

For More Recipe Ideas

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Miso Soup

Prep and Cook Time: 10 minutes Ingredients:

- 1/4 cup sliced dulse seaweed
- 5 cups hot water
- 1 TBS minced, fresh ginger
- 5oz firm tofu, cut in 1/4 inch cubes
- 1/2 cup minced scallion
- 3 TBS miso
- 1/4 tsp white pepper
- salt to taste

Directions:

1. Heat 1TBS water in a medium soup pot. Healthy Sauté ginger in water over medium low heat for about 1 minute stirring constantly.
2. Add rest of water, tofu and seaweed. Simmer for about 5 minutes over medium heat.
3. Add scallion, miso, salt and pepper. Mix and serve. **Serves 4**

Asian Sautéed Cauliflower

Prep and Cook Time: Prep and cooking time: 15 minutes

Ingredients:

- 1 medium head cauliflower, trimmed of green parts
- 5 TBS vegetable or chicken broth
- 1/2 tsp grated fresh ginger
- 2 medium cloves garlic, pressed
- 2 TBS rice vinegar, or fresh lemon juice
- 1 TBS honey
- 2 TBS soy sauce
- 1/2 tsp dry mustard
- 1 TBS extra virgin olive oil
- salt and white pepper to taste

- 1/2 TBS chopped fresh cilantro

Directions:

1. Cut cauliflower florets into quarters and let sit for at least 5 minutes to enhance their health-promoting properties.
2. Heat broth in large stainless steel skillet. When broth begins to steam, add cauliflower and cover. Healthy sauté for 5 minutes.
3. Whisk together rest of ingredients and toss with florets. Marinate for about 5 minutes for more flavor. Allowing the cauliflower to soak up the dressing for a few moments before serving makes it even better. Sprinkle with chopped cilantro.

Serves 4

Quick Broiled Salmon with Ginger Mint Salsa

Ingredients:

- 1 lb salmon fillet, cut in half
- 2 tsp lemon juice
- sea salt and pepper to taste
- Salsa
- 1 ripe tomato, diced
- 1/2 cup green onions, minced
- 1 tsp ginger, minced
- 2 tsp fresh mint, minced
- 1 tsp lime juice
- sea salt and pepper to taste

Directions:

1. To Quick-Broil preheat broiler on high and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source.
2. Rub salmon with 2 tsp fresh lemon juice, salt and pepper. (You can Quick Broil with the skin on; it just takes a minute or two longer. The skin will peel right off after cooking.)
3. Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes depending on thickness. Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside.

Salsa

1. Combine all salsa ingredients.
2. Spoon over salmon.
3. Garnish with mint and a sprinkle of extra virgin olive oil.

Serves 2

Perfect Oatmeal

Ingredients:

- 2¼ cups water
- dash salt
- 1 cup regular rolled oats
- ½ tsp cinnamon
- ½ cup raisins
- ¼ cup chopped walnuts
 - soy milk, or skim milk
 - sweetener such as molasses, or honey

Directions:

1. Combine the water and salt in a small saucepan and turn the heat to high.
2. When the water boils, turn the heat to low, add oatmeal, and cook, stirring, until the water is just absorbed, about 5 minutes. Add cinnamon, raisins, and walnuts, stir, cover the pan and turn off heat. Let set for 5 minutes. Serve with milk and sweetener. **Serves 2**

Miso Stir Fry

Prep and Cook Time: 25 minutes Ingredients:

- 1 TBS dried hijiki* or arame seaweed soaked* in ¾ cup warm water (save water)
- 1 medium onion cut in half and sliced thick
- 1 TBS minced fresh ginger
- 3 cloves garlic pressed
- 1 medium sized carrot peeled and sliced very thin
- 2 cups small broccoli florets, about ½ inch pieces
- 1 cup shredded green cabbage
- 4 oz firm light tofu, cut into ½ inch cubes
- 2 TBS light miso dissolved in 2 TBS seaweed water
- 2 TBS soy sauce
- 2 TBS rice vinegar
- salt & white pepper to taste
- 1 tsp toasted sesame seeds
- *For more on safety issues regarding sea vegetables, see The safety factors regarding sea vegetables, such as hijiki

Directions:

1. Chop onion and press garlic and let sit for 5-10 minutes to bring out their health-promoting benefits.
2. Rinse and soak hijiki or arame seaweed in about ¾-cup hot water, and chop rest of the vegetables. After about 10 minutes, squeeze hijiki to remove excess water. Save the water.

3. Heat 1TBS of seaweed water in a stainless steel wok, or large skillet. Healthy Stir-Fry onion and carrots in seaweed water over medium high heat, for 2 minutes stirring constantly.
4. Add garlic and ginger. Continue to stir constantly. Ginger may stick a little to the pan. Do not worry about it. It will come up when liquid is added. After about 2 minutes, add broccoli. Stir-fry for another 2 minutes.
5. Add cabbage, miso mixed with seaweed water, soy sauce, rice vinegar, hijiki or arame, and tofu.
6. Continue stir-frying for another 2 minutes stirring constantly. Add salt and pepper. Sprinkle with sesame seeds and serve.

Serves 6

Serving Suggestions:

- Serve with Brown Rice

Quinoa Cereal with Fresh Fruit

Prep and Cook Time: 20 minutes Ingredients:

- Quinoa
- 1 cup quinoa
- 2 cups water
- sea salt to taste

- Topping
- ¼ cup rolled oats
- A combination of your favorite fruits, pumpkin seeds, and sliced almonds:
- ¼ cup blueberries
- 1 TBS pumpkin seeds
- 1 TBS sliced almonds
- Top with ½ cup soy milk and 1 tsp honey

Directions: Preparing Quinoa

1. Place well-rinsed quinoa with water, salt in a saucepan, cover, and bring to a boil.
2. Turn the heat to low, keep covered, and simmer for 15 minutes.

Serves 4

Quinoa Breakfast

1. Combine ¼ of the quinoa recipe with rolled oats.
2. Top with blueberries, pumpkin seeds and almonds and serve with almond milk and honey.

Serves 1