

Recipes for AhealthyU

Quinoa and Plants for Breakfast, Lunch, or Dinner

Ingredients:

2 cups quinoa and 3.5 cups water (or substitute w vegetable broth or chicken broth)
1 large sweet potato cubed and roasted
2 medium crunchy apples cubed
1 cup fresh kale chopped
bunch fresh parsley (or other herbs)
bunch fresh mint (or other herbs)
2 lemons
olive oil
salt
pepper

Instructions:

Turn oven to 400 degrees F.

Pour quinoa into a strainer and quickly rinse it off and drain.

Place a medium sized sauce pan over high heat and toast the quinoa in the dry pan.

Move the pan constantly for about 2 minutes until you achieve a nutty fragrant smell. Be careful not to burn.

Add 3 ½ cups water (or you can use vegetable to chicken broth) to the pot with the quinoa.

Add ½ tsp Kosher salt

Stir. After it the mixture comes to a boil, lower the heat to a simmer, place a lid on the pot and allow to cook for 15 minutes. Remove from heat and let sit covered for another 5 minutes.

While the quinoa is cooking, do your chopping.

Wash and dice the sweet potato into ½ inch cubes.

Place sweet potato on a baking sheet lined with parchment paper. Sprinkle olive oil and salt and pepper on top. Be generous but don't soak. Place baking sheet in the oven on top rack.

Wash and dice the apples into ½ inch cubes.

Roll and slice the kale to create long strips.

Roughly chop the herbs—stems are good too! Don't overthink the herb preparation. Make the dressing: juice two lemons and about ¼ cup olive oil add salt and pepper. Mix together with a fork. Set aside.

Once quinoa has cooked and is fluffy and the sweet potatoes are browned (neither have to cool), place all ingredients together in a large bowl, mix and stir in the dressing.

Taste and add more lemon, oil, salt and pepper to your liking.

Can store covered in a refrigerator for several days. Eat cold or room temperature for breakfast, lunch, or dinner, alone or with fish, tofu, eggs, over salad.

Pan Seared Salmon

Ingredients:

Two 4-6 ounce salmon filets with skin on
salt

pepper

lemon (optional)

chopped Italian parsley (optional)

canola or safflower oil

heavy bottomed pan that can go in the oven such as a cast iron skillet, a Dutch oven, or a sauté pan

Preparation:

Heat oven to 350 degrees

Dry salmon filets lightly with a paper towel. Sprinkle with salt and pepper. Place skillet on high heat for a few minutes until pan is hot. Add about 2 teaspoons oil. Cover bottom of skillet with oil. After about 30 seconds, place salmon filets in pan, skin side down. Cook for about 3 minutes until skin is brown and crispy. Flip and heat for another 2-3 minutes. Place pan in the oven for about 2-5 minutes until cooked to your liking. Salmon can be served rare or medium rare. Sprinkle with fresh lemon juice and fresh Italian parsley for serving if you like. Eat over Quinoa.