



Edamame Quinoa Salad

Shared by Kris Herman

This Edamame Quinoa Salad is light and healthy, packed full of super foods. It's drizzled with a little lime and olive oil.

Prep time: 10 mins **Cook time:** 20 mins **Total time:** 30 mins
Servings: 16

Ingredients

- 2 cups uncooked quinoa
- 4 cups water
- 1/2 teaspoon salt
- 1 cup celery, sliced
- 1 (15-oz) can corn, drained
- 1 (15-oz can) garbanzo beans, rinsed and drained
- 3/4 cup cilantro, finely minced
- 1 heaping cup dried cranberries
- 1 (12-oz package) edamame, cooked and shelled
- 2 red bell peppers, diced
- 1 cup sliced almonds, (or any nut you like)
- 3 Tablespoons olive oil, (more or less to taste)
- 5 Tablespoons lime juice, (more or less to taste)
- salt to taste

Instructions

Add the quinoa, water, and salt to a medium saucepan and bring to a boil. Once at a boil, turn the heat down to low and cover. Cook for 15-20 or until done. Transfer to a large bowl and fluff with a fork. Add remaining ingredients and toss to combine. Add salt to taste. Chill until ready to serve.

Source: Edamame Quinoa Salad - The Girl Who Ate Everything (the-girl-who-ate-everything.com)





Root Vegetable Slaw

Shared by Laura Gronek

It looks like coleslaw, but this shredded salad of root veggies—carrots, radishes, parsnips and celery root—is an excellent accompaniment to heavier winter foods. For a delicious citrusy accent, add fresh-squeezed juice from lemon, orange or tangerine!

Prep time: 25 mins **Total time:** 25 mins

Servings: 4 to 6

Ingredients

- 1 teaspoon Dijon mustard
- 1 teaspoon kosher salt
- 1 teaspoon sugar
- 1/4 cup sherry vinegar or red wine vinegar
- 1 cup chopped parsley, loosely packed
- 2/3 cup extra virgin olive oil
- 2 large carrots (choose different colored carrots if you can find them)
- 2 medium parsnips
- 1 small celery root
- 2 black radishes or 1/2 daikon radish

Instructions

Make the vinaigrette:

Put the mustard, salt, sugar, vinegar and parsley in a blender and process until combined, about 30 seconds. Scrape down the sides of the blender, cover and process at its slowest setting. Drizzle in the olive oil slowly. When it is all in, move the blender to its highest setting and puree for about 90 seconds.

Shred the root vegetables:

Peel all the vegetables except for the radishes, if you are using black ones. The slivers of black in the salad look cool, so I leave them in. Using a vegetable peeler or a coarse grater, slice shreds off the vegetables into a bowl. Try to keep the shreds roughly the same length if you can.

Toss shredded vegetables with vinaigrette:

To finish, toss some of the vinaigrette with the shredded vegetables and let stand in the fridge for at least 20 minutes before serving.



Source: Root Vegetable Slaw Recipe (simplyrecipes.com)



Cauliflower Piccata

Shared by Laura Gronek

Piccata sauce — that buttery, briny combination of lemon, butter and capers, silky in texture and tart in flavor — is not just for chicken or swordfish. It's also a zesty anchor for roasted vegetables. Here, cauliflower is roasted at high heat, which concentrates the flavor, adds nuttiness and encourages caramelization, before being doused with the sauce. Chickpeas make this a fuller vegetarian meal, but leave them out if you'd rather. Piccata dishes are often served with long pasta, which tangle with the tangy sauce, but this one is also great alongside rice or tender-crisp vegetables like blistered green beans.

Total time: 30 mins **Servings:** 4

Ingredients

1 cauliflower, cut into large 2-inch florets	
Extra-virgin olive oil	
Kosher salt and black pepper, to taste	
1 (15-ounce) can chickpeas, drained (optional)	2 tablespoons capers, drained
1 shallot, finely diced	Zest of 1 lemon
3 garlic cloves, finely chopped	2 tablespoons lemon juice (from 1 lemon)
1 cup vegetable stock	Parsley, chopped, for garnish
4 tablespoons unsalted butter	1 lemon, sliced, for serving

Instructions

Heat the oven to 425°F. Place the cauliflower florets onto a sheet pan and drizzle with 2 to 3 tablespoons of olive oil. Season with kosher salt and black pepper, and roast for 20 to 25 minutes, until the cauliflower is golden and tender. Remove from the oven, add the chickpeas, if using, and toss to combine.

Heat a medium skillet to medium-high. Add 1 tablespoon of olive oil and the shallot, and sauté until soft and fragrant, about 1 minute. Add the garlic and cook for 1 minute longer, stirring constantly to keep from scorching. Pour the stock into the pan and simmer until reduced by half, about 4 to 5 minutes. Reduce heat to low, then stir in the butter, capers, lemon zest and juice. Season with ½ teaspoon of kosher salt and a few turns of black pepper.

To serve, place the cauliflower and chickpeas, if using, on serving plates. Top with the lemon-caper sauce. Top with parsley and serve with lemon slices.



Source: Cauliflower Piccata Recipe - NYT Cooking (nytimes.com)



Lomo Saltado (Peruvian Beef Stir Fry)

Shared by Bobbi Kuhn

A healthier spin on Lomo Saltado by combining Latin and Chinese cuisine.

Prep time: 10 mins **Cook time:** 30 mins **Total time:** 40 mins

Servings: 2

Ingredients

For the Baked Fries:

canola cooking spray

1 medium, 5.3 oz potato, russet or yukon gold, washed and dried

1 tsp olive oil

1/4 tsp garlic powder

kosher salt and black pepper, to taste

For the Beef:

1/2 lb lean sirloin, cut into small, thin strips

kosher salt, to taste

1/4 tsp cumin

black pepper, to taste

1 teaspoon olive oil

1 medium red onion, sliced into thick strips

2 mini yellow bell peppers or 1 large

1 large jalapeno, ribbed and seeded, chopped

2 cloves garlic, crushed

1 medium tomato, sliced into wedges

1 1/2 tbsp low sodium soy sauce

(use tamari for gluten free and
coconut aminos for Whole30)

1 tbsp apple cider vinegar

1/4 cup chopped cilantro



Instructions

Preheat the oven to 400°F. Lightly coat a baking sheet with cooking spray.

Cut the potato lengthwise into 1/3-inch thick slices; cut each slice into 1/3-inch fries. Place on the baking sheet and toss with oil to evenly coat. Season with garlic powder, salt and pepper. Place on a single layer onto the greased baking sheet.

Bake uncovered on the lower third of the oven for about 25 minutes or until tender crisp and golden. Meanwhile, season meat with salt, pepper and cumin.

Heat a large wok over high heat. When hot add the oil and the steak, cook about 2 minutes, until browned on both sides. Add the onions, bell pepper, jalapeno and garlic and cook 2 minutes. Add the tomato, soy sauce and vinegar and cook 1 more minute. Season with more salt as needed, remove from heat and finish with cilantro.

Serve immediately with french fries and divide evenly between 2 plates.

Source: Lomo Saltado (Peruvian Beef Stir Fry) - skinnytaste.com





Asparagus Soup with Lemon and Parmesan

Shared by Mark Arnholt

This asparagus soup tastes rich, yet it's made without heavy cream – just veggies, broth, and a bit of Parmesan cheese puréed to silky perfection.

Servings: 4-6

Ingredients

2 bunches asparagus (about 2¼ pounds), bottom ends trimmed
3 tablespoons unsalted butter
2 medium yellow onions, chopped
3 cloves garlic, peeled and smashed
6 cups low-sodium chicken broth
Salt
Freshly ground black pepper
2 tablespoons freshly squeezed lemon juice, from one lemon
½ cup shredded Parmigiano-Reggiano
Handful fresh herbs, such as thyme, dill or basil (optional, for garnish)



Instructions

Melt the butter in a large pot over medium heat. Add the onions and garlic and cook, stirring frequently, until soft and translucent, about 8 minutes. Do not brown; reduce the heat if necessary.

In the meantime, cut the tips off of one bunch of the asparagus and set aside (you'll use those for a garnish). Cut the remaining spears and the other bunch of asparagus into ½-inch pieces.

Add the chopped asparagus to the pot (minus the reserved tips), along with the chicken broth, 1 teaspoon salt and ¼ teaspoon pepper. Bring to a boil, then cover and turn the heat down to low. Simmer for about 30 minutes, or until the vegetables are very tender.

Meanwhile, bring a small pot of salted water to a boil. Cook the reserved asparagus tips for a few minutes, or until tender-crisp. Drain the tips and then place them in a bowl of ice water to “shock” them — this stops the cooking process and preserves their bright green color. Once the tips are cool, drain them and set aside.

Purée the soup with an immersion blender until completely smooth. (Alternatively, use a standard blender to purée the soup in batches, then return the soup to the pot.) Bring the soup back to a simmer and stir in the lemon juice and Parmigiano-Reggiano. Taste and adjust seasoning, if necessary. To thicken the soup, allow it to simmer, uncovered, until the desired consistency is reached.

Ladle the soup into bowls, then top each bowl with asparagus tips, Parmigiano-Reggiano, herbs (if using), and freshly ground black pepper.

Source: Asparagus Soup with Lemon and Parmesan – onceuponachef.com





Ground Turkey Sweet Potato Skillet

Shared by Sean Ryan

This gluten-free and low-fat Ground Turkey Sweet Potato Skillet will be ready to dig into in less than 30 minutes, and you will be amazed by how flavorful it is. It's a perfect ONE-PAN meal for your family to enjoy!

Prep time: 10 mins **Cook time:** 17 mins **Total time:** 27 mins

Servings: 4

Ingredients

2 tablespoons extra virgin olive oil
1 pound free-range extra-lean ground turkey
(you also can use grass-fed ground beef)
1 teaspoon garlic clove minced
½ cup onions diced
½ cup yellow pepper diced
1½ cups sweet potato diced
Salt and freshly ground black pepper
A pinch of red chili flakes optional
½ cup shredded mozzarella cheese (If you're doing Whole30 or following Paleo diet, don't add cheese)
Fresh parsley for garnishing (optional)

Instructions

In a cast iron skillet, heat the olive oil over medium-high heat.

Add the ground turkey and garlic. Use a wooden spoon to break up the turkey as it cooks. Stir occasionally, and cook for about 5 minutes.

Add the onions and yellow peppers, and cook until the onions are soft.

Add the sweet potato, red chili flakes, salt, and pepper.

Cover the skillet, and cook until the sweet potatoes are tender. Don't forget to stir occasionally. If necessary, add more olive oil or a little bit of water to cook the sweet potatoes faster.

While the sweet potatoes are cooking, preheat the oven to 400°F.

When the sweet potatoes are tender, add the shredded mozzarella cheese, and put the skillet in the oven to melt the cheese.

When the cheese melts, remove from the oven, and garnish with parsley.

Source: Ground Turkey Sweet Potato Skillet (Delicious One-Pan Dinner Recipe) (primaverakitchen.com)





Indian Kachumber Salad (Cucumber Tomato Onion Salad)

Shared by Hannah Smith

Sweet tomatoes, crunchy cucumbers and piquant onions form the basis of this simple Kachumber salad recipe that goes well with almost any Indian dish. If you love having some fresh, raw veggies with your meals, try this easy and delicious Indian staple.

Prep time: 15 mins **Cook time:** 0 mins **Total time:** 15 mins **Servings:** 2

Ingredients

- 1/3 cup onions – chopped, or 1 small to medium onion
- 1/2 cup tomatoes – chopped or 1 medium tomato
- 1/2 cup cucumber – peeled and chopped, or 1 small to medium-sized cucumber
- 1 tablespoon mint leaves – chopped
- 1/4 cup coriander leaves chopped, (cilantro)
- 1 to 2 teaspoons lemon juice or as needed
- 1/2 to 1 teaspoon green chillies – chopped or 1/2 teaspoon chopped serrano or jalapeno – optional
- 1/4 teaspoon red chili powder or cayenne pepper
- 1/2 teaspoon roasted cumin powder or ground cumin
- 2 to 3 pinches black salt – optional
- salt or food grade, edible rock salt or pink salt as required
- 2 to 3 lemon wedges – for garnish, optional
- 4 to 5 mint leaves sprigs – for garnish, optional



Instructions

Prep Veggies

Rinse, pat dry, peel, and chop the cucumber. Rinse, wipe dry and chop tomatoes. Peel onions and rinse them. Chop the veggies including green chillies if using. Rinse the coriander and mint leaves very well. Pat dry with a clean kitchen towel or dry the herbs in a salad spinner.

Make Kachumber Salad

Transfer the chopped veggies in a bowl. Add the chopped green chillies, red chilli powder, roasted cumin powder or ground cumin. Add coriander leaves and mint leaves. Sprinkle with black salt if using and regular white salt or pink salt. Drizzle lemon juice.

Mix and toss the salad well so that the ingredients are mixed evenly. Check the seasoning and add more salt or lemon juice, according to your preferences.

Serve the kachumber salad straightaway.

Source: Indian Kachumber Salad (Cucumber Tomato Onion Salad) (vegrecipesofindia.com)





Sheet Pan Chicken Fajitas

Shared by Ruth Hutson

This sheet pan chicken fajitas recipe is quick, easy, and a great way to make flavorful homemade fajitas for a crowd.

Prep time: 20 mins **Cook time:** 15 mins **Total time:** 65 mins
Servings: 8

Ingredients

- 1/3 cup vegetable oil
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pinch ground cayenne pepper
- 1 1/2 pounds chicken tenders, quartered
- 4 cups sliced bell peppers, any color
- 1 onion, sliced
- 1/4 cup chopped fresh cilantro
- 1/2 lime, juiced

Instructions

Combine oil, chili powder, oregano, garlic powder, onion powder, cumin, salt, black pepper, and cayenne pepper in a large resealable plastic bag. Add chicken tenders, bell peppers, and onion; seal the bag and shake to mix. Marinate in the refrigerator, 30 minutes to 2 hours.

Preheat the oven to 400°F (200°C). Line a rimmed sheet pan with aluminum foil.

Spread chicken mixture onto the prepared pan.

Roast in the preheated oven, stirring halfway, until chicken is no longer pink and bell peppers are softened, 15 to 20 minutes. An instant-read thermometer inserted into the center of chicken should read at least 165°F (74°C).

Sprinkle cilantro and pour lime juice over chicken mixture; stir to distribute.

Source: Sheet Pan Chicken Fajitas Recipe (allrecipes.com)



Photo: mkremer