

Healthy Start: Eat your Superfoods!

May 2010

Menu:

Roasted Sweet Potatoes with Creamy Spinach Pesto Dip
Ancho Chili Rubbed Salmon Tacos with Black Bean-Mango Salsa
Creamy Curry Broccoli Salad with Walnuts & Sunflower Seeds
Superfood Granola Parfaits



Roasted Sweet Potatoes with Creamy Spinach Pesto Dip

serves 4-6

3 lbs sweet potatoes, cut into wedges (leave the skins on!!)

olive oil

salt and pepper

2 cups baby spinach leaves, packed

1/2 cup basil, packed

1 clove garlic

1 tsp red chili flakes

1/4 cup grated parmesan

1/2 cup greek yogurt

2 tbl olive oil

***** Preparation ******

Preheat oven to 450 degrees. Toss the potato wedges with olive oil, salt and pepper. Spread out onto a baking sheet and roast until golden and tender. Let cool for 5-10 minutes before serving (this will help them hold their shape).

Blend together the spinach, basil, garlic, red chili, parmesan, yogurt and olive oil. Blend until smooth and season with salt and pepper.

Serve the potato wedges with pesto for dipping.

Ancho Chili Rubbed Salmon Tacos with Black Bean-Mango Salsa

makes 8 tacos

for the salsa:

1 15-oz can black beans, rinsed and drained
1 mango, peeled and finely diced
1/4 cup finely diced red onion
1/4 cup chopped cilantro
1 tsp honey
1 lime, juiced
1/2 cup finely chopped poblano chili
salt and pepper

for the tacos:

1 tbl ancho chili powder
1 lime, zested
1 clove garlic, grated
olive oil, as needed
1 1/4 lbs salmon fillet
8 corn tortillas
1 1/2 cup finely shredded purple cabbage

***** Preparation ******

For the salsa:

Mix together the black beans, mango, red onions, cilantro, honey, lime juice and poblano chili. Season with salt and pepper and let sit for 20-30 minutes at room temperature before serving.

For the tacos:

Heat a grill pan over high heat.

Mix together the chili powder, lime zest, garlic and enough olive oil to create a paste. Rub the salmon with the mixture. Place on the grill and cook on both sides until well-marked and just cooked through.

Heat the tortillas on the grill to soften. To serve, fill the tortillas with some cabbage, some salmon and some salsa.

Creamy Curry Broccoli Salad with Walnuts and Sunflower Seeds

serves 6

8 cups small broccoli florets
1/2 cup toasted walnut pieces
1/4 cup toasted sunflower seeds
1 cup dried cranberries
1/2 cup sliced scallions
1/2 cup greek yogurt
2 tsp curry powder
1 lemon, juiced
salt and pepper

***** Preparation ******

Bring a pot of water to a boil. Add a small handful of salt. Add the broccoli and cook until bright green. Remove and place into a bowl of ice water until very cold. Drain and pat dry.

Toss together the broccoli, walnuts, sunflower seeds, dried cranberries and scallions. Stir together the the yogurt, curry powder, juice of half a lemon and some salt and pepper. Add the yogurt mixture to the broccoli and season with salt and pepper to taste.

Serve cold.

Superfood Granola Parfaits

serves 8 (with extra granola)

for the granola:

3 cups rolled oats
1/2 cup sliced almonds
1/2 cup sunflower seeds
1/2 cup ground flax seed
1/2 cup shaved unsweetened coconut
1/3 cup coconut oil
1/3 cup honey
1 orange, zested

for the parfaits:

4 cups fresh berries, any mix of blackberries, blueberries, strawberries
1 orange, juiced
1/4 cup honey
2 cups greek yogurt
1 tsp vanilla paste

***** Preparation ******

For the granola:

Preheat oven to 375 degrees. In a large bowl toss together the oats, almonds, sunflower seeds, ground flax seed and coconut. In a small pot, combine the coconut oil, honey and orange zest. Cook over low heat until melted and combined. Pour over the oat mixture and toss to coat. Spread out onto a baking sheet and bake for 30 minutes, stirring once or twice during the baking. Remove and let cool.

For the parfaits:

In a bowl, combine the berries, orange juice and honey. Mash together until well-combined. Stir the yogurt and vanilla paste together.

To serve, create parfaits with layers of the yogurt, berries and granola.