

Recipes

Greek Salad Dressing

½ cup olive oil
¼ cup red wine vinegar
½ tsp dried oregano
1 glove garlic minced or pressed
¼ tspn salt
1/8 tspn pepper

Combine all ingredients in jar or bowl and shake or stir to blend

Italian Salad Dressing

6 tbspn extra virgin olive oil
2 tbspn white vinegar
2 tbspn chopped fresh flat-leaf parsley
Juice of half a small to medium-sized lemon
1 tspn dried basil
1/8 tspn dried oregano
2 cloves fresh garlic minced
1/4 tspn salt
1/8 tspn pepper

Combine all ingredients in an air-tight container with a lid, and shake to combine.
Refrigerate leftovers, and use for up to one week.
When using leftovers, be sure and remove from refrigerator at least thirty minutes or so ahead to allow the olive oil solids to melt.

Salsa

2 pounds plum tomatoes (this variety has less seeds)
1 large onion, white or yellow
2 large gloves of garlic minced or pressed
1-2 red or yellow bell peppers or 2-3 tomatillos
1-2 jalapeno peppers (the more, the spicer! You can use less if spicy isn't your thing)
1 lime squeezed for juice
Salt, pepper and chopped fresh cilantro to taste

You can spend a good 30 minutes finely chopping all the veggie or just use a food processor or chopper to cut prep time down to about 10 minutes. Once you've chopped away, add lime juice, pepper and salt to taste. Experiment with different peppers or the tomatillos to see which you love best.

Your fresh salsa will keep in the fridge for up to a week.

Mashed Cauliflower

1 head cauliflower
1 tbsp extra virgin olive oil
¼ tspn salt
¼ tspn pepper

Clean cauliflower and break into pieces
Steam for 15 minutes or until soft
Put in blender with a little bit of water from pot and puree.
Add olive oil, salt and pepper and puree again.
Serve warm.

Baked White Fish

1-2 pieces of Haddock or Pollock
1 Lemon
Extra Virgin Olive Oil
Salt and Pepper

Take a large piece of tinfoil twice the size of fish.
Cut lemon into slices and place on aluminum foil.
Place fish on top of lemon slices
Lightly drizzle olive oil over fish
Sprinkle pepper over fish and a pinch or two of salt.
Seal up tinfoil
Bake in oven at 325 degrees for approximately 20-30 minutes depending on size of fish.
Fish is done when starts to flake apart

Chicken Fajitas with Lettuce Wraps

16 oz boneless skinless chicken breasts
1 red bell pepper, cut into strips
1 green or poblano pepper, cut into strips
1 medium onion, cut into strips
3 tbsp lime juice
1 tsp ground cumin
1 tsp garlic powder
pinch ancho or chili powder, to taste
salt and pepper to taste
2 tsp olive oil

Marinate the chicken with lime juice, and season with chile powder, salt, pepper, garlic powder and cumin.
Season vegetables with salt and pepper and toss with olive oil.
To grill the onions and peppers outside on the grill, use a cast iron skillet and grill covered over medium heat until tender, about 15 minutes. Or, to cook them

indoors, you can use a large skillet on the stove over medium heat for 16 to 18 minutes, covered until the onions and peppers are soft.

Heat an outdoor grill or indoor grill pan over medium heat; grill chicken until cooked through, about 8 minutes on each side.

Transfer to a cutting board when done and cut into strips. Once cooked, combine with the peppers and onions.

Serve immediately with butter or romaine lettuce leaves as wrap

Vegetable Frittata

1/2 tablespoons olive oil

1. cup diced zucchini

1/2 cup chopped red bell pepper

1/3 cup chopped onion

1. tablespoon chopped fresh thyme

1/2 teaspoon salt, divided

1/4 teaspoon freshly ground black pepper, divided

2. garlic cloves, minced

1/2 cup chopped seeded tomatoes

9 large eggs

Heat olive oil in a 10-inch nonstick broiler-proof skillet over medium heat. Add zucchini, bell pepper, onion, thyme, 1/4 teaspoon salt, 1/8 teaspoon black pepper, and garlic. Cover and cook 7 minutes or until vegetables are tender, stirring occasionally. Stir in tomato. Cook, uncovered, for 5 minutes or until liquid evaporates.

Combine eggs, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon black pepper in a medium bowl; stir with a whisk until frothy. Pour egg mixture into pan over vegetables, stirring gently. Cover, reduce heat, and cook 15 minutes or until almost set in the center.

Preheat broiler.

Broil frittata 3 minutes or until set. Invert onto a serving platter; cut into 8 wedges.

Garlic & Spinach Soup

2 Heads garlic

2 tspn extra virgin olive oil

5 cups vegetable broth

4 cups chopped fresh spinach

Preheat oven to 425 degrees

Peel garlic and cut off ends, place on aluminum foil on baking sheet, drizzle olive on top of garlic and sprinkle salt and pepper on. Fold foil over garlic to completely enclose it and roast in oven for 45 minutes or until garlic is completely soft and lightly browned

When cool enough to handle squeeze garlic pulp into a medium size sauce pan.

Add broth and stir well to combine

Simmer for 15 minutes on low-medium heat until broth has heated.

Just before serving stir in spinach and simmer on low heat until wilted about 4 minutes.

Stir vigorously and serve hot.

Can be Tomato Sauce or Soup

Tomatoes

Onions

Garlic

Extra Virgin Olive Oil

Spices: I.e. Oregano, basil, salt pepper, etc.

How many of each you use depends on how much you want to make and what flavors you want

Cut tomatoes and onions in chunks...size does not matter. Add whole cloves of garlic (as much as you like) (same with onions)

Add any or all Italian spices you like , lightly drizzle in olive oil and roast at 350 until soft and ready to purée.

I set the timer for 15 minuets and toss then return to oven for another 15.

Purée when finished. Again how much you blend them depends on if you want sauce or soup and how chunky.

Also option to put some pesto when pureeing.