

Adventures In The Kitchen Go To Recipes

Lava Flow Smoothie

- 1/2 cup strawberries
- 1 teaspoon stevia or honey
- 1 tablespoon water
- 1 cup coconut milk
- 1/2 cup pineapple
- 1 scoops Protein Powder
- 1 teaspoon rum extract

Puree strawberries with stevia and water. Add more a little more water if necessary. Pour into a glass and swirl around to cover half the glass.

Place coconut milk, pineapple, protein powder and rum extract with a few ice cubes. Puree and pour into the glass. Top with a strawberry for presentation.

Meyer Lemon Dutch Baby With Fruit Salsa

- 3 eggs
- 2/3 cup milk, room temperature
- 2/3 cup Gold Medal® all-purpose flour
- 2 to 3 teaspoons grated lemon peel
- 1 teaspoon almond extract (vanilla extract can be substituted)
- 2 meyer lemon, quartered
- Powdered sugar

- 1/2 cup strawberries, sliced
- 1/2 cup pineapples
- 1/4 cup mango, cubed
- 1 teaspoon honey or maple syrup

Heat oven to 425°F. Place butter in 10- to 12-inch ovenproof skillet; place in oven to melt. Mix together fruit salsa to coat with honey. (If honey is thick, melt for 10 sec in microwave before adding to fruit.)

In small bowl, beat eggs, milk, lemon peel and almond extract with whisk. Add flour; mix until batter is smooth. Pour into hot skillet.

Bake 20 minutes or until pancake is puffed and brown. Remove from oven. Squeeze juice from quartered lemon over top of pancake; sprinkle with powdered sugar. Serve immediately with fruit salsa and lemon wedges.

Winter Caprese Salad

1 bunch of baby Roma tomatoes still on the vine (Trader Joe's) or pint of plum tomatoes
1 clove minced garlic
1 tablespoon olive oil
1/2 teaspoon kosher salt
Pesto (homemade or store bought)
8 oz. Burrato cheese (Trader Joe's always carries)

Preheat the oven to 225 degrees.

Place the tomatoes in a baking dish. Sprinkle with the olive oil and kosher salt. Bake for 2 hours. The cheese came in a plastic tub. I took it out and cut it in half, saving half for later. Placing the cheese on a dish I spread a layer of pesto on it. I gently reheated the tomatoes and placed them on top of the pesto. I spread a few toasted pine nuts on the plate along with a few baby tomatoes and a sprig of basil.

Mexican Corn Bruschetta

2 ears corn, shucked
1 tablespoon vegetable oil
Kosher salt and freshly ground black pepper
12 slices of ciabatta bread
1/2 garlic clove
1/4 cup crema mexicana or sour cream
3 tablespoons crumbled feta
Lime wedge
Cilantro leaves
Chili powder

Rub corn with vegetable oil. Season corn with kosher salt and freshly ground black pepper; grill until slightly charred and tender. Slice corn off the cob in wide strips.

Grill bread slices and rub with garlic clove. Mix crema mexicana or sour cream with feta.

Smear toasts with crema mixture. Top crema with grilled corn. Squeeze a lime wedge over each. Garnish with cilantro leaves and sprinkle with chili powder..

Mixed Baby Greens with Honey Basil Dressing

Serves 4

8 cups mixed greens
1 large mango, peeled and sliced
1 large red onion peeled and thinly sliced, soak in a bowl of water to avoid a strong taste

Place the mixed greens on a plate, top with onions and finish with the mango.

Honey Basil Dressing

3/4 cup Champagne Vinegar
1/4 cup Dijon mustard
1/4 cup olive oil
1/4 cup + 2 tbsp honey
Freshly ground pepper
Pinch of Kosher Salt
2 tbsp fresh sweet basil, chopped

In a blender, add all ingredients except the basil. Process until smooth. Add sweet basil and pulse only until basil is blended into dressing. Pour into a jar or a bowl and cover. Refrigerate until ready to use.

Lemon Cinnamon Quinoa Salad

2 cups cooked quinoa
2 tablespoons chopped celery
1 scallion, chopped
1 tablespoon minced fresh parsley
1 tablespoon currants
1/4 cup mandarin oranges
2 tablespoons, red walnuts, toasted

2 tablespoons lemon juice
1 tablespoon extra virgin olive oil
1/4 teaspoon cinnamon
2 drops hot pepper sauce
1 teaspoon honey
Salt
Pepper

In a bowl whisk together Lemon Cinnamon Dressing. Adjust seasonings to taste; set aside. Place quinoa in a bowl. Toss with celery, scallion, parsley, currants, oranges and walnuts. Add dressing and toss again. Serve warm and cold.

Thai Chicken Peanut Wraps

Serves 4

1 rotisserie chicken or 3 cups shredded chicken	Juice of 1 lime
Steamed white or brown rice or thin rice noodles	1 clove garlic, minced
2 large carrots, peeled and julienned	2 tablespoons low sodium soy sauce
2 red peppers, seeded and julienned	3 tablespoons peanut butter
Peanut Sauce (recipe below or store bought)	3 teaspoons brown sugar
	1 teaspoon sriracha or red chile paste

Shred chicken into large pieces

In a small bowl, combine all ingredients for the peanut sauce.

For each wrap, top a lettuce leaf with rice, chicken and vegetables. Fold over and serve with peanut sauce on side.

Hoisin Glazed Salmon

4 6 ounce salmon filets
2 tablespoons hoisin sauce
2 teaspoons soy sauce
1 tablespoon lime juice
1-2 teaspoons brown sugar
1 garlic clove, finely minced

Preheat oven to 400 degrees.

Line a baking sheet with aluminum foil and place a wire rack over top. Spray the rack with nonstick spray. Mix the hoisin sauce, soy sauce, lime juice, sugar, and garlic together in a bowl. Taste and adjust to your taste (more lime juice if too sweet, more sugar if too acidic). Coat the salmon pieces in the marinade and chill for 30 minutes to 1 hour.

Arrange the salmon pieces skin side down (if your fillets still have skin on one side) on the pan and paint with a little more of the marinade. Roast the salmon 10 minutes or until fish is cooked through.

Serve with steamed rice. Asparagus or Snap Peas would be great side dishes.

Roast Asparagus by tossing in 1 tablespoon olive oil, 1 teaspoon orange juice and orange zest. Place a baking sheet and sprinkle with salt and pepper. Roast with salmon.

Roasted Pears with Yogurt & Honey

Serves 6

4 pears, sliced in half, core scooped out
5 tablespoons butter
1 cup dark brown sugar packed
Half a lemon
1 teaspoon cinnamon
Frozen yogurt or Greek yogurt

Heat oven to 400 degrees. Place butter in a 13 x 9 baking pan; set in the heating oven until it melts. Mix sugar and cinnamon together and sprinkle over melted butter; then place pears, cut side down. Squeeze juice from half a lemon all over and put lemon, cut side down, in the pan with the fruit. Bake until tender, 30 minutes.

Remove pan from oven, turn pears over and use a pastry brush or spoon to baste the fruit with pan juices. Return to oven; bake until golden and glossy, about 10 minutes longer. Let cool slightly before serving.

Top with a scoop of ice cream and drizzle the caramel sauce over the top.

Raspberries & Cream Trifle

Serves 4

2/3 cup whipping cream or Cool Whip
1 tablespoon sugar
1/4 teaspoon vanilla
1 purchased pound cake
2 cups fresh raspberries
1 cup vanilla bean ice cream topping
2 tablespoons toasted almonds

In a chilled large mixing bowl combine whipping cream, sugar, and vanilla. Beat with an electric mixer on medium speed until soft peaks form; set aside.

Divide half of the crumbled brownies between 4 large parfait glasses or water goblets.

Divide half of the raspberries, ice cream topping, and whipped cream between the glasses, creating layers. Repeat layers with remaining brownies, raspberries, ice cream topping, and whipped cream. Serve immediately or cover and chill up to 4 hours.

