Harnessing the Power of Food

Sat. July 19, 2014

Salmon Nicoise with Olive Mint Vinaigrette

Velvety Gazpacho with Avocado Cream

Hibiscus Pomegranate Cooler

Chocolate Cherry Walnut Truffles
Recipes:

**Salmon Nicoise with Olive Mint Vinaigrette**
Serves 4

- 2 six ounce pieces of salmon fillet
- 3/4 pound small purple potatoes
- 3/4 pound green beans, trimmed
- 1 cup cherry tomatoes, halved
- 2 ounces baby arugula (4 cups)
- 1 ounce spring mix (2 cups)
- 2 hard-boiled eggs, cut into quarters
- ¼ cup basil, chiffonade
- 4 lemon wedges
- ¾ cup Olive Mint Vinaigrette

**Preparation:**

Prepare a gas grill for direct-heat cooking over medium heat.

In a 4-quart pot, cover the potatoes with cold water and season well with salt. Bring the potatoes to a boil, then reduce heat and simmer, and let them cook uncovered, until just tender, about 15 minutes.

While potatoes cook, season salmon with 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Oil grill rack, then grill salmon, covered, turning once, until just cooked through, 8 to 10 minutes total. Cool slightly, then gently break into large flakes.

Transfer potatoes with a slotted spoon to a bowl. Add green beans to boiling water and cook, uncovered, until crisp-tender, 4 to 5 minutes. Drain and transfer to an ice bath to stop cooking.

Halve potatoes while still warm and toss with 2 tablespoons dressing.

Toss green beans, cherry tomatoes with a tablespoon of dressing. Toss the arugula and greens with enough dressing to coat. Divide the arugula and greens among the plates, than add the potatoes, tomatoes, green beans, salmon and eggs. Sprinkle with basil. Serve with lemon wedges with remaining dressing on the side.
Olive and Mint Vinaigrette
Makes ¾ cup

1/4 cup freshly squeezed lemon juice
1 teaspoon Dijon mustard
1/4 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
1 tablespoon minced shallot
1/4 cup extra-virgin olive oil
1/4 cup kalamata olives, chopped
2 tablespoons fresh finely chopped fresh mint

Preparation:

Put the lemon juice, Dijon mustard, salt, pepper, and shallot in a small bowl and stir to combine. Slowly pour in the olive oil, whisking all the while, and continue whisking until smooth. Add the olives and mint. Transfer to a small container with a fitted lid and shake well.

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Velvety Gazpacho with Avocado Cream  (Wednesday Break)
Makes 8 servings
Serve in shooter glasses

AVOCADO CREAM WITH BASIL

1 avocado, halved and flesh scooped out
2 tablespoons water
2 teaspoons coarsely chopped fresh basil
3/4 teaspoon freshly squeezed lemon juice
1/8 teaspoon sea salt

GAZPACHO

3 cups low-sodium tomato juice (Knudson Brand)
1/4 cup extra-virgin olive oil
1 tablespoon plus 1 teaspoon freshly squeezed lemon juice
1 tablespoon Grade B maple syrup
1 teaspoon sea salt
1/2 teaspoon ground cumin
1/4 teaspoon ground coriander
1/8 teaspoon cayenne
2 cloves garlic, coarsely chopped
1 fennel bulb, cut into quarters and cored
3 celery stalks, coarsely chopped
1 English cucumber, peeled, seeded, and coarsely chopped
1 red bell pepper, seeded and coarsely chopped
2 cups cherry tomatoes
1 small red onion, coarsely chopped
1/4 cup coarsely chopped fresh basil, cilantro, or a combination

Preparation:

To make the avocado cream, put all the ingredients in blender and process until very smooth. Transfer to a small bowl. (No need to rinse the blender before proceeding.)
To make the gazpacho, put all of the ingredients in a large bowl and stir to combine. Working in batches, transfer to the blender and process until completely smooth. Taste; you may want to add a pinch of salt or a bit of maple syrup. Pour into small glasses and garnish with the avocado cream.
Hibiscus Pomegranate Cooler
MAKES 9 CUPS

1/4 cup loose hibiscus tea, or
12 hibiscus tea bags
4 cups boiling water
4 cups cold water
1 cup unsweetened pomegranate juice
Spritz of fresh lemon juice
1 orange, sliced into rounds
3 sprigs fresh mint
16 frozen strawberries
24 frozen blueberries

Preparation:

Put the tea in a heatproof container. Pour in the boiling water and let steep for 5 minutes. Strain the tea into a pitcher. Stir in the cold water, pomegranate juice, lemon juice. Add the orange slices and mint and refrigerate for at least 1 hour, until well chilled. Add the frozen strawberries and blueberries to individual glasses when serving.
Chocolate Cherry Walnut Truffles
Makes about 20 Truffles

2 tablespoons boiling water
2 ounces dark chocolate with a 64 to 72 percent cacao content, very finely chopped
½ cup coarsely chopped walnuts
1 tablespoon unsweetened cocoa powder
1 cup pitted and halved medjool dates
1 teaspoon vanilla
⅛ teaspoon sea salt
¼ cup finely diced dried cherries

COATING
2 tablespoons shredded coconut
¼ teaspoon curry powder
1 pinch of salt

Preparation:

Stir the boiling water into the chopped chocolate and let it stand for 30 seconds. Using a small whisk, stir until the chocolate is completely melted and glossy.

Coarsely grind the walnuts in a food processor, then add the dates, cocoa powder, vanilla, salt, and process for a minute. Then, add the chocolate mixture and process until smooth, another 1 minute. Transfer to a bowl; stir cherries into the chocolate mixture. Cover and chill for approximately two hours, until firm.

Meanwhile, prepare your coconut walnut coating. In the food processor with a clean, dry bowl, grind the walnuts, curry powder and salt into a fine meal, then scatter on a large plate.

Scoop up approximately two teaspoons of the chocolate mixture and roll it into a smooth ball between your palms, then roll it in the curried walnuts to coat. Repeat with the remaining mixture, then place the truffles in an airtight container and chill thoroughly before serving.

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