

Recipes (2014)

Salmon with Dill

1 pound salmon fillets or steaks (arctic char also works great)
1/4 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon onion powder
1 teaspoon dried dill weed
2 tablespoons butter (coconut oil is also excellent)
lemon (optional)

Preheat oven to 400 degrees, coat fish with all ingredients, bake 9-12 minutes

Fennel with Olive

4 small (3-inch-diameter) fennel bulbs, trimmed, each cut vertically into 8 wedges with core attached to each wedge
1/4 cup extra-virgin olive oil
6 large garlic cloves, coarsely crushed
1 tablespoon chopped fresh thyme
1/8 teaspoon dried crushed red pepper
Coarse kosher salt
1/2 cup halved pitted Kalamata olives
fresh cherry tomatoes, halved (optional)

Preheat oven to 400°F. Combine fennel, olive oil, garlic, thyme, and crushed red pepper in large bowl; toss to coat. Spread fennel out in baking pan; sprinkle with coarse kosher salt and pepper. Roast fennel 15 minutes. Using tongs, turn wedges over. Continue to roast until tender, turning 1 more time, about 20 minutes. Sprinkle olives (and tomatoes) over fennel. Roast until fennel begins to brown at edges, about 8 minutes longer.

Honey Mustard Soy Marinade/Glaze (excellent for baked chicken)

(1/2 cup) soy sauce
(1/4 cup) honey
1 1/2 tablespoons wholegrain mustard
4 garlic cloves, crushed
thyme (optional)

Celery, Carrot, Beet Salad

1 cup sliced beets
1/2 cup sliced celery
1/2 cup sliced carrots
1 1/2 Tbsp red wine vinegar
2 tsp extra virgin olive oil
dash salt
dash freshly ground pepper

Recipes (2006)

Calico Beans

12 oz. bag veggie crumbles (or 1 lb. organic ground beef)	1 tsp. mustard
1 small to medium onion chopped	1 tsp. Worcestershire sauce
1/2 green pepper chopped	1 (16 oz.) can kidney beans, partially drained
1/2 cup ketchup (8 oz. can roasted diced tomatoes)	1 (16 oz.) can butter beans, drained
2 tsp. apple cider vinegar	1 (16 oz.) can vegetarian baked beans (pork 'n beans)

Put all ingredients in crock-pot on low for 3 – 4 hours (longer is often even tastier) or bake in oven @ 375° for 30-40 minutes. When doubling the recipe for use in a large crock-pot, I often use a 16 oz. can of corn instead of a second bag of veggie crumbles. If using ground beef, brown with onion and green pepper, drain off grease, and continue as above. If using pork 'n beans, take out the piece of fat. ENJOY!

Mushroom Lentil Soup (Crock-Pot)

2 cups chopped celery	2 cans condensed cream of mushroom soup (Amy's Organic Soup is excellent)
2 medium onions chopped	2 teaspoons beef/vegetable bouillon
4 medium carrots sliced (with vegetables, more is okay)	6 cups water
1/2 cup snipped parsley (or 1/8 cup flakes)	
1 pound dried lentils	Cook on low (8-10 hours)

Real French Dressing

1 t. salt	2 T. lemon juice
2 t. ground mustard (powder)	2 – 4 cloves garlic crushed
2 t. ground white pepper	1/2 cup apple cider vinegar
2 t. onion powder	1 1/2 c. oil (3/4 cup olive oil and 3/4 cup canola)
1 T. Worcestershire sauce	

An empty canola plastic bottle works well for shaking and storing the dressing.

Three-beans, rice, and veggies

1 red pepper chopped	1 cup brown or basmati rice cooked
1 cucumber chopped	
4 stalks celery chopped	fresh basil
4 carrots chopped	cumin powder
1 16 oz. can 3-bean salad	“Real French Dressing”