

Virtual Cooking School Recipes



MENU:

Deviled Eggs
A Rainbow of Roasted Radishes
Corny Salmon Cakes with Avocado Sauce
Wild Rice and Kale Salad
Peach, Apple, and Berry Crisp with Pecan Oat Topping

Deviled Egg

Makes 6 Servings

6 large eggs, hard cooked

3 to 4 tablespoons light mayonnaise

3 tablespoons finely diced orange bell pepper

1 tablespoon chopped fresh dill or tarragon

1 teaspoon Dijon mustard

Drizzle of honey

½ teaspoon kosher salt

A few pinches of pepper

Decorations for kids: Capers, thinly sliced carrot, thinly sliced radishes, Italian parsley

1. Cut the eggs in half, lengthwise. Carefully remove the yolks and place in a bowl. Mash the egg yolks with the back of a fork. Add the mayonnaise, bell pepper, mustard, honey, salt, and pepper, and stir to combine.
2. Place the egg yolk mixture in a zip-top plastic sandwich bag. Seal the bag and snip half an inch off one bottom corner. Squeeze an equal amount of the mixture into each egg white half.
3. To decorate the bunnies, add the capers for eyes, the sliced radishes or carrots for ears, and fresh parsley for the tails.

Cooking School Tip: To make perfect hard boiled eggs that are easy to peel, the secret is in the steam!

- Fill a large pot with about an inch of water.
- Place a steamer basket inside the pot and bring the water to a boil.
- Turn off the heat, and using tongs, gently place eggs inside the steamer basket.
- Turn the heat back on, and bring the water to a simmer. Cover the pot with a lid, and steam the eggs for about 14 minutes.
- Using those tongs again, carefully remove the eggs to a bowl of cold ice water. Let cool about 5 minutes.
- Gently roll the eggs on a cutting board to crack the shells, and then peel under cool running water.

A Rainbow of Roasted Radishes

A few bunches of radishes

1 to 3 teaspoons extra virgin olive oil

Kosher salt

Black pepper

Chopped fresh rosemary or thyme, optional

1. Wash radishes well under cold running water. Trim the stem and root ends and then slice each radish in half lengthwise. Pat dry with a paper towel, place in a bowl, and toss with a few teaspoons of extra virgin olive oil until well coated.
2. Sprinkle with kosher salt and pepper. For added flavor, stir in a sprinkling of chopped fresh thyme or rosemary as desired.
3. Line a baking sheet or pan with aluminum foil and arrange the radishes, cut-side down, evenly on top.
4. Roast at 450°F for 15 to 18 minutes, until the bottoms are golden and the radishes are tender. Let cool a few minutes, sprinkle with additional salt and pepper to taste, and eat them like candy. {Other flavor enhancers: Lemon zest, chopped fresh parsley or other favorite delicate herb, garlic powder, additional kosher salt.}

Cooking School Tip: Don't toss the radish greens. Once you trim the greens from the radishes, give the greens a good wash. Then add them to salads or saute in olive oil with other greens, including baby spinach, baby kale, and Swiss chard.

Corny Salmon Cakes with Avocado Sauce

Makes 4 Servings

10 ounces cooked salmon, finely flaked
½ cup plus 4 tablespoons dried whole wheat or regular panko bread crumbs, divided
1/2 cup shredded reduced-fat Cheddar cheese
1/2 cup fresh or frozen corn kernels, thawed
¼ cup light mayonnaise
1 large egg, beaten
1 tablespoon Dijon mustard
1 tablespoon chopped fresh dill
Zest of half a lemon
1½ tablespoons organic canola oil or extra virgin olive oil

1. Place the salmon, ½ cup of the bread crumbs, cheese, corn, mayonnaise, egg, mustard, chives, zest, and Old Bay Seasoning as desired in a bowl and mix until well combined.
2. Shape the mixture into 8 patties (a generous ¼ cup each) and coat with the remaining 3 tablespoons bread crumbs.
3. Heat half the oil in a large nonstick skillet over medium-high heat. Cook the cakes until the bottoms are golden brown, 5 minutes. Flip the cakes, add the remaining oil, and cook until golden brown, an additional 4 to 5 minutes.

Cooking School Tip: If you don't have leftover fresh salmon, use two 5-ounce cans of boneless, skinless salmon instead.

For the Avocado Sauce:

1 ripe avocado, seeded, peeled, and cut into quarters
2 tablespoons extra virgin olive oil
Zest of half a lemon
Juice of 1 lemon, 4 tablespoons
1 sprig fresh tarragon leaves or dill (about 2 teaspoons), plus more to taste (or a combination of both)
1 teaspoon honey
1 teaspoon Dijon mustard
¼ teaspoon kosher salt
Pepper to taste

1. To make the sauce, place the avocado, olive oil, lemon zest, lemon juice, tarragon, honey, Dijon mustard, salt, and pepper to taste in the bowl of a mini food processor. Process until smooth, stopping a few times to scrape down the sides of the bowl. Season with additional salt and pepper to taste.

Wild Rice and Kale Salad

Makes 8 Servings

1 cup wild rice
½ bunch kale, washed, stemmed, leaves removed and cut into thin ribbons (about 2½ packed cups)
1 orange bell pepper, cut it into ¼ inch dice
2 to 3 green onions, thinly sliced (white and light green parts only)
½ cup chopped fresh parsley
½ cup roughly chopped toasted pecans
½ cup dried cranberries
1 celery stalk, trimmed and thinly sliced
¼ cup extra virgin olive oil
¼ cup lemon juice
1 teaspoon minced garlic
Drizzle of honey
½ teaspoon kosher salt
½ teaspoon black pepper
Crumbled feta cheese, optional

1. Cook the wild rice according to package directions. When done, drain, place in a large bowl, and stir occasionally until the rice is cooled. You'll have about 3 cups.
2. When cool, stir in the kale, bell pepper, green onions, parsley, pecans, cranberries, and celery. In a small bowl, whisk together the olive oil, lemon juice, garlic, salt, and pepper until well combined. Stir into the rice mixture.
3. Season with additional lemon juice, salt, and pepper to taste and refrigerate until ready to eat. Add feta cheese as desired.

Cooking School Tip: To save time, purchase a bag of pre-washed baby kale leaves, measure out 2½ cups for the recipe, and chop.

Peach, Apple, and Berry Crisp with Pecan Oat Topping

Makes 6 Servings

2 ripe, still-firm peaches, cut into $\frac{3}{4}$ -inch pieces
1 large Pink Lady apples (or any other sweet, firm apple), cut into 1/2-inch pieces
8 ounces strawberries, quartered (you can cut smaller berries in half)
1 pint blueberries or 2 cups frozen blueberries, thawed and drained
8 ounces strawberries, trimmed and quartered
1/4 brown sugar, divided
1 teaspoon ground cinnamon, divided
1½ tablespoons cornstarch
3/4 cup quick-cooking oats
1/2 cup roughly chopped pecans
A few pinches kosher salt
3 tablespoons organic canola oil
Homemade whipped cream or plain Greek yogurt, optional

1. Preheat the oven to 375°F. Place the peaches, apples, blueberries, and strawberries in a large bowl and stir gently to combine. Add 2 tablespoon of the brown sugar, cornstarch, and 1/2 teaspoon of the cinnamon and stir gently until the fruit is evenly coated.
2. Place the fruit mixture in an 8 x 8-inch baking pan or dish and set aside.
3. To make the topping, place the oats, pecans, the remaining brown sugar, the remaining cinnamon, and kosher salt in a medium bowl and stir to combine. Add the oil and stir until the oat mixture is well coated. Spread the topping evenly over the fruit mixture.
4. Bake 40 to 45 minutes, or until the fruit is tender and the topping is golden brown. (Cover with aluminum foil about halfway through to prevent the topping from browning too quickly.) Serve with whipped cream or vanilla Greek yogurt as desired.

Cooking School Tip: If peaches are not in season, swap them out for another large apple. Or, use frozen sliced peaches. Measure out 2 cups, thaw, cut into $\frac{3}{4}$ -inch pieces, and use those in the recipe.

Liz Weiss, MS, RDN
www.LizsHealthyTable.com