

# Lemony Baked Cod

## Ingredients

- 4 (6-ounce) pieces Wild Cod (boneless, skinless)
- Sea salt to taste
- Freshly ground black pepper (to taste)
- 2 teaspoons unsalted butter
- 2 tablespoon olive oil
- 2 cloves garlic (crushed)
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons chopped parsley
- 2 tablespoons freshly grated parmesan cheese (optional)

## Directions

1. Preheat the oven to 400 F. Very lightly coat the bottom of a baking dish large enough to hold the fish in one layer with cooking spray
  2. Pat the cod pieces with a paper towel and place them in the baking dish.
  3. Season the fish with a little sea salt and freshly ground black pepper.
  4. Place the butter and olive oil in a small nonstick skillet. Heat on medium-low. Add the garlic and sauté for 1 minute. Remove from heat. Add the lemon juice and parsley and parmesan cheese.
  5. Top each fillet with a large spoonful of the butter mixture.
  6. Bake in the preheated oven for about 10 minutes. Actual cooking time will depend on the thickness of your fish. The fish is done when it flakes easily with a fork.
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# Potato Latkes with Sour Cream Sauce

## Ingredients

3 large potatoes (preferably Yukon Gold)

1 small onion

1 tsp sea salt

2 eggs

Canola oil (or any neutral oil)

1. Peel the potatoes and then grate them together with the onion.
2. Mix in the salt and let the mixture stand for 30 mins to allow it to release some moisture.
3. Squeeze the mixture with your hands and pour out the excess liquid.
4. Add both eggs and whisk everything together.
5. Heat 1-2 inches of oil in a deep pan or skillet. Form mixture into plump latke patties and fry in oil until golden brown on each side.

## Sauce

2 cups sour cream

2 cloves garlic

5 green scallions

3 tbsp chopped dill

1 tsp sea salt

1. Mix the sour cream well first to make it creamy and fluffy.
2. Add the rest of the ingredients and whisk it all together. Adjust seasoning to taste.



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# Mediterranean Lentil Salad

## *Ingredients*

- 12-oz. jar quartered marinated artichoke hearts
- 18-oz pkg. refrigerated steamed lentils
- 1 cup parsley, chopped
- 2 cups cucumbers, halved and sliced
- 2 cups cherry tomatoes, halved
- sea salt and fresh black pepper to taste
- $\frac{1}{2}$  cup crumbled Greek feta cheese (optional)
- $\frac{1}{4}$  cup pumpkin seeds

## *Directions*

1. Strain artichoke hearts over a small bowl, reserving liquid.
  2. In a large bowl, stir together lentils and parsley. Add about 1/3 cup of the reserved artichoke liquid (if necessary, add additional liquid to generously coat lentils). Stir in artichoke hearts, cucumber and tomatoes. Season to taste with salt and pepper.
  3. Top with feta cheese and pumpkin seeds and serve.
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## Baked Teriyaki Salmon

Here is a quick, easy and healthy dinner recipe. Store bought teriyaki sauces are typically loaded with sugars and processed ingredients. Fortunately, it is so easy to create your own teriyaki marinated with 5 ingredients.

### Ingredients:

- 2 6-oz. fillets of Wild Salmon
- 3 Tablespoons pure maple syrup
- 3 Tablespoons low sodium soy sauce (I prefer Tamari or Coconut Aminos)
- 2 Tablespoons EV00
- 1 Tablespoon minced fresh ginger
- 1/4 teaspoon ground black pepper

### Directions

1. Whisk together maple syrup, soy sauce, EV00, ginger, and black pepper. Pour mixture over salmon fillets and let marinate for 30 minutes. You can refrigerate for baking later.
2. When ready to bake, bring salmon to room temperature and heat oven to 400 degrees.

3. Place marinated salmon on baking sheet with parchment paper and add the extra marinade. Cover with foil.
  4. Bake covered for 12 minutes, uncover and broil for about 3 minutes.
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## Light and Creamy Zucchini-Pea Soup

This is the easiest light green soup made with 5 ingredients + salt and water! It is energizing and detoxing and perfect for early spring.

### Ingredients:

- 4 tablespoons olive oil
- 10 medium size zucchinis, sliced into rounds
- 3-4 garlic cloves, thinly sliced
- 1 tablespoon salt
- 5-6 cups of water
- 1 bag frozen peas
- 4-5 cups spinach

### Directions:

1. Heat up the oil on medium heat in the pot and add the zucchini rounds. Saute the zucchini by constantly stirring, until most rounds are slightly browned on both sides.
2. Add salt, garlic and continue to saute for another 2 minutes until the garlic is slightly browned. Add the water to just cover the zucchini. Bring to a boil. Lower heat and cook for 10 minutes.
3. Add the frozen peas and continue to cook for another 5-8

minutes.

4. Add the spinach and use an immersion blender for 2 minutes to puree the soup.
5. Option: garnish the soup with mint leaves and roasted pine nuts to serve!



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# Roasted Broccoli with Pine Nut Gremolata

## Ingredients:

- 2 large broccoli heads, separated into florets with stems
- Extra virgin olive oil
- Sea salt and freshly ground black pepper
- 2 garlic cloves, minced
- $\frac{1}{2}$  cup Gluten-Free panko (Japanese bread flakes)
- 3 tablespoons roasted pine nuts
- 2 teaspoons grated lemon zest
- 2 tablespoons freshly squeezed lemon juice

## Directions:

1. Preheat oven to 400 degrees F.
2. Place the broccoli florets with stems on two sheet pans. Drizzle with 4 tablespoons of EV00, salt and pepper. Toss well, and spread in one layer on each pan. Roast for 15 minutes until crisp-tender and the edges are starting to brown.
3. In a small sauté pan over medium-low heat, heat 2 tablespoons of olive oil, add the garlic, and cook for 1 minute (do not brown). Add the panko, tossing to coat in the oil. Cook until the panko is golden brown. Take off the stove, and add the pine nuts and lemon zest.
4. Place the roasted broccoli on a serving dish, sprinkle with lemon juice, then the panko mixture, and toss well. Serve hot, warm, or room temperature.

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# Honey-Mustard Brussel Sprouts

## *Ingredients:*

- 2 lbs Brussel Sprouts, halved
- 3 Tbs Extra Virgin Olive Oil
- 1 tsp Coarse Sea Salt
- 2 Tbs Grainy Mustard
- 2 Tbs Raw Apple Cider Vinegar
- 2 Tbs Honey

## *Directions:*

1. Heat oven to 425F
2. Toss brussel sprouts with olive oil and salt in a roasting pan. Roast stirring occasionally, until golden brown, about 30 minutes.
3. Stir together mustard, cider vinegar and honey and toss the mixture with hot brussel sprouts. Serve immediately.

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# Balsamic Garlic Mushrooms

## **Ingredients:**

- 2 pounds mushrooms ( I like to use medium size crimini or small size portobello caps)
- 2 tablespoons olive oil
- 4 tablespoons balsamic vinegar
- 3 tablespoons tamari (or coconut aminos)
- 3 garlic cloves, chopped



- 3 tablespoons parsley, chopped
- salt and pepper to taste

### **Instructions:**

1. Toss the mushrooms in the oil, balsamic vinegar, tamari sauce, garlic, parsley, salt and pepper.
  2. Arrange in a single layer on a baking pan and roast in preheated 400F oven until the mushrooms are tender, about 15 minutes, mixing half way through.
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# **Stuffed Tomatoes**

### **Ingredients:**

- 4 medium size tomatoes
- 2 cups cooked black lentils (can replace with black beans)
- 2 cups cooked quinoa (can replace with millet)
- 4 cups mushrooms (button, cremini or shitake), very finely chopped
- 2 clove garlic, minced
- 1 cup finely chopped parsley or cilantro
- ½ jalapeno, seeded and finely diced (use less for milder taste)
- 1 tsp sea salt
- Ground pepper, to taste
- 3 Tbsp. extra virgin olive oil
- 2 Tbsp. raw apple cider vinegar
- Optional: grated cheese (I use vegan mozzarella by VioLife to keep the dish vegan).

### **Directions:**

1. Preheat oven to 350 degrees F. Line baking sheet with

parchment paper.

2. Cut the top from the tomatoes and empty the insides.
3. To make filling, sauté mushrooms and garlic in  $\frac{1}{4}$  cup vegetable broth over medium-low heat for 5 minutes, until fully cooked. If needed, add additional broth while cooking.
4. In a large bowl, combine remaining ingredients. Stir in mushrooms and garlic.
5. Spoon filling into tomatoes, pressing down mixture slightly.
6. Sprinkle cheese on top of each tomato.
7. Bake for 20 minutes or until heated through and enjoy!

This filling can be used with tomatoes, acorn squash, zucchini or peppers.







# Grilled Zucchini with Tomato-Mint Relish

Here is a new Grilled Zucchini recipe that my family and guests have been enjoying this season.

## Ingredients:

- 6 Zucchini, sliced lengthwise
- 2 Roma tomatoes, seeded and chopped
- 2 Tablespoons fresh mint, chopped
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Tablespoon Red Wine Vinegar
- Salt and pepper to taste
- 2 Tablespoons roasted pine nuts (optional)

## Directions:

1. Preheat grill to medium-high.
2. Cut zucchini lengthwise and brush with EV00, sprinkle with salt and pepper. Grill, turning once, until tender, about 6 minutes.
3. Mix chopped seeded tomatoes, with mint, EV00, red wine vinegar, salt and pepper in small bowl. Top the tomato-mint relish over grilled zucchini. Sprinkle with roasted pine nuts (optional).