

Cooking for Wellbeing Recipes
By Jenny Breen/Transforming the Table

Meal Ingredients:

- 3 cups cilantro
- 6 cloves garlic
- 1 Tablespoon cumin
- 1 Tablespoon chili powder
- 1 Tablespoon cayenne pepper or hot sauce
- Juice of 3-4 limes (about 1/2 cup)
- 1/4 cup orange juice
- 12 ounces flounder, cut into 1 inch rectangles OR 2 cups shiitake or other mushrooms
- 1 medium yellow onions,
- 1 dozen corn tortillas
- 1 cup radishes
- 1/2 red onion
- 1 large or 2 medium tomatoes
- 1 small red or yellow pepper
- Salt

Directions:

Prepare cilantro marinade and set aside:

Cilantro Marinade:

In spice grinder, blender or food processor combine:

- 2 cups cilantro (leaves and stems)
- 3 cloves garlic
- 1 Tablespoon cumin
- 1 Tablespoon chili powder
- 2 Tablespoons olive oil
- 1/4 cup lime juice
- 1/4 cup orange juice

- 1 Tablespoon hot sauce or cayenne pepper(optional)
- 1 tsp salt
- water as needed

Blend until very creamy. Add water as needed to create 'sauce' consistency

Prepare fish and/or mushrooms:

Cut approximately 12 ounces of flounder into 1 inch cubes or rectangles (slightly thinner)

Place into a medium sized bowl and pour 1/2 the cilantro marinade over the fish. Mix so fish is well coated.

Alternatively, if using mushrooms:

Cut approximately 2 cups of mushrooms into 1 inch slices/pieces. Place into a medium sized bowl and pour 1/2 the cilantro marinade over the mushrooms. Mix so they are well coated.

Fresh Salsa:

Combine in bowl:

- 1/2 red onion, diced small
- 1 cup fresh cilantro (including stems), minced
- 1 1/2 cups fresh tomatoes, diced small
- 2 cloves garlic, minced
- 2 Tablespoons lime juice
- 1 teaspoon salt

Quick Pickled Radishes:

Combine in bowl:

- 1 cup radishes, sliced into thin strips
 - 2 tsp salt
 - 2 tablespoons vinegar or lime juice.
- Allow to sit for at least 4 hours (this can be refrigerated up to 1 month)

**cabbage can be used in place of radishes, or in addition to them

Additional toppings:

1-2 diced or sliced avocados
Sprinkle of grated cheddar or Mexican cheese

Chipotle Sour Cream:

Whisk together in bowl:
1/2 c. sour cream
1 Tablespoon. chipotle or other hot peppers
1 Tablespoon. fresh lime juice
1 teaspoon salt

Spinach and Citrus Salad:**Ingredients:**

8 ounces (about 8 cups) fresh spinach, cleaned, stems removed and torn into bite sized pieces
1 medium orange, peeled, de-seeded and cut
1/2 grapefruit, peeled, de-seeded and cut
1/2 small red onion, sliced thinly
1 cup pecans, toasted
4 ounces soft chèvre or feta style cheese (cold)

Combine Spinach, onion, orange and grapefruit in a large salad bowl. Add crumbled toasted pecans, and crumbled cheese. Combine dressing in a separate container and pour slowly over salad to dress but not saturate.

Dressing:

1/3 cup olive oil
1/4 cup grapefruit juice or apple cider vinegar
1 teaspoon honey
1 teaspoon dijon mustard
1 teaspoon celery seed
1 teaspoon salt