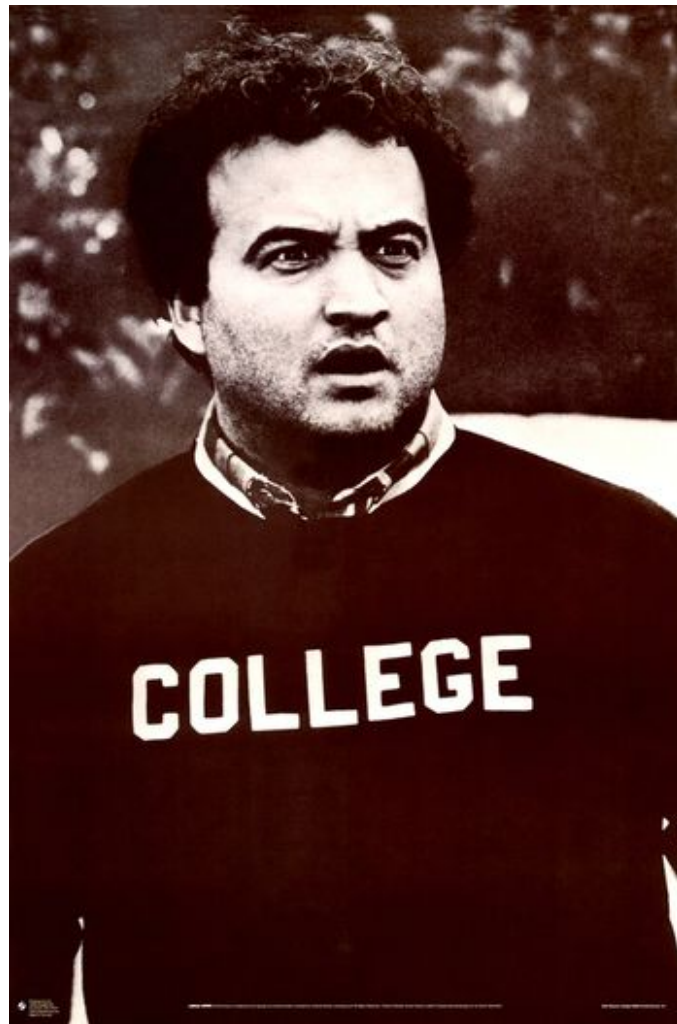


The Cookbook



by
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Chapter 1

Foreword

The following book is my tome to a successful college lifestyle. It is by no means perfect for everyone. The recipes and systematic approach in this book are meant to embody one word: simplicity. In the college world, there is such a whirlwind of things to do that sometimes retaining a shred of simplicity is the best therapy. Learning to cook is a skill that serves a dual purpose: utility, and entertainment.

For utility, it is obvious, we need to eat. We need to sustain our bodies with the correct nutrients in order to function. Every university student knows how dreadful it is to get sick. Not because you are not feeling well (although that is definitely true) but because of the classwork that you miss. You miss the natural cycle of productivity that you have built up over the past couple of weeks. A healthy diet is an irreplaceable way to make sure that you maintain this hard-earned cycle.

The term “healthy” has an incredibly misunderstood connotation when coupled with the word “diet”. These words paint a picture of calorie counting, and restricting yourself to only what you have to eat. Does that sound like fun? Does it sound tasty? No way. Well-balanced means that you should be able to have choices, and why shouldn’t these choices be tasty?

Entertainment has its own value to an individual. Do you want to impress a guest? Do you want to impress a date? It suffices to say that cooking good food is a sure way to impress someone. To develop a technique and a flair for cooking is entertaining in its own right. If you are not looking to impress other people, at least with good cooking you can entertain your tastebuds! It sounds like a trivial thing, but after one of these meals, you will never want ramen again.

Cooking has one tiny cost though. The most important commodity that anyone has is time. This is especially so for college students. Cooking takes time, and while it is worth it, it seems hard to make the time for it in a busy schedule. Another major aim of this book is to suggest prior planning that can make cooking much more efficient.

So make the time, entertain yourself, and enlighten your taste buds.

- *Arjun*

Chapter 2

Tips

Below, I give a series of helpful tips and tricks that you can use in order to make sure that you are maximizing your efficiency when you cook.

1. Get a solid Santoku knife. Really invest in a good one of these. These knives are effectively the Swiss-Army Knives of the kitchen. You can cut meat, veggies, pretty much anything with it. Make sure to get one that is of high quality and invest in re-sharpening if needed.
2. Portion oil. One of the best ways to limit oil consumption is to put olive oil in a bottle with an spout like they have in liquor bottles at bars. The tips are very inexpensive and make your food a lot less oily than if you used the provided tip from the original bottle. Plus you feel much more like a professional when you place a nice swirl of oil in the pan.
3. Plan the week's recipes. This is actually key to making efficient trips to the store. Make sure that there are at least 4 meals on the menu for the week. It can be as simple as "Make a lot of chicken and store in tupperware", but it should at least be planned out.
4. Invest in a single-serving blender. It makes breakfast shakes really easy, and can help make sauces for larger meals as well.
5. Invest in a single serving food processor. Unless you are a professional, chopping onions and garlic and peppers takes a lot of time. Roughly chop your veggies and then put them in the processor and pulse a couple times till you get the consistency you want.
6. Buy quality meat and fish. This is just a rule since meat and fish are harder to cook and generally students buy less of them. So the little bit that you do buy, make sure that they are the good stuff. Frozen chicken is still a pretty good option.
7. Don't "overspice". Spices are expensive and certainly have their place in food. However "overspicing" takes away the flavor of the ingredient itself and can really ruin a meal. Top culprits for "overspicing" are in grilled meats.
8. Milk is tough to maintain. If you do buy milk do not buy the big gallon jug unless you know that everyone in the house will drink it.
9. Prioritize your foods. When making food, try to keep in mind what would be good for lunch the next day. For instance, when making a vegetable stir-fry for dinner, leave a little left over so that you can then add chicken and some rice to the pan for a fried rice dish for lunch.

Chapter 3

Spices and Marinades

Moroccan Meat Spice

- Brown Sugar
 - Parsley
 - Cinnamon
 - Cumin
 - Garlic Powder
 - Ginger Powder
1. Toast cinnamon, cumin, garlic powder, and ginger powder in a pan.
 2. Place toasted spices and mix with brown sugar and parsley in jar
 3. Use as dry rub for steaks or mix into ground meat for burgers (see Moroccan Turkey Burgers)

Chapter 4

Sauces

Harissa

- 1 cup tomato paste
 - 2 tablespoons ginger-garlic paste
 - 1 tablespoon red chili flakes
 - 1 teaspoon salt
 - 1 teaspoon pepper
 - 3 tablespoons lemon juice
 - $\frac{1}{4}$ cup roasted red pepper (optional)
1. Heat a dry pan to medium-high heat. Then place red chili, salt and pepper in pan and roast for 3 minutes. Allow to cool effectively.
 2. * If using roasted red pepper, make sure it is blended into a paste first *
 3. In a separate bowl, mix ginger-garlic paste and tomato paste together. Add chili flake mix in and stir till mixed well.
 4. Add lemon juice to paste and stir. Store in an airtight jar in the refrigerator until serving¹²

Charmoula

- 1 $\frac{1}{2}$ cups chopped cilantro
 - 1 $\frac{1}{2}$ cups chopped parsley
 - 2 tbsp. toasted and ground cumin seeds
 - 2 cloves garlic
 - Salt, to taste
 - Black Pepper, to taste
 - Turmeric, to taste
 - $\frac{3}{4}$ Extra-virgin Olive Oil
 - 2 tbsp. Lemon Juice
1. blend all ingredients except for lemon juice in a food processor
 2. Add lemon juice and store in fridge till time to be used. Or store in an airtight jar until ready to serve alongside meat or vegetables. ³

Raita

- $\frac{1}{2}$ cup diced⁴ Cucumber
 - $\frac{1}{2}$ cup diced tomato (optional)
 - $\frac{1}{2}$ cup shredded carrot (optional)
 - 1 tablespoon black pepper
 - 2 tablespoons raita masala
 - 3 cups greek yogurt
 - 1 cup buttermilk
1. In a blender mix buttermilk, yogurt, raita masala, and pepper
 2. Add cucumber and tomato and store in airtight jar in refrigerator

¹Harissa is a condiment from Northern Africa, typically served with couscous or roasted meats

²This recipe is adapted from one that I found in a book entitled *Healthy Cooking for people who don't have time to Cook* by Jeanne Jones

³Chramoula is a cilantro-based marinade that is from Morocco and typically used for marinating meats or fish. This is a great marinade for salmon or chicken breast, but could be used for grilled vegetable skewers as well

⁴Or shredded

White Wine Sauce (Beurre Blanc)

- $\frac{1}{8}$ cup finely diced shallots
 - $\frac{1}{2}$ cup dry White Wine ⁵
 - 2 sprigs of Thyme
 - 6 tablespoons butter
 - $\frac{1}{4}$ cup heavy cream
 - Capers (optional)
1. Coat pan with 1 tablespoon of melted butter, and saute shallot for 5 minutes with a little bit of the white wine to release some of the initial flavor.
 2. Increase heat to high and add white wine. Add Thyme sprigs as well.
 3. Once wine has reduced to approximately $\frac{1}{8}$ of its previous volume, constantly whisk (on medium heat now) the sauce while adding in 1 Tbsp of butter at a time.
 4. Add heavy cream and capers and salt to finish off the sauce. Optional : before this step and adding the capers, drain out the sauce so that there are no longer any shallots in the sauce (if you want a more refined sauce.)
 5. Serve with Salmon or Grilled Chicken and pasta.

Herbed Garlic Butter

- 4 Large Garlic Cloves (Peeled)
 - 1 Tbsp Salt
 - 1 Tbsp Pepper
 - 2 Tbsp Parsley (Chopped)
 - $\frac{1}{2}$ stick of butter (unsalted)
1. Place the garlic cloves in a food processor and process till fine.
 2. In separate bowl, heat butter for 30 seconds. Mix in all other ingredients in bowl and work into melted butter with spoon or fork till well-mixed.
 3. Store in fridge to allow butter to cool to solid consistency.

Soy Ginger Marinade

- Honey
 - Soy Sauce
 - Ginger (chopped)
 - Garlic (minced)
1. Mix all ingredients together in bowl and pour over meat or veggies of choice.
 2. **Optional :** In pan, lightly fry ginger and garlic in small amount of oil and add oil to marinade as well.

⁵Chardonnay or Pinot Blanc work the best

Orange Balsamic Glaze

- Butter
 - Shallots (minced)
 - Brown Sugar
 - Orange Juice
 - Lemon Juice
 - Balsamic Vinegar
 - Salt
 - Pepper
1. In a small pot or sauce pan, melt butter till it begins to lose its foam. Then place shallots and sautee for 2-3 minutes.
 2. Mix together all other ingredients in the pot and allow to reduce while constantly stirring.
 3. Strain out shallots (optional)

Chapter 5

Brunch

Eggs in a Basket

- Slice of Bread
 - Egg
 - Butter
 - Black Pepper
 - Green Onion (optional)
1. Heat pan to medium-low, coat with small amount of butter
 2. Use cup to make hole in bread (place bread cutout aside)
 3. Crack egg into hole, and cook 1 minute until egg creates seal with bread
 4. Flip bread slice, allowing other side of the hole to be sealed with egg. Cook desired amount
 5. After cooking garnish with salt and pepper and thinly sliced green onions.

Easy French Toast

- 2 eggs (beaten)
 - $\frac{1}{4}$ cup coffee creamer (any flavor)
 - 1 Tbsp Cinnamon
 - 3 Slices Bread (Any kind)
 - Butter
1. Pour coffee creamer into beaten eggs and top with cinnamon, then beat further.
 2. Bathe bread in egg mixture and melt slice of butter in pan on medium heat. Place bread in pan and flip after 1-2 minutes.
 3. Top with nutella or syrup.

Stovetop Granola

- Butter;
 - Olive Oil;
 - Brown Sugar;
 - Nutmeg;
 - Oats;
 - Almonds (chopped);
 - Dried Cranberries;
 - Desicated Coconut (optional);
1. Heat up oil and toss oats in the pan on medium heat
 2. Cook oats until they start to brown and crisp. Place oats aside in a bowl and melt butter in same pan
 3. Place brown sugar and nutmeg in pan as well and toss in oats
 4. Let oats get coated in brown sugar mixture, then add other ingredients
 5. After cooking, let cool and store in a container for later

Banana Pancakes

- 1 Banana (diced)
 - Brown Sugar
 - Canola Oil
 - Pancake Batter
 - Salt
1. Heat the oil on medium heat. Place diced banana in pan
 2. Add brown sugar to pan and stir till pudding-like
 3. Add salt to mixture at end
 4. Stir banana mixture into pancake batter
 5. Make pancakes as normal.

Cornbread Scramble

- Cornbread (Large Chunks);
 - Butter;
 - Salsa;
 - Eggs;
 - Milk;
 - Sausage (or Chorizo);
 - Cheese;
1. In a bowl, whisk eggs milk and salsa together
 2. Place butter in a pan and allow to melt under medium heat
 3. Cook sausage thoroughly in pan and place into egg mixture
 4. Place cornbread pieces on pan, and after 2 minutes, cover in egg mixture
 5. Periodically scramble eggs in pan so as to mix cornbread and eggs
 6. Turn to low heat and top with cheese and hot sauce (optional) and cover pan for 3 minutes
 7. Serve with Tortillas

Chapter 6

Appetizers

Roasted Cauliflower with Almonds

- $\frac{1}{2}$ lb cauliflower florets (fresh or frozen);
 - Brown Sugar;
 - Olive Oil;
 - Paprika;
 - Black Pepper;
 - Sliced Almonds (garnish);
1. Preheat the oven to 450. If the cauliflower florets are frozen, thaw as instructed.
 2. In a bowl, mix olive oil, paprika, brown sugar, and black pepper
 3. Place cauliflower on aluminium foil lined baking pan and drizzle with olive oil mixture
 4. Place florets in oven for 30 minutes or until spots of dark brown begin to evenly appear on cauliflower
 5. Cauliflower should be crispy when taken out of the oven
 6. Serve in a bowl with sliced almonds placed on top as garnish
 7. Serve with Dijon Mustard for dipping

Sriracha Tilapia Po Boy

- 2 Frozen Tilapia Fillets
 - Sriracha Sauce
 - Lemon Juice
 - French Bread
 - Butter
 - Yogurt
 - Lettuce (optional)
 - Tomato (optional)
 - Onion (optional)
1. Melt butter in a pan on medium heat and add small amounts of lemon juice
 2. When butter is hot, add tilapia fillets to pan and cook for around 5 minutes
 3. Break apart tilapia fillets in the pan and increase heat to high
 4. Add in sriracha sauce to taste and cook until tilapia becomes a little crispier and is coated in Sriracha
 5. Butter two slices of french bread and place tilapia into side bowl
 6. Reduce heat to medium and place bread into same pan
 7. Mix yogurt and a little bit of Sriracha such that it gets a pink color, but not so much of the spice
 8. When the bread is golden brown, take it out and place Sriracha yogurt mix down on either side of bread
 9. Layer sandwich with Tilapia mix as well as lettuce, tomato, and onion if desired

Sweet Potato Pancakes

- 1 Sweet Potato (boiled and mashed)
 - All-purpose Flour
 - Black-Pepper
 - Salt
 - 1 Egg
 - Olive Oil
 - Diced Onion¹ (optional)
1. Combine the sweet potato, egg, flour, pepper and onion in a bowl and mix well
 2. Take batter and make into balls and then flatten into pancakes.
 3. Leave a little flour in a plate and dredge pancakes
 4. Heat oil in pan under medium heat and fry pancakes in batches till they develop crispy crust (3 minutes)
 5. Take pancakes out of pan and dab with paper towel if there is excess oil on them, then sprinkle with salt and serve²

Soy-Ginger Lettuce Wraps

- $\frac{1}{2}$ lb ground turkey
 - $\frac{1}{2}$ tbsp garlic powder
 - $\frac{1}{2}$ tbsp ginger powder³
 - 5 fresh basil leaves (chopped)
 - $\frac{1}{2}$ tbsp pepper
 - $\frac{1}{8}$ cup soy sauce
 - 3 tbsp honey (or brown sugar)
 - 1 packet raw Ramen
 - 1 head of Lettuce
1. Mix together garlic powder, basile, ginger powder, pepper, honey, and soy sauce in small cup. Pour over ground turkey and allow to marinate for 30 minutes
 2. In a skillet heat up oil to medium high and then add turkey with marinade and cook for 10 minutes until golden
 3. Add raw ramen to pan and then heat on high to reduce all remaining liquid
 4. Serve inside lettuce leaves and with hoisin or other sauces

¹Instead of an onion, add one diced or mashed shallot for a more delicate flavor

²These pancakes are an excellent complement to the Citrus Salmon with Lemon-Dill Sauce

³If fresh ginger and garlic available, used that instead

Chapter 7

Dinner

7.1 Red Meat

Lamb with Grilled Onions

- Thinly Sliced Lamb¹;
 - Salt
 - Pepper
 - $\frac{1}{2}$ cup Red Onion (sliced)
 - 2 Tbsp brown sugar (or Honey)
 - 1 Tbsp Chili powder
 - Butter
 - 1 Tbsp Lemon Juice
1. Unpack the lamb and rub with salt and pepper. Sprinkle with lemon juice and let sit for 5-10 minutes
 2. Mix together sliced onions, brown sugar, and chili powder in bowl
 3. Heat skillet to high and drop small amount of butter into pan. Sear lamb slices on both sides and then reduce heat to medium. Cover and let cook for 1 minute each side
 4. Place lamb slices on plate, and then place onions in pan to cook
 5. Cook onions until slightly blackened
 6. Place onions on top of lamb slices and serve alongside salad²

Dr. Pepper Pork Chops

- 2 cans Dr. Pepper
 - Salt
 - Pepper
 - Chili Powder
 - Cayenne Pepper
 - Barbecue Sauce
 - Onion (minced)
 - Scallions (chopped)
 - Garlic (minced)
 - 4 Pork Chops
1. In a small pan, place pork chops and marinate with 1 can of Dr. Pepper for approximately 2 hours.
 2. Drain Dr. Pepper from pan, and dry pork chops. Dust with mixture of chili powder, salt, pepper.
 3. Pour $\frac{1}{2}$ cup of water into pan and cover tightly with foil. Place in oven at 300 degrees for 1 hour
 4. To make the sauce, saute onions and garlic with vegetable oil until soft. Then add barbecue sauce and Dr. Pepper. Let simmer on low/medium heat until sauce consistency is similar to original barbecue sauce.
 5. Heat pan with vegetable oil to high heat and then place pork chops in pan after removing from oven. After searing on either side, pour in sauce and cook on low heat for 10 minutes. Garnish with chopped scallions.

¹This can be found in some Asian grocery stores, particularly for Hot-Pot style dishes

²This dish goes really well with an Argentinian Malbec

7.2 Poultry

Lemon-Pepper Chicken Salad

- | | |
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| <ul style="list-style-type: none"> • Chicken (cubed) • Olive Oil • Lemon Pepper Spice Blend • Salad Blend³ • Cherry tomatoes (optional) • Red Onions (optional) • Green Peppers (optional) • Balsamic vinegar • Honey • Feta Cheese | <ol style="list-style-type: none"> 1. Layer a pan with olive oil and bring to high heat 2. In a separate bowl, mix together Lemon Pepper mix and chicken cubes by hand 3. Place chicken in pan and allow to sear for 2 minutes then reduce heat to medium 4. As chicken cools, place honey and balsamic vinegar in a glass and mix. Microwave for 30 seconds, then place in freezer to cool down for 5 minutes. 5. Serve chicken on top of salad greens and veggies, and top off with balsamic dressing and feta cheese. |
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Moroccan-Spiced Turkey Burgers

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| <ul style="list-style-type: none"> • 1 Lb Ground Turkey • 1 Onion (mashed or diced) • 5 Tbsp Moroccan Meat Spice (see Spices section) | <ol style="list-style-type: none"> 1. In pan heat olive oil and sautee onion.⁴⁵ 2. Remove onion from pan and pour onto lamb (including oil from pan). Let sit for 5 minutes to lower heat then mix in meat spices with hands and allow to sit for 5 minutes. 3. Heat remaining oil in pan on high heat, make 1 $\frac{1}{2}$ inch thick patties, and sear one side on pan for 2 minutes. 4. Reduce heat to medium to cook until desired. Serve with rice and harissa. |
|--|---|

³I use blend here because it really can work with any blend, I typically use spinach, kale, and chard

⁴If a food processor is available, use that to create finer paste of the onions and garlic

⁵Adding diced Red Pepper also helps create some flavor

Butter Chicken Tacos

- 1 Chicken Breast Fillet (diced)
 - Butter Chicken Sauce
 - Vegetable Oil
 - Yogurt
 - Raita (See recipe above)
 - Onions, Peppers (diced)
 - Shredded Carrot
 - Monterrey Jack Cheese
 - Hard or Soft Taco Shells⁶
1. Heat oil in pan on high heat and cook onions and peppers for 5 minutes
 2. Move vegetables to separate bowl, and place chicken cubes in pan for 5 minutes. Cover in butter chicken sauce and stir. Cover pan and cook on low heat for 5 minutes
 3. While chicken is cooking, mix yogurt, raita masala, and carrot in a bowl
 4. Once chicken is done cooking, serve in hard or soft shell alongside veggies topped with Raita

Chicken with Citrus Sauce

- Chicken Breast pieces
 - Orange Juice (w/ pulp)
 - Lemon Juice
 - Lemon Rind
 - Black Pepper
 - Honey
 - Chicken Stock (or Vegetable)
 - Olive Oil
1. Heat pan coated with olive oil to medium heat
 2. Cook chicken, slowly adding stock until half stock is remaining
 3. Cover and simmer for 3 minutes
 4. Remove chicken when golden brown and place in separate plate
 5. Add all other ingredients except for black pepper to pan and increase to medium heat
 6. The sauce should be stirred while reducing to a thicker consistency
 7. When sauce is desired consistency, add chicken back into pan and coat in sauce
 8. Sprinkle with black pepper and serve⁷

⁶Tostadas work great too!

⁷A perfect complement to this are green vegetables such as broccoli or stir-fried brussel sprouts

Savory Chicken Cacciatore

- Chicken Thighs (with skin)
 - Olive Oil
 - Brown Sugar
 - Butter
 - Red Wine
 - Vinegar
 - Canned Diced Tomatoes
 - Green Peppers
 - Pepper
 - Salt
 - Brown Sugar
 - Paprika
 - Basil
 - Lemon wedges
1. Mix together salt, pepper, brown sugar, and paprika to coat chicken in dry rub. Heat large pot to high heat and place chicken in pot.
 2. Once crust begins to form on chicken, lower heat to low and place all other ingredients in pot. Raise temperature again till liquid starts to boil around chicken and then lower to low in order to really let liquid braise the meat.
 3. Garnish with parsley and simple vegetables.

Chicken Breast with Brussel Sprouts and Walnuts

- 4 Chicken Breast Halves (pounded flat)
 - 1 cup Brussel Sprouts (chopped finely)
 - 1/4 cup chopped walnuts
 - Olive oil ⁸
 - Garlic (finely diced)
 - Pecorino cheese ⁹
 - Salt
 - Pepper
1. With a mixer, blend brussel sprouts, walnuts, garlic, and olive oil into a rough paste. If the pecorino cheese is powdered feel free to add this to the mix as well.
 2. Heat up pan with olive oil. Roll up chicken breasts with brussel sprout mixture in the middle. Season rolled chicken breasts with salt and pepper. At this time preheat the oven to 350 degrees.
 3. Place chicken breasts seam-side-down into the pan and let them fry for approximately 5 minutes.
 4. Transfer to oven and allow for chicken to cook thoroughly. Serve alongside rice or pasta.

⁸The garlic butter recipe from above will work quite well too

⁹Parmesan can be used as well

7.3 Seafood

Kerala-Style Pan Seared Shrimp

- $\frac{1}{2}$ lb uncooked shrimp (deveined)
 - Olive oil
 - Salt
 - Pepper
 - Ginger-garlic paste
 - Turmeric
 - Garam Masala
 - Lime Juice¹⁰
 - Golden Raisins (crushed or puree)
1. In a small bowl, mix ginger-garlic paste, turmeric, garam masala, lime juice, and raisins. The paste should be relatively thick.
 2. Spread spicy paste on both sides of swordfish
 3. In a skillet, heat olive oil on high heat
 4. Once oil is hot, place swordfish steaks and give a nice sear on both sides of the steak (approximately 1 minute on either side)
 5. Reduce heat to medium-low and allow to cook thoroughly
 6. Serve on a bed of basmati rice or alongside roasted vegetables and a dry white wine

Citrus-Vinegar Salmon

- 2 Salmon Fillets (fresh or frozen);
 - $\frac{1}{8}$ cup Balsamic Vinegar ;
 - $\frac{1}{8}$ cup Orange Juice;
 - 1 Tbsp Crushed Red Pepper;
 - 1 Tbsp Honey;
 - Olive Oil;
 - Salt;
 - Pepper;
 - Butter;
1. Mix vinegar, honey, Orange Juice, and Red Pepper in a small bowl
 2. Dry off salmon fillets and season with salt and pepper
 3. Heat olive oil in pan on medium-high heat
 4. Place fillets in oil and sear and cover for 10 minutes so entire fillet cooks¹¹
 5. Place fillets onto each serving plate after cooked
 6. In the same skillet, pour in vinegar mixture carefully
 7. Reduce heat to medium-low and let simmer for 3 minutes until sauce reduces in volume
 8. Once sauce is cooled, drizzle over salmon and serve¹²

¹⁰Lime zest also helps here

¹¹For the sear you want high heat in the pan. After you have a nice golden-brown sear on the fillets, lower the heat to medium-low and cover

¹²This is based on a dish found in a previous cookbook called *The Best Simple Recipes*

Citrus Salmon with Lemon Dill Sauce

- 2 Salmon Fillets
 - $\frac{1}{8}$ cup Orange Juice (w/ pulp)
 - 1 Tbsp Tabasco Sauce
 - Orange Rind (optional)
 - Yogurt
 - Dill Weed
 - Lemon Juice
1. For the sauce, mix yogurt, lemon-juice, and dill in a serving bowl
 2. For the marinade, mix orange juice and tabasco sauce in a bowl and place salmon fillets in marinade for 5 minutes¹³
 3. While the fillets are marinating, heat oil in a pan at medium-high heat. The oil should be hot so you get a good sear
 4. Remove fillets from marinade, and pat till somewhat dry and season with a sprinkling of salt and pepper
 5. Pan fry the fillets for around 10 minutes until each side becomes golden brown¹⁴
 6. Serve with Lemon-Dill sauce drizzled over the top of each fillet¹⁵

¹³For better absorption of the marinade, lightly poke holes in the fillets with a fork

¹⁴Follow same searing technique as previous salmon recipe

¹⁵Garnish with a curled lemon rind if fanciness is required

7.4 Vegetarian

Spicy Quinoa Quesadillas

- | | |
|--------------------------------|---|
| • Quinoa | 1. Cook quinoa as instructed on box |
| • Onion (diced) | 2. Heat oil in separate pan to medium-high and stir fry vegetables |
| • Green Pepper (diced) | 3. Add lime juice and crushed red pepper to the pan as well ¹⁶ |
| • Black Pepper | 4. Add cooked quinoa to the pan and stir in with vegetables and cook for 3 minutes |
| • Red Chili Pepper (crushed) | 5. Heat skillet with a quarter-sized drop of olive oil and lay a tortilla down on the skillet |
| • Lime Juice | 6. Sprinkle cheese over the tortilla, then layer with vegetable filling, then layer with cheese and seal with additional tortilla |
| • Colby Jack Cheese (shredded) | 7. Flip carefully in the skillet such that cheese on both sides is melted and seals in filling |
| • Tortilla | 8. Serve with a side of salsa and yogurt |
| • Yogurt | |

Stir-Fried Asparagus with White Wine Sauce

- | | |
|--|---|
| • 10-15 Stalks of Asparagus (washed and cut) | 1. Heat oil in skillet on high |
| • 2 Tbsp Olive Oil | 2. Place asparagus in pan and stir for 5 minutes |
| • Salt | 3. Sprinkle mixture of salt, pepper, and paprika for taste |
| • Pepper | 4. Remaining on high heat, continue to stir fry the asparagus |
| • Paprika | 5. Serve drizzled with white wine sauce (see recipe above) |

¹⁶Instead of lime juice and red pepper, you can also use a chili-lime sauce if you have it

Okra Stir Fry

- Okra (cut into $\frac{1}{2}$ inch pieces)
 - Onion
 - Cumin
 - Turmeric
 - Chili Powder
 - Garam Masala
 - Salt
 - Pepper
 - Ginger
 - Garlic
1. Mix together dry spices in a cup. Place onions, ginger, and garlic in food processor and pulse till a fine paste¹⁷
 2. Place small amount of olive oil in pan and fry okra for 5 minutes on high heat. Remove okra and place in separate bowl.
 3. Add dry spices to hot oil and add onion-based paste and okra back into pan. Cook on medium heat for 5 minutes.
 4. Turn to high heat for 2 minutes to lightly brown okra and onions.
 5. Serve alongside rice or flatbread.

Roasted Root Vegetables with Garlic Butter

- 2 Sweet Potatoes (diced)
 - 2 Regular Potatoes (diced)
 - 2 Onions (diced)¹⁸
 - 3 cloves of Garlic (finely chopped)
 - $\frac{2}{3}$ Tbsp Basil (finely chopped)
 - $\frac{1}{4}$ stick butter
 - 2 Tbsp salt
 - 2 Tbsp pepper
 - 1 Tbsp Olive Oil
1. Preheat oven to 425 degrees
 2. Coat pan with olive oil and place vegetables. Season with salt and pepper and place in oven for 10 minutes.
 3. While vegetables are going through first roast, put garlic, basil, and butter into bowl and microwave for 40 seconds. Mix butter so it becomes liquid.
 4. Remove vegetables from oven, drizzle with garlic butter, and place back in oven for 20-25 minutes.
 5. Remove from oven and serve alongside meats or re-fry in pan for homefries.

Honey-Glazed Carrots

- 5-10 Carrots (Washed and cut into large pieces)
 - $\frac{1}{2}$ cup vegetable stock
 - 1 Tbsp Pepper
 - 1 Tbsp Salt
 - 1 Tbsp Honey
 - 1 Tbsp Butter
1. Place stock and carrots in vessel and bring to medium heat and cook for 5-10 minutes.
 2. Add butter, honey, pepper, and salt and turn to high heat.
 3. Allow stock to reduce to a $\frac{1}{4}$ of the volume then turn off heat and let cool for 10 minutes.

¹⁷Add a teaspoon of olive oil to this paste for a better consistency

¹⁸Add an optional shallot for an extra flavor

Balsamic Glazed Roast Brussel Sprouts

- 1 lb brussel sprouts (de-stemmed and sliced in half) ¹⁹
 - Olive oil
 - Minced Garlic
 - Orange Balsamic Glaze (see Recipe above)
 - Salt
 - Pepper
1. Toss brussel sprouts with olive oil and minced garlic in a small bowl.
 2. Transfer brussel sprouts to baking sheet with oil spread on it and place baking sheet in oven at 400 degrees for 10 minutes.
 3. Coat brussel sprouts with orange balsamic glaze and then place back in oven at 400 degrees to allow for glaze to caramelize.
 4. Remove and serve hot.

Swiss Chard with Madiera

- $\frac{1}{8}$ -cup sherry
 - $\frac{1}{8}$ -cup madiera
 - 1 lb Swiss Chard
 - 1 shallot (finely diced)
 - 3 gloves garlic (finely diced)
 - 3 Tbsp butter
 - Pepper
 - Sliced almonds (optional)
 - Shaved parmesan cheese (optional)
1. Heat large skillet to medium heat. Melt butter and add garlic and shallots.
 2. Turn heat to high and add chard stem-first. Ideally you will have chopped off a good portion of the stems prior to adding them to the pan.
 3. After a minute, and once the chard has reduced add both the madiera and sherry.
 4. Allow the sherry and madiera to reduce substantially so that all of the alcohol is evaporated out.
 5. Lower to low heat before serving and top with pepper, almonds, and parmesan cheese.²⁰

¹⁹You can really do this with any vegetables. Peppers and onions work really well here too.

²⁰This recipe was borrowed from a friend of mine after an amazing potluck, and most of the credit goes to him. You can find him here : <http://www.johnparkbiology.com/>