

Grilled Fish Tacos (makes 12 tacos)



Ingredients

1 tsp. ground cumin	½ c. cilantro, chopped
1 Tbsp. dried oregano	2 (3 oz.) Alaska longline cod, thawed frozen or fresh
1 Tbsp. chili powder	5 cups shredded green cabbage
1 ½ tsp. salt	Oil for grill or heavy pan
½ c. olive oil	12 corn tortillas & optional toppings of choice

Directions

1. Stir together spices, salt, olive oil and cilantro
2. Rub spice mixture on both sides of fish and refrigerate 20 minutes
3. Toss together cabbage with 1 ½ tsp. salt, let sit 20 minutes
4. Pat dry fish. Lightly oil and heat grill or pan on medium-high heat. Cook fish 3-5 minutes without moving, carefully flip and grill or cook in pan additional 4-5 minutes. Fish should flake lightly. Transfer fish to platter, flake with fork, and have family or guests make own tacos using cabbage and optional toppings.

Per serving 184 calories; 1 g saturated fat; 6 g unsaturated fat; 60 mg cholesterol; 14 g carbohydrates; 15 g protein; 404 mg sodium; 3 g fiber adapted from *Power Foods* by Whole Living Magazine

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Autumn Apple Chops (serves 4)



Buy local organic pastured pork (source Buy Fresh, Buy Local & www.localharvest.org)

Ingredients

4 loin pork chops
1 Tbsp. flour
2 tsp. organic butter
½ onion, sliced
1 c. apple cider (local)

Directions

1. Season flour with a little salt & pepper, lightly flour pork chops and brown on one side in butter
2. Turn chops; stir in onion and apple cider. Bring to boil, lower heat, cover simmer 8 minutes

Per serving 220 calories; 25 g protein; 8 g fat; saturated fat 3.5 g; cholesterol 70 mg; sodium 55 mg

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Garlic Pasta (makes 6 servings)



Ingredients

- 4 garlic cloves, minced
- 1 pound cooked whole wheat spaghetti
- 2 Tbsp. extra-virgin olive oil
- 1 tsp. red pepper flakes
- 1-1/4 teaspoons salt (or to taste)
- 1 cup fresh parsley, chopped
- 1 ounce Parmesan cheese, freshly grated

Directions

1. Mince garlic cloves and sit for 10 minutes to maximize amount of allicin
2. Cook pasta per package directions.
3. Heat oil in a large saucepan over medium heat, add garlic, red pepper flakes, and chopped parsley, gently cook for 30 seconds, making sure it doesn't brown.
4. Drain cooked pasta and toss with olive oil mixture.
5. Toss w freshly grated cheese. Serve with a fresh salad of fall salad greens.

Per serving 270 calories; 7 g fat; 57 mg cholesterol; 49 mg sodium; 42 carbohydrates; 9 g protein
recipe adapted from www.caloriecount.com

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Cauliflower, Brussels Sprout, Red Beans with Lemon & Mustard (makes 4 servings)



Ingredients

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| 1 medium cauliflower | 2 tsp. Dijon mustard |
| 2 Tbs. fresh lemon juice | 1/4 c. water, stock or drained cooking liquid from accompanying grain (optional) |
| 2 Tbsp. extra virgin olive oil | 3/4 lb. Brussels sprouts, trimmed, quartered |
| 1 canned beans, drained and rinsed | Salt and pepper to taste |
| | 2 Tbs. chopped fresh dill |

Directions

1. Quarter and core cauliflower, slice thin
2. Whisk together the Dijon mustard, lemon juice, 1 Tbsp. of the olive oil, and water or stock in a small bowl and set aside. 3. Heat olive oil over medium-high heat in a well-seasoned wok or large heavy nonstick skillet. Add cauliflower and sprouts and cook stirring often for 5 minutes, until vegetables are seared and beginning to soften. 4. Add salt & pepper and continue to cook for another 5 minutes, until just tender and flavorful. 5. Add the beans, dill & lemon-mustard mixture to warm. Remove from heat.

Per serving 237 calories; 6 g fat; 0 mg cholesterol; 315 mg sodium; 12 g fiber; 12 g protein.
Martha Rose Shulman, Recipes for Health, NYTimes.com

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Quick Bean Burgers (4 burgers)

Easy enough for kids to make



Ingredients

1 clove garlic, minced set aside 10 minutes 1 16 oz. black beans, drained & rinsed
1 large egg ½ c. leftover cooked rice, barley or panko crumbs
2 green onions 2 Tbsp. fresh cilantro
¼ tsp. ground cumin ¼ tsp. dried oregano
1 tsp. olive oil salt & pepper to taste

Directions

1. Mash black beans in a bowl.
2. Beat egg in a large bowl. Add beans, rice, barley or bread crumbs, green onions, cilantro, garlic, cumin oregano, olive oil and mix until well blended.
3. Divide into 4 portions and form into patty about ¾-1 inch thick.
4. Heat skillet and heat to high for two minutes. Add the patties to the dry pan. Cook until browned on both sides and heated through, 4-5 minutes on each side. Serve alone or on buns with your favorite toppings.

Aviva Goldfarb of *The Six O'clock Scramble*

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Walnut & Rosemary Oven-Fried Chicken

(4 servings)

Ingredients

¼ c. low-fat buttermilk 2 Tbsp. Dijon mustard
4 (6 oz.) organic chicken cutlets 1/3 c. panko (Japanese breadcrumbs)
1/3 c. finely chopped walnuts 2 Tbsp. grated fresh Parmesan cheese
¾ tsp. fresh rosemary ¼ tsp. kosher salt
¼ tsp. freshly ground black pepper cooking spray

Directions

1. Preheat oven to 425 degrees.
2. Combine buttermilk and mustard in a shallow dish, add chicken and turn to coat.
3. Heat a small skillet over medium-high heat. Add panko and cook 3 minutes or until golden, stirring frequently. Combine panko, nuts, and next 4 ingredients in a shallow dish. Remove chicken from buttermilk mixture and dredge in panko mix.
4. Arrange a wire rack on a large baking sheet; coat rack with cooking spray. Arrange chicken on rack; coat chicken with cooking spray. Bake for 13 minutes.

Per serving 291 calories; 8 g fat; 100 mg cholesterol; 470 mg sodium; 43 g protein

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Honey Balsamic-Glazed Chicken (Serves 4)



Ingredients

4 4 oz. boneless skinless chicken breast halves (buy fresh, local poultry)
¼ tsp. salt
½ tsp. coarsely ground fresh black pepper
1 ½ c. white whole wheat flour
Honey Glaze: 3 Tbsp. balsamic vinegar, 2 Tbsp. local honey and ¼ c. chicken stock

Directions

1. Mix together balsamic vinegar, honey, chicken stock and set aside.
2. Pound each chicken breast with a meat mallet until ¼ inch thick. Season with salt and pepper.
3. Spread flour on a small plate. Dredge the chicken with flour. Lightly coat a large sauté pan with oil spray. Sear the chicken breast on each side over medium-high heat. Deglaze the pan with the honey glaze. Reduce to medium-low heat. Cook about 3-5 minutes or until internal heat is 165 degrees.

Per Serving 185 calories; 3 g fat; 73 mg cholesterol; 185 mg sodium; 11 g carbohydrates; 27 g protein from Canyon Ranch *Nourish* by Scott Uehlein

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Alaska Salmon with Garlic & Herbs (Serves 4-6)



Home delivery of Alaska salmon, www.sitkasalmonshares.com

Ingredients

1 lb. wild Alaska salmon 2 cloves garlic ½ tsp. sea salt
¼ tsp. pepper 1 Tbs. olive oil 1 Tbs. fresh herbs

Directions

1. Preheat a pan to medium-high heat. Once pan is hot, spray it with olive oil. Brush salmon with olive oil, salt and pepper. 2. Sear salmon skin side up for 3 minutes, then flip and sear for another 3 minutes on the other side. 3. Let fish rest for 5 minutes before serving. Top with fresh garlic and herbs, remove skin (optional) and enjoy.

Per serving 223 calories; 13.5 g fat; 335 mg sodium; 1 g carbohydrate; 24 g protein

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Savory Kale, Cannellini Bean & Potato Soup

(3 quarts)



Ingredients

2 Tbs. extra-virgin olive oil	1 onion, diced	1 tsp. chopped fresh rosemary
3/4 c. diced carrot	4 cloves garlic, minced	1/2 tsp. fresh sage, chopped
3 c. low sodium chicken stock	2 c. water	1 (16 oz) cannellini beans
1 c. white wine	3 potatoes, halved, sliced	1 small red chili pepper, seeded, chopped
2 c. finely chopped kale leaves		Salt and pepper to taste
1/2 tsp. fresh chopped thyme		

Directions

1. Heat oil in a large Dutch oven over medium heat; cook and stir onion until soft and translucent, about 5 minutes. Stir in carrot and garlic, cook for 5 minutes more. 2. Pour in the chicken broth, water and wine; stir in potatoes, rosemary, and sage. Bring to a boil then reduce heat to medium-low, cover and simmer until potatoes are tender about 20 minutes. Add beans, kale, chili pepper, pepper and salt, simmer for 15 minutes more.

Per serving 262 calories; 5.4 g fat; 2 mg cholesterol, 7 g fiber; 245 mg sodium; 39 g carbohydrates; 8 g protein
from Allrecipes.com

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Pasta with Greens, Tomatoes & Cheese (4-6 servings)



Ingredients

1 lb. fusilli pasta	salt for cooking pasta
2 tsp. olive oil	2 garlic cloves, sliced (sit 10 minutes)
1 can diced no-salt tomatoes	1/2 lb. chard, coarsely chopped
6 oz. goat cheese, thickly sliced	1/2 c. walnut halves, toasted
1/4 c. Parmigiano-Reggiano cheese, grated	

Directions

1. Bring 4 quarts water to a rolling boil, covered, in stockpot. Add 2 tsp. salt and pasta, stir to separate, and cook until al dente. Drain pasta and save 1 cup pasta water.
2. In large nonstick skillet over medium heat, heat oil, add garlic, diced tomatoes, chard. Cover the pan and simmer, stirring occasionally and cook until chard is tender.
3. Return pasta to pot; stir in goat cheese and 1/2 cup of saved cooking water. Add the chard and tomato mixture, walnuts, and cheese; stir to combine. Add extra 1/2 cup pasta water to loosen sauce if needed.

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