds or until well incorporated. 3. Mix all ingredients together well. Can be chilled at this stage up to 1 week.

4. In a large skillet\*, heat 1 tsp oil over medium heat-- use an ice cream scoop for even patties.

5. Cook for about 6 minutes on each side or until browned and a crust is formed.

6. Using a spatula, carefully flip over and cook an additional 4 minutes or until browned,Let cool completely before removing. Serve with a light salad and tomatoes.

**Asian Salmon Fillets with Bok Choy and Sweet Potato Medallions**

Ingredients:

(Salmon)

120g wild salmon fillet

3 tablespoons scallions, washed and sliced thinly

2 tablespoons toasted sesame seeds (Asian food aisle)

(Wilted Bok Choy)

1 tablespoons olive oil

1 large bunches Bok Choy, thoroughly washed and trimmed

Salt and freshly ground pepper

Sweet Potato Medallions

1 sweet potato sliced into a ¼ inch medallion

1 tbs of olive oil

Directions:

(Salmon) Preheat barbecue to medium high (400 degrees).

Lay out three sheets of aluminum foil, one on top of the other, folding in all four edges, to make a foil tray, about 15 inches long.

Lay salmon fillets atop foil tray, leaving space between.

Brush 1-2 tablespoons plum sauce over each fillet to cover.

Cook on preheated grill for 6-9 minutes or until fillets are opaque and cooked through.

(Cooking time will vary according to thickness of the fillets.) Let rest briefly before serving.

(Bok Choy) While salmon is grilling, heat olive oil in medium saute pan until hot. Season with salt and freshly ground pepper to taste.

**Filet of Sole Rolls with Beet Greens and Pumpkin Seeds**

Ingredients:

* ¼ tsp olive oil
* ¼ shallot, minced
* ¾ pound beet greens, stems removed and reserved; beets set aside for other use (can also substitute spinach)
* ¼ tbs of pink salt
* Freshly ground black pepper
* 1 lemon, half zested, and the other half sliced into thin rounds
* ¼ Tbsp chopped pumpkin seeds
* 1 Tbsp finely chopped fresh herbs (parsley, chives, tarragon)
* 120g of lemon sole
* 1 cup red quinoa
* 2 cups water

Directions:

Preheat oven to 375° F.

Heat olive oil over low heat in a large saute pan, and add shallots, stirring until soft, about 2 minutes. Raise heat to medium and add beet greens, salt, and pepper. Toss with tongs until wilted but still bright green, about 1-2 minutes, then transfer to a collander, pressing down to squeeze out liquid. Divide the greens mixture into 4 equal parts.

Combine lemon zest with the herb mixture and pumpkin seeds and set aside.

Lay filet flat on a work surface, with the prettiest side facing downwards. At the narrow end, of the filet, add the reserved greens and roll fish into a cylinder, with the greens inside. Place the fish into a baking dish. Divide the zest/herb/pumpkin seed mixture on top of each roll. Cover with parchment paper then aluminum foil, and bake until fish is opaque and cooked through, about 15-20 minutes. Serve with the quinoa.

Quinoa: combine the reserved beet green stems with the red quinoa, and cook in 2 cups salted water, as directed.

# Cauliflower with Olives

Ingredients:

½ medium head cauliflower

1 tbs extra virgin olive oil

Pink salt and coarsely ground black pepper

½ cup pitted Kalamata olives

1/4 tbs salt-packed capers

½ teaspoons hot red pepper flakes (optional)

3 tablespoons olive oil plus ½ teaspoon grated lemon zest

### Directions:

Rinse and soak the capers in cold water, changing the water several times.

Trim and core cauliflower, halve lengthwise, and cut into bite-sized or smaller florets.  
  
Preheat the broiler. Toss the cauliflower with the olive oil in a large bowl and season with salt and pepper. Spread out in a single layer on a large baking sheet (set the bowl aside) and broil 4 inches from the heat source, stirring occasionally, for 15 to 17 minutes, or until lightly charred in spots and just tender.  
  
Return the cauliflower to the bowl, add the olive, capers, red pepper flakes, if using, and lemon oil, and toss to mix well. Serve