

Teriyaki Salmon with Zucchini (health.com)

Low sodium teriyaki sauce
2 (6 ounce) salmon fillets
Sesame seeds
2 small zucchini, thinly sliced
4 scallions, chopped
Canola oil

Preparation

Combine 5 tablespoons teriyaki sauce and fish in a zip-top plastic bag. Seal and marinate 20 minutes. Toast sesame seeds in a large nonstick skillet over medium heat and set aside. Drain fish, discarding marinade. Add fish to skillet and cook 5 minutes. Turn and cook for 5 more minutes over medium-low heat. Remove from skillet, and keep warm. Add the zucchini, scallions, and 2 teaspoons oil to skillet. Sauté 4 minutes, or until lightly browned. Stir in 2 tablespoons teriyaki sauce. Sprinkle with sesame seeds and serve with salmon.

Basil Pesto

¼ cup walnuts
¼ cup pine nuts
3 tbsp chopped garlic (9 cloves)
5 cups fresh basil leaves, packed
1 tsp kosher salt
1 tsp freshly ground black pepper
1 ½ cups good olive oil
1 cup freshly grated parmesan

Preparation

Place the walnuts, pine nuts, and garlic in the bowl of a food processor. Process for 15 seconds. Add the basil leaves, salt, and pepper. With the processor running, slowly pour the olive oil into the bowl through the feed tube and process until the pesto is thoroughly pureed. Add the parmesan and puree for a minute.

Homemade Tortilla Chips

1 package corn tortillas
Sea Salt

Preparation

Preheat oven to 425 degrees. Cut tortillas into pie shaped pieces. Lay out pieces on a cookie sheet. Sprinkle sea salt onto the tortillas. Bake on center rack for approximately 10 minutes. Cool and Enjoy

Heart Healthy Stuffed Peppers

5 bell peppers
Olive oil spray
1 medium-sized onion, chopped
3 garlic cloves, minced
20oz package ground turkey
1 tsp ground black pepper
1 tbsp chili powder
2 tsp ground cumin
1 tsp ground coriander
1 (12-16 oz) jar pico di gallo or salsa
2 cups fresh baby spinach, rinsed and chopped
1 cup cooked quinoa
1 cup cooked brown rice
½ cup shredded cheddar cheese

Preparation

Preheat oven to 375 degrees. Cut the peppers lengthwise, and remove the white pithy ribs along with the seeds and stems. Spray baking dish with olive oil spray and arrange peppers in the dish. Spray a large non stick skillet with the olive oil spray. Sauté the onion and garlic over medium heat until it starts to brown. If the onion and garlic start to stick, add a splash of water or broth to deglaze the pan. Add the ground turkey to the pan, cooking until lightly browned and breaking it up as it cooks. Stir in the black pepper, chili powder and coriander. Next add the salsa, the quinoa and the rice, heat through. Remove from heat and stir in the chopped spinach. Pack the turkey mixture into the pepper halves so that it's heaping, about a cup. Sprinkle the tops with the cheddar cheese and bake about 40 minutes or until peppers are tender. Serve immediately.

Guacamole Potato Skins (fatfreevegan.com)

15 small red potatoes, about 1 ¾ pounds
1 avocado
1 ½ tbsp lime juice
1 clove garlic, pressed
½ tsp salt
¼ tsp ground cumin
¼ tsp cayenne or other red pepper
1 tbsp red onion
1 tbsp chives
Salt and pepper, to taste

Preparation

Wash the potatoes well. Place them in a large saucepan, cover with water, and add a generous amount of salt (when the water tastes slightly salty is enough). Bring to a boil and cook covered until potatoes are soft when pierced with a fork, about 15 minutes. Remove from water and allow to cool until they're easy to handle. Preheat oven to 400 degrees. Cut the potatoes in half lengthwise. Use a melon baller or measuring spoon to scoop out about 1 tsp of flesh into a large bowl. Place potatoes skin side down on a baking sheet, sprinkle with salt and pepper, and bake for 15-20 minutes.

Citrus Ginger Honey Glazed Salmon With Whole Grain Rice & Sugar

Snap Peas (yourtango.com)

½ tsp ginger peeled & grated (or ¼ tsp dried)
1 tsp garlic, minced
2 tsp soy sauce
1 tsp honey
2 tsp fresh lemon juice (about ½ lemon)
2 tbsp fresh basil (6-8 leaves), chopped
1 pound salmon, skin removed, cut into 4 – 4oz filets
1 cup dry brown rice
2 cups fresh sugar snap peas
8 thin lemon slices
Aluminum foil

Preparation

Preheat oven to 450 degrees. In a large bowl, combine ginger, garlic, vegetable oil, soy sauce, honey, lemon juice and basil and add fish. Marinate in refrigerator for 10 minutes. Prepare rice according to instructions on package, excluding any salt or oil. Cut 8 pieces of aluminum foil; wide enough to fit one piece of salmon and ½ cup of snap peas. Remove fish from marinade and discard remaining marinade. Arrange lemon slices on top and bottom of fish filet. Place one filet and half of snap peas together on one piece of parchment. Cover with another piece of foil and tightly fold together top and bottom edges of foil to create a seal to the steaming pouch. Repeat for second portion. Place on baking sheet and bake for 12 minutes. Carefully cut open pouch and remove contents. Put salmon and peas over rice and serve.

Penne with Chicken & Broccoli

1 lb boneless skinless chicken breasts
2 tbsp olive oil
8 oz dry penne pasta
¼ cup low-sodium chicken broth
2 tbsp Mrs. Dash Tomato Basil Garlic Seasoning Blend
2 tbsp Mrs. Dash Garlic & Herb Seasoning Blend
1 cup cherry tomatoes
3 tbsp Parmesan Cheese
2 cups broccoli florets

Preparation

Add Mrs. Dash Tomato Basil Garlic Seasoning Blend to large pot of boiling water, add pasta and cook according to package directions. Meanwhile, in a large pan, sauté chicken in half the olive oil for 3-4 minutes. Add broth, broccoli, Mrs. Dash Garlic & Herb Seasoning Blend; cook covered for 3 minutes. Toss with cooked penne, Parmesan cheese and remaining olive oil. Garnish with cherry tomatoes and serve.

Chocolate Red Wine Cupcakes

½ cup all-purpose flour
½ cup whole wheat flour
¼ cup + 2 tbsp unsweetened cocoa powder
¾ tsp baking soda
¼ tsp salt
1 stick unsalted butter, softened
1/3 cup turbinado sugar
4 packets Stevia
1 large egg
½ tsp pure vanilla extract
¾ cups red wine

Preparation

Preheat the oven to 350 degrees. Line a muffin tin with liners or parchment cups. In a bowl, whisk the flour, cocoa powder, baking soda and salt. In a large bowl, using a handheld electric mixer, beat the butter with the sugar at medium-high speed until fluffy, 4 minutes. Add the egg and beat until incorporated. Add the vanilla and beat for 2 minutes longer. Working in two batches, alternately fold in the dry ingredients and the wine, until just incorporated. Scrape the batter into the cups, and bake for about 15 minutes, or until a toothpick inserted in the center comes out clean. Let the cupcakes cool completely.