

Culinary Comforts Class

August 2019

“Sounds Fishy”

Watermelon & Cherry Salad

Ingredients:

½# fresh cherries, pitted

¼# fresh raspberries

1 ¼# watermelon, sliced thinly

½ cup Pomegranate seeds

1 tsp. finely grated orange zest

3 Tbsp. Orange juice

1 Tbsp. Lime juice

1 Tbsp. Pasteurized honey

1/3 cup champagne vinegar

1 Tbsp. Olive oil

Arugula, 3 cups

Optional: feta cheese, crumbled & fresh mint leaves

Directions:

Arrange arugula on a platter and top with the fresh fruit.

Prepare dressing: Combine juices, honey, oil & vinegar.

Drizzle dressing over the fruit & arugula.

Optional: Garnish salad with crumbled feta and mint leaves.

Serves: 4

Fish Tacos with Corn Salsa

Ingredients:

12 oz. white fish fillet (such as tilapia)
Cooking spray
¼ tsp. Sea salt
¼ tsp black pepper
1 cup prepared salsa or Pico de Gallo
½ cup fresh corn, kernels removed from cob (about 2-3 ears)
12 corn tortillas, warmed
2 cups pre-shredded slaw (cabbage, red cabbage, carrots)
1 avocado, sliced
¼ cup fresh lime juice (about 2 limes)

Directions:

Preheat broiler. Mist fish with cooking spray, season with salt & pepper and place on foil-lined baking sheet.
Broil fish for about 8 minutes, until its internal temperature reaches 145 degrees F. Cut cooked fish into strips.
Mix salsa with corn. Serve cooked fish in tortillas topped with corn salsa, broccoli slaw and avocado.
Drizzle with lime juice.

Serving size: 3 tacos

Serves: 4

Calories: 390, Fat: 11 g, Sodium: 380 mg, CHO: 54 g, fiber: 9 g,
Protein: 23 g

Pinto, Black, & Red Bean Salad with Corn & Avocado

Ingredients:

1 cup halved heirloom grape or cherry tomatoes
3 ears shucked corn, kernels removed from the cob
1 medium white onion, cut into ¼" thick slices & chopped
1 jalapeño pepper, finely chopped
1 Tbsp. Olive oil
Cooking spray
1/3 cup chopped cilantro
1/3 cup lime juice
1 (15 oz.) can no-salt added pinto beans, rinsed & drained
1 (15 oz.) no salt added black beans, rinsed & drained
1 (15 oz.) no salt added kidney beans
2 diced peeled avocados

Directions:

In a medium sauté pan, add 1 Tbsp. Olive oil & sauté the onion until translucent & then add the corn kernels & jalapeño. Cook until corn gets cooked through.

Place tomatoes in a large bowl. Add the corn mixture.

Add the cilantro & beans; toss well. Add salt to taste, if needed.

Top with avocado.

Serves: 12 (2/3 cup serving)

Calories: 141, Fat: 6.4 g, Protein: 5 g, CHO: 18.2 g, Fiber: 6.8 g, Sodium: 210 mg

Guacamole with Corn Chips

Ingredients:

3 avocados, ripe
1 lime
1/8 tsp salt
1/2 red onion, finely minced
1 clove garlic, minced
Grapes tomatoes, 6, cut in half
Corn Tortilla Chips for dipping

Directions:

Carefully cut around the whole avocado and gently remove skin intact to be reserved to use as serving the avocado (note: if this does not work out ok, just serve in a small plastic serving cup).

Mash avocado to a smooth texture; add lime juice, Add red onion (start with 1 Tbsp. And see if more is needed depending on the desired taste) & garlic.

To serve: Doll-up guacamole into a half of the skin and top with 1/2 of grape tomato & insert a chip. Serve extra chips on the side.

Serves: 6

Roasted Pear with Crumble Topping

Ingredients:

2 medium red pears, halved lengthwise
2 tsp. Butter, melted
¼ tsp. Vanilla
¼ cup rolled oats
2 tbsp. coarsely chopped pecans
1 Tbsp. Pasteurized honey
¼ tsp. Salt
1/8 tsp. ground cinnamon
½ cup vanilla ice cream or gelato

Directions:

Preheat oven to 400 degrees F. Line a 15 x 10 inch baking dish with parchment paper. Brush cut sides of pears with 1 tsp. Butter. Place cut sides down, in one side of prepared pan. Roast 15 minutes.

Meanwhile, in a small bowl, stir together remaining 1 tsp. Butter & vanilla.

Stir in oats, pecans, honey, salt & cinnamon. Place in pan next to pears.

Roast 8 to 10 minutes more until pears are tender & oat mixture is golden, stirring oat mixture once. Cool slightly.
Serve pears & oat mixture with ice cream or gelato.

Serves: 4