

# Gastronomy 101

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photo by **Tom Cardoso**

## GRILLED BANANA ALMOND SANDWICH

- 2 *tbsp almond butter*
- 1 *banana, sliced*
- 2 *slices whole-grain bread*
- 1 *tsp raw honey (optional)*

In a frying pan over medium-high heat, grill the banana slices with raw honey until they caramelize. Spread almond butter on bread. Sandwich the grilled banana between bread and grill the sandwich in pan to toast, flipping once.

**TIP:** Don't skimp on the almond butter, as it provides healthy plant fats and protein. Explore different nut/seed butters, such as sunflower seed, cashew, tahini and even coconut butters, available at health food stores.

**TIP:** Peanuts aren't nuts (they're legumes and are often genetically modified), but if you crave some PB action, go for the single-ingredient kind without added oils, sugar, or salt.

**TIP:** Always opt for whole-grain bread over white and refined.

You should master at least ten simple recipes by the time you graduate—here are some to get you started.



## ONION LIME SALMON

- 1 *salmon steak*
- juice of ½ *lime*
- 1 *green onion, finely chopped*
- 1 *tbsp olive oil*
- salt and pepper

In a bowl, combine all ingredients except the fish. Rinse salmon steak under cold water and arrange on a plate; pat dry. Pour ingredients over salmon. Cover with another plate and refrigerate for 30-60 minutes. Grill the steak in a frying pan over medium-high heat, bottom side first for 4-5 minutes per side. Serve with soft fresh greens such as baby spring mix lettuces, drizzled with extra lime juice, olive oil, salt and pepper.

**TIP:** Eat dense proteins, such as fish, with raw veggies, for better digestion.

**TIP:** Salmon is a nutrient powerhouse that contains the final form of those omega-3 fatty acids you've been hearing about. Opt for cold-water fish over meats if you can.

## AVOCADO GRAPEFRUIT SALAD

- 2 *ripe small avocados, or 1 large*
- 1 *pink grapefruit*
- salt (optional)
- pre-washed *spinach (optional)*

Cut avocados in half lengthwise. Remove pit by stabbing it with a good knife and removing it from the flesh. Dice into 1 cm-cubes and spoon flesh out of skin. Cut ends off grapefruit and peel or slice off outer rind. Cut grapefruit in half then dice into chunks. Combine the two fruits in bowl and eat as a salad topper over greens such as spinach or as a super healthy snack.

**TIP:** Avocados are one of the most readily available, nutrient-dense and filling plant foods. Pair with leafy greens or grains for a salad with some heft, or make a simple guacamole (avocado, salt, lemon juice) and eat with fresh veggie sticks.

