

Walnut- and Dijon-Crusted Fish Fillets

- 1/2 cup raw walnut halves
- 2 tablespoons chopped fresh thyme
- 2 tablespoons all-purpose flour
- 1 tablespoon Dijon mustard
- 1 large egg white, lightly beaten
- 4 (6-oz.) Fish fillets
- 1/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 1/2 tablespoons olive oil

Place walnuts in a large zip lock plastic freezer bag. Seal bag, and crush gently with a mallet or heavy pot until nuts break into small pieces. (Do not over crush nuts.) Combine nuts and thyme in a shallow dish.

Place flour in a separate shallow dish

Combine Dijon and egg white in a third shallow dish

Press tops of fillets in flour; shake off excess. Dip floured side of fillets in egg mixture; shake off excess. Dip egg side of fillets in walnut mixture, pressing to adhere, set aside

Heat oil in a large ovenproof nonstick skillet over medium. Place fillets, walnut side down, in skillet. Cook until walnuts are golden and toasted, 3 to 4 minutes. Turn fish and bake at 400°F until fish flakes easily with a fork, 4 to 5 minutes. Serve with lemon wedge

Authentic Greek Salad

An authentic recipe for the famous Greek Salad: fresh vine ripe tomatoes, crisp cucumber, sharp red onion, green peppers, Kalamata olives, olive oil and of course feta make up this famous essential salad.

Prep Time 10 minutes

Total Time 10 minutes

Servings 2-3

Calories 200kcal

Adapted from Elena Paravantes RDN

Ingredients

- 2-3 tomatoes
- 1 medium cucumber
- 5-6 Greek Kalamata black olives
- 1/2 red onion
- 1/2 small green bell pepper
- 1 chunk of feta about 2 to 3 ounces
- Extra virgin olive oil
- Oregano
- Red wine vinegar
- Salt

Instructions

1. Cut the tomato in wedges-do not cut in cubes. If the tomato is large cut wedges in half.
2. Peel the cucumber and cut in slices that are about ½ inch thick, you may cut the rounds in half.
3. Slice onion and green bell pepper in thin slices.
4. Put tomatoes and cucumbers in a shallow bowl and combine. Place the thinly sliced onion and pepper
5. on top. Add the olives. Sprinkle with oregano.
6. Drizzle with some olive oil and a splash of vinegar.* Add some salt to taste.
7. Place a piece of feta on top and sprinkle the feta with oregano and another drizzle of olive oil.

Notes

* You can also add capers.

* I don't usually measure out the oil, but if you are, just use the ratio 2:1 for the olive oil and vinegar.

Don't skimp on the olive oil, you don't want it to be drowning in it but the salad should be coated in the oil.

Peas and Potato Mash

This is a take on the English dish 'Mashie Peas' served as a mashed potato alternative that has great flavor and a pop of color.

Ingredients:

- 1 large russet potato, peeled and large diced
- 2 cloves garlic, chopped
- 2 cups fresh or frozen peas
- ¼ cup extra virgin olive oil
- salt and pepper to taste
- 1 TBS chopped fresh mint (optional)

Directions:

In a 2-quart sauce pan add the potatoes, cover with cold fresh water and bring to a boil, then reduce to a simmer. Add one teaspoon of salt and cook until the potatoes are just tender

Add the peas and continue to simmer; adding more water to keep the vegetables covered; and cook 3-5 more minutes

Drain the vegetables, return to the pan and allow to steam-dry 2-5 minutes. Add the olive oil, salt and pepper and mash until the mixture is the consistency of mashed potatoes. Serve hot with the optional chopped mint

Glazed Rainbow Carrots

Carrots come in many colors. You can get them whole or the small multi-colored packaged carrots in the organic section of most grocery stores. Regular carrots any shape or size work as well.

Ingredients:

- 2-3 multi-colored carrots, whole or 2-3 cups small, peeled rainbow carrot mix
- 3 TBS olive oil
- salt and pepper to taste
- 2 TBS lemon juice
- 1 TBS local honey
- ¼ cup water
- Fresh chopped herbs, optional

Directions:

In a sauce pan on medium heat sauté the carrots in the olive oil, 2-3 minutes. Add the lemon juice, honey and water and simmer on low heat, 5-8 minutes, leave uncovered

Cook carrots until the water has evaporated and the carrots are tender, season with salt and pepper, add the herbs if using, serve hot