

COOKING FOR WELLNESS

May 2021 Recipes



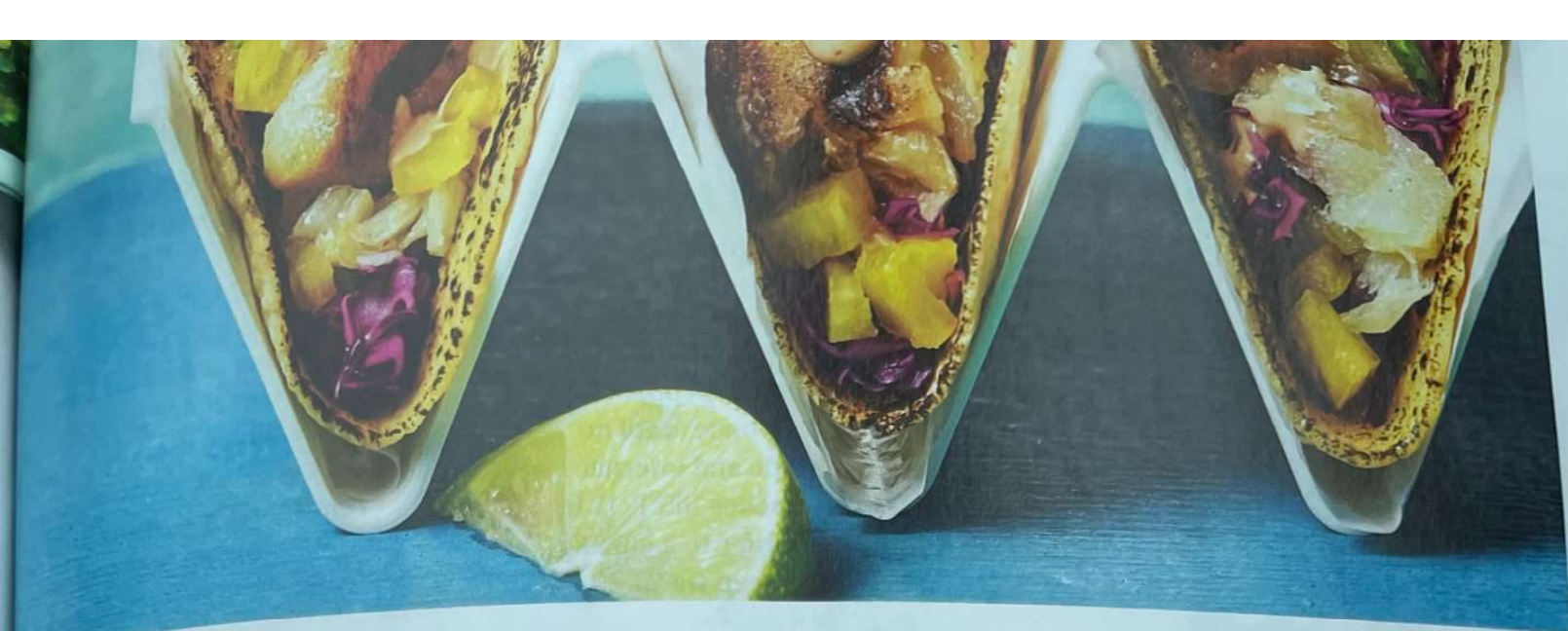
COOKING FOR WELLNESS

May 2021 Recipes

All May 2021 recipes are from Clean Eating Magazine.

Recipes and nutrition information available online:

- <https://www.cleaneatingmag.com/recipes/smoky-cauliflower-tacos-avocado-crema-recipe/>
- <https://www.cleaneatingmag.com/recipes/mexican-harvest-salad-recipe/>
- <https://www.cleaneatingmag.com/recipes/grilled-haddock-tacos-chipotle-mayo-recipe/>



GRILLED HADDOCK TACOS with Chipotle Mayo

Q GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

Meaty haddock meets smoky chipotle sauce in these tasty tacos, but the unsung hero is the quick-pickled cabbage that lends a bit of sour crunchiness and elevates all the other flavors.

- 1 cup finely sliced red cabbage
- 2 tsp organic evaporated cane juice (aka organic cane sugar) (**TRY:** Wholesome Organic Cane Sugar)
- 1 tsp sea salt, divided
- ½ cup apple cider vinegar
- ⅓ cup olive oil mayonnaise
- 1½ tbsp chopped chipotle pepper in adobo sauce
- 1 tbsp fresh lime juice
- 1 lb haddock fillet (or other firm white fish)
- 1 tsp extra-virgin olive oil
- 1 tsp paprika
- ¼ tsp ground black pepper
- 8 4-inch corn tortillas
- 1 cup diced pineapple

1. Preheat a greased grill or grill pan to medium-high.

2. Prepare pickled cabbage: To a medium glass or ceramic bowl, add cabbage. Sprinkle with cane juice and three-quarters of salt. Massage cabbage to incorporate ingredients, 1 minute. Pour in vinegar; cover loosely and set aside.

3. Prepare mayo: In a small bowl combine mayonnaise, chipotle pepper and lime juice. Set aside.

4. Brush haddock all over with oil; sprinkle with paprika, pepper and remaining one-quarter of salt. Grill fish, flipping once, until opaque and flakes easily, 4 to 5 minutes per side. (**TIP:** If cooking fish on an outdoor grill, use a grilling basket for easy flipping.)

5. Place tortillas on grill and cook, flipping once, until softened and lightly charred, 20 seconds per side. Transfer to a plate and wrap in a clean kitchen towel. (**NOTE:** Do not overcook tortillas or you'll end up with chips.)

6. Break fish into bite-size pieces; divide evenly among tortillas. Top with chipotle mayo, drained pickled cabbage and diced pineapple. (**TIP:** Transfer any leftover pickled cabbage and brine to a clean jar; refrigerate for up to 1 week. Try it in your next quinoa bowl!)

PER SERVING (¼ of recipe): Calories: 320, Total Fat: 17 g, Sat. Fat: 2 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 9 g, Carbs: 21 g, Fiber: 3 g, Sugars: 6 g, Protein: 20 g, Sodium: 633 mg, Cholesterol: 65 mg

SMOKY CAULIFLOWER TACOS

with Avocado Crema

Q V GF

SERVES 4.

HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 30 MINUTES.

Grilled cauliflower florets stay meaty-firm, giving them great texture under a blanket of gooey cheese and zesty avocado-lime crema.

- 1 small head cauliflower, broken into florets
- 4 tsp extra-virgin olive oil, divided
- 1 tsp smoked paprika (TRY: Simply Organic Smoked Paprika)
- ½ tsp ground cayenne pepper
- ½ tsp sea salt, divided
- 3 ears corn, husked
- ¼ cup full-fat sour cream
 - 1 avocado, peeled, pitted and halved, divided
 - 1 lime, juiced
- 8 4-inch corn tortillas
- ⅓ cup shredded Monterey Jack cheese
- ½ cup fresh cilantro, optional

1. Preheat a greased grill or grill pan to medium-high.

2. In a large bowl, toss cauliflower florets with one-half of oil until well coated. Add paprika, cayenne and one-half of salt; toss to coat. Rub corn with remaining one-half

of oil. Grill cauliflower and corn, turning occasionally until softened and lightly charred, 12 to 16 minutes. (TIP: If your barbecue grates are widely spaced, use a grilling basket to prevent cauliflower from falling through.)

3. Meanwhile, in a small blender, combine sour cream, one-half of avocado, lime juice and remaining one-half of salt; blend until smooth.

4. Place tortillas on grill and cook, flipping once, until softened and lightly charred, 20 seconds per side. Wrap tortillas in a clean kitchen towel to keep warm. (NOTE: Do not overcook tortillas or you'll end up with chips.)

5. Remove corn kernels from the cob using a sharp knife. Transfer cauliflower from grill to a bowl and immediately top with cheese. Cover dish to create steam and help melt cheese. Thinly slice remaining one-half of avocado. Divide cauliflower and corn among tortillas. Top each taco with avocado slices, corn kernels, avocado crema and cilantro (if using).

PER SERVING (¼ of recipe): Calories: 325, Total Fat: 19 g, Sat. Fat: 5 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 37 g, Fiber: 8 g, Sugars: 7 g, Protein: 9 g, Sodium: 348 mg, Cholesterol: 15 mg

WORLD'S HEALTHIEST TACO

Tacos don't get much healthier than this vegetarian variation! Its star ingredient, cauliflower, a cruciferous vegetable, is low in carbs, fibrous, and rich in folate and vitamins C, E and K – this means it'll keep you full on a limited number of calories while still packing a hefty nutritional punch. Don't skip the crema – it's made with avocado, famously nutritious and rich in heart-healthy fats. ©

3. Meanwhile, in a small saucepan of boiling water, cook edamame until tender, about 3 minutes. Rinse under cold water and drain well.

4. Chop cabbage into 1-inch pieces and place in a large bowl. To bowl, add bok choy, edamame, bell pepper and carrot. Add dressing and toss to coat. Sprinkle with almonds.

MAKE AHEAD: Cover and refrigerate assembled salad for up to 3 days. Alternatively, make dressing and blanch edamame up to 3 days ahead and store in separate airtight containers in the fridge. All of the remaining vegetables can be prepped up to 2 days ahead and refrigerated in an airtight container.

PER SERVING (1/6 of recipe): Calories: 255, Total Fat: 20 g, Sat. Fat: 2.5 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 3 g, Carbs: 14 g, Fiber: 5 g, Sugars: 6.5 g, Protein: 7 g, Sodium: 408 mg, Cholesterol: 0 mg

Mexican Harvest Salad

V GF

SERVES 6.

HANDS-ON TIME: 35 MINUTES.

TOTAL TIME: 1 HOUR, 5 MINUTES.

Queso fresco is a soft, mild cheese that you'll find in Mexican or Latin American markets. Alternatively, use a mild feta – it's brinier and a bit more assertive but just as delicious.

DRESSING

- 1/2 cup extra-virgin olive oil
- 2 large limes, zested and juiced
- 2 tbsp chopped BPA-free canned chipotle peppers with adobo sauce
- 1 tbsp raw honey

SALAD

- 1 1-lb butternut squash, peeled, seeded and cubed
- 8 oz organic tempeh, cubed
- 2 tbsp extra-virgin olive oil
- 3/4 cup apple cider vinegar
- 1 tbsp raw honey
- 1/2 red onion, sliced
- 6 cups mixed baby lettuces
- 1 14-oz BPA-free can black beans, drained and rinsed (**TRY:** Eden Organic Black Beans)
- 1 avocado, sliced
- 1/3 cup crumbled queso fresco or mild feta cheese

1. Make dressing: In a blender, purée all dressing ingredients. Set aside.

2. Make salad: Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper. In a large bowl, toss together squash, tempeh and oil. Spread on sheet. Roast until squash is tender, about 30 minutes.

3. Meanwhile, in a small saucepan, bring vinegar and honey to a simmer on medium-high. Add onion and remove from heat. Let stand about 15 minutes. Drain and set aside.

4. Place lettuces on a platter or in a large bowl. Top with squash mixture, beans, avocado and pickled onion. Drizzle with dressing and sprinkle with cheese; toss just before serving.

MAKE AHEAD: Make dressing and pickled onions up to 3 days ahead; store in separate airtight containers in the fridge. The squash and tempeh can be roasted up to 2 days ahead and refrigerated in an airtight container. Assemble before serving.

PER SERVING (1/6 of recipe): Calories: 473, Total Fat: 34 g, Sat. Fat: 6 g, Monounsaturated Fat: 23 g, Polyunsaturated Fat: 5 g, Carbs: 31 g, Fiber: 10 g, Sugars: 6.5 g, Protein: 15 g, Sodium: 192 mg, Cholesterol: 5 mg