

Ratatouille

This is a fragrant and delicious dish from southern France. Add tofu or beans to make a complete meal. Ratatouille can be served hot or cold and usually tastes better when served the next day.

Prep Time: 10 minutes

Cooking Time: 20 minutes

Serves 4

1 medium eggplant (remove ends and any damaged skin), cut into 1-inch cubes

1 Tbsp virgin olive oil

1 medium sweet onion, diced

½ tsp sea salt

¼ tsp ground black pepper

1 tsp Italian herb seasoning

3 small zucchini, chopped into ½-inch cubes (about 2½ cups)

2 small yellow squash, chopped into ½-inch cubes (about 2 cups)

2 Tbsp white wine

3 medium tomatoes, chopped (about 2½ cups)

4 medium garlic cloves, minced

1 Tbsp chopped fresh parsley

1 tsp diced fresh rosemary

1 Tbsp extra virgin olive oil

Steam eggplant on the stove top for 6 minutes or microwave in a glass container for 4 minutes. Cook until tender.

Meanwhile, heat a pan to medium-high and add olive oil. Once hot, add onion, salt, black pepper, Italian herbes. Sauté for 1-2 minutes, or until onions are soft and translucent. Add zucchini, yellow squash, eggplant, and wine, and stir. Cover and heat for 3 minutes, until vegetables soften, stirring occasionally. Reduce heat to low, add tomatoes, garlic, fresh herbs and extra virgin olive oil, cover. Let simmer for 4 to 10 minutes, until squash softens and flavors blend.

Gumbo

A flavorful, easy-to-prepare meal, and a wonderful crowd pleaser.

Prep Time: 25 minutes Simmering Time: 20 minutes

Serves 4 (makes great leftovers)

3 Tbsp virgin olive oil
1 medium onion, chopped
¼ tsp sea salt
1 tsp dried oregano
1 tsp ground paprika
½ pound chicken thighs (free-range, organic), rinsed, dried, and cut into ½-inch cubes
2 cups chopped celery (½- inch pieces)
2 large green bell peppers, chopped into ½- inch pieces
1 bay leaf
4 cups chopped okra (¾- inch segments, fresh or frozen)
15 ounces diced or stewed tomatoes, canned
4 medium garlic cloves, minced
¼ tsp cayenne pepper (or to taste)
2 cups water (add extra water if desired to modify thickness)
1 cup low-sodium chicken or vegetable broth
1 pound shrimp, medium, peeled and deveined, cut into bite sized pieces
2 cups kidney beans, cooked, rinsed, and drained
¼ pound spicy, cooked turkey sausage, cut into ½-inch pieces (optional)
1 tsp gumbo filé powder (ground sassafras leaves)
½ cup chopped parsley for garnish

Heat a large pot on medium-high, add olive oil and onion with salt, oregano, and paprika, stirring occasionally for 1 minute. Add chicken while stirring occasionally for 3-4 minutes, until lightly browned. Reduce to medium heat, add celery, green peppers, and bay leaf, and cook another 3 minutes, stirring occasionally. Add okra, tomatoes, garlic, cayenne pepper, water, and

broth. Bring to a gentle boil, then simmer for 10 minutes. Add shrimp and kidney beans (and sausage, if desired) and simmer another 10 minutes. Remove from heat and stir in gumbo filé powder.

To serve, remove bay leaf. Pour gumbo into bowls, then garnish with parsley.

Minestrone Soup

This hearty soup tastes terrific and is great for lunch or dinner.

Prep Time: 20 minutes Simmering Time: 10 minutes

Makes: 8 one-cup servings

2 Tbsp Virgin olive oil
1 medium onion, chopped
2 medium carrots, diced
2 celery stalks, diced
4 button mushrooms (organic), sliced
½ tsp sea salt
¼ tsp ground black pepper
½ tsp ground paprika
1 medium zucchini, diced
½ head cauliflower, cut into 1-inch florets
½ cup chopped Italian parsley
4 medium garlic cloves, minced
4 medium tomatoes, chopped
3 cups low sodium vegetable stock
2 cups water
2 Tbsp tomato paste
1 fifteen ounce can cooked garbanzo beans, rinsed and drained
1 fifteen ounce can cooked cannellini beans, rinsed and drained
¼ cup organic sour cream

Heat a large soup pot over medium-high heat, add oil. Saute onion until translucent, 3-4 minutes. Add carrots, celery, mushrooms, salt, pepper, and cook 3 minutes, stirring occasionally. Reduce heat to medium, add zucchini,

cauliflower, parsley, garlic, and tomatoes and cook stirring occasionally for 5 minutes.

Add stock, water, tomato paste, beans and bring to a gentle bowl, then simmer for 10 minutes. Serve in individual bowls and garnish with sour cream.

Sautéed Salmon Strips

Most people think to broil or grill salmon, but it is really easy to sauté, and quicker to serve. I typically prepare wild, frozen, vacuum-packed salmon, available year round. King (chinook) or silver (coho) salmon are my favorites, but pink is tasty as well.

Prep Time: 20 minutes

Serves: Two

1 pound wild salmon fillet (if frozen, thawed in plastic, then rinsed and cut into 1-inch wide strips)

1 cup orange juice

1 Tbsp butter

1 tsp lemon rind, grated

1 Tbsp lemon juice

¼ tsp sea salt

¼ tsp ground black pepper

½ tsp dried dill weed

½ tsp ground paprika

1 Tbsp avocado oil

Marinate salmon strips with orange juice for 10 minutes. Pat dry with paper towels when done. Meanwhile In a small saucepan, combine butter, lemon juice, and lemon rind and melt over medium-low heat.

Combine salt, pepper, dill weed, and paprika in a bowl, then sprinkle spices and herbs over salmon strips.

Heat a sauté pan to medium-high heat, add avocado oil, then add salmon, sauté on each side for 4-5 minutes, until flaky. Serve on a plate and drizzle lemon butter sauce over the salmon.

Broiled Scallops

This is a gorgeous looking dish with delightful flavors. Serve with sautéed kale, Swiss chard, or bok choy.

Prep Time: 10 minutes

Broiling Time: 8 minutes

Serves: Two

- 1 pound large bay scallops
- 1 Tbsp avocado oil
- ¼ tsp sea salt
- ¼ tsp ground black pepper
- 1 Tbsp sesame oil
- 1 tsp Tamari sauce
- 2 medium garlic cloves, minced
- 2 tsp fresh ginger root, peeled and grated
- 1 beet, grated
- 1 lemon, peel grated, then juiced

Turn broiler on. Rinse scallops in water, pat dry with a paper towel, combine in a bowl with avocado oil, salt and pepper, and place in a shallow baking pan.

Grate the beet and lemon peel into long strips and sprinkle over the scallops. Heat a small saucepan to medium-low heat and add sesame oil, tamari sauce, garlic, ginger, and lemon juice and simmer.

Broil scallops for 6-8 minutes, or until scallops start to turn golden. On a serving plate, drizzle sesame-Tamari-lemon juice sauce over the scallops and serve.