

3-Minute Scallops

For great flavor without the use of heated fats or oils, "Healthy Sauté" your scallops.



Prep and Cook Time: 10 minutes

Ingredients:

1/2 lb bay scallops or sea scallops
1 TBS low-sodium chicken or vegetable
broth
2 medium cloves garlic
1 TBS extra virgin olive oil
1 TBS fresh lemon juice
sea salt and pepper to taste

Directions:

1. Chop garlic and let sit for 5 minutes to [enhance its health-promoting benefits](#).
2. Heat 1 TBS broth over medium heat in a stainless steel skillet.
3. When broth begins to steam, add scallops and garlic and sauté for 2 minutes stirring frequently. After 2 minutes, turn scallops over and let cook on the other side for 1 minute. Scallops cook very quickly so watch your cooking time. Overcooked scallops become tough. (If you are using larger sea scallops, you'll need to cook for 1-2 minutes longer.)
4. Dress with extra virgin olive oil, lemon juice, garlic, salt and pepper.

Serves 2

Halibut with Ginger and Scallions

If you want a great time-saving meal that you can get from the refrigerator to the table in just 20 minutes, you will love this Asian-inspired recipe for halibut. The omega-3 fatty acids from the halibut help to reduce inflammation and the shiitake mushrooms not only enhance the flavor of this recipe but also builds a strong immune system.

halibut with ginger & scallions



Prep and Cook Time: 20 Minutes

Ingredients:

- 3/4 lb halibut cut into 2 steaks
- 1/4 cups light vegetable **broth**
- 1/4 cup mirin rice wine*
- 3 medium cloves garlic, chopped
- 1 TBS **tamari (soy sauce)**
- 1 TBS fresh lemon juice
- 1 TBS minced fresh ginger
- 2 cups fresh shitake mushrooms, sliced
1/4-inch thick
- 1 cup coarsely chopped scallion
- salt and white pepper to taste
- *mirin is a sweet Japanese rice wine
without the alcohol content

Directions:

1. Chop garlic and let sit for 5 minutes to **enhance their health-promoting properties.**
2. Bring the broth and mirin wine to a simmer on medium-high heat in a 10-inch skillet.
3. Add garlic, soy sauce, lemon juice, ginger, scallions, and mushrooms.
4. Place halibut steaks on top, reduce heat to low and cover. Cook for about 5 minutes, depending on thickness. Season with salt and pepper. Remove steaks and place on a plate. Spoon scallions and mushroom broth over fish and serve.

Serves 2

Salmon with Mustard

Salmon is one of the best ways to get those hard-to-find omega-3 fatty acids into your Healthiest Way of Eating. Add mustard to the Quick Broiled salmon for a zesty taste treat!



Prep and Cook Time: 10 minutes

Ingredients:

3/4 lb salmon fillet, cut in half
2 tsp lemon juice
1 TBS dijon mustard
sea salt and black pepper to taste
capers and dill weed for garnish

Directions:

1. To Quick Broil, preheat broiler 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 fresh lemon juice, salt and pepper and spread dijon mustard on fillets before broiling. (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.
4. Garnish with capers and dill weed.

Serves 2

Stir-Fried Seafood with Asparagus

This easy to prepare recipe provides you with a combination of flavors that is both complex and delicious as well as providing you with 74% of the daily value (DV) for protein, 61% of the DV for vitamin C, 54% of the DV for vitamin K and 52% of the DV for vitamin B12. And our healthy stir-fry method of cooking, which uses no heated oils, makes this an even healthier dish. Enjoy!



Prep and Cook Time: 25 minutes

Ingredients:

- 1 medium onion, cut in half and sliced medium thick
- 1 TBS chicken or vegetable broth
- 1 TBS minced fresh ginger
- 3 medium cloves garlic, chopped
- 2 cups fresh sliced shiitake mushrooms
- 1 bunch thin asparagus, cut in 2" lengths (discard bottom fourth)
- ¼ cup fresh lemon juice
- 2 TBS tamari (soy sauce)
- 2 TBS mirin wine
- pinch red pepper flakes
- ¾ lb cod fillet cut into 1 inch pieces
- 8 large scallops
- 8 large shrimp, peeled and deveined
- 1 cup cherry tomatoes cut in quarters
- ¼ cup chopped fresh cilantro
- salt and white pepper to taste

Directions:

1. Slice onion and chop garlic and let sit for 5-10 minutes to enhance its health-promoting benefits.
2. Heat 1 TBS broth in a stainless steel wok or 12 inch skillet. Healthy Stir-Fry onion in broth over medium high heat for 2 minutes, stirring constantly. Add ginger, garlic, mushrooms and asparagus. Continue to stir-fry for another 3 minutes, stirring constantly.
3. Add lemon juice, tamari, mirin, red pepper flakes, cod, scallops, and shrimp and stir to mix well. Cover and simmer for just about 5 minutes stirring occasionally on medium heat.
4. Toss in tomatoes, cilantro, salt and pepper. Serve.

Serves 4

Baked Halibut with Herbs

Enjoy this wonderful halibut dish in just 15 minutes! This recipe is a great way to add more omega-3 fatty acids to your meals. Four ounces of halibut provides 30% of the daily value for those hard-to-find nutrients as well as 89% of the daily value for selenium!

baked halibut with herbs



Prep and Cook Time: 30 minutes

Ingredients:

- 1-1/2 lbs halibut steak or fillet, cut into 8 pieces
- 1/4 cup [chicken or vegetable broth](#)
- 2 TBS lemon juice
- 3 medium cloves [garlic, pressed](#)
- 2 TBS capers
- 2 TBS [chopped fresh parsley](#)
- 1 TBS [chopped fresh tarragon](#)
- 1 TBS [chopped fresh chives](#)
- salt and pepper to taste

Directions:

1. Preheat oven to 450F (230C).
2. Press garlic and let sit for 5 minutes to [enhance its health-promoting benefits](#).
3. Place the fish in a baking dish just large enough to hold it, and add remaining ingredients. Cover, and bake until done, about 15 minutes. Be careful not to overcook it. Serve at once, pouring the pan juices over the fish.

Serves 4

Mediterranean Cod with Tomatoes

Our Mediterranean Cod is so easy to make, you can readily add it to your quick meal repertoire. It's brimming with health-promoting nutrients including vitamin C, vitamin A, and selenium and yet so low in calories—just 186 for an entree. This is one of the reasons that I feature it in Day 2 of [The Healthiest Way of Eating Plan](#).

mediterranean cod



Prep and Cook Time: 15 minutes

Ingredients:

- 1/3 lb cod fillets, cut in half
- 2 TBS honey
- 2 tomatoes, diced
- 1 onion, sliced thin
- 1 red bell pepper, diced
- 1/2 cup low-sodium chicken or vegetable [broth](#)
- 2 TBS minced basil
- 2 TBS minced parsley

sea salt and pepper to taste

Directions:

1. Slice onion and let sit for 5 minutes to bring out its health-promoting properties.
2. Combine honey and tomatoes in a mixing bowl.
3. Healthy Sauté onion and bell peppers for 2 minutes.
4. Add 1/2 cup chicken or vegetable broth, cod fillets and tomato mixture.
5. **Cover** and cook over medium heat for 3-5 minutes or until fish is cooked.
6. Add minced basil, parsley, and salt and pepper to taste.

Serves 2

15-Minute Seared Tuna with Sage

This is great tasting and interesting way of preparing tuna with the fresh sage can be done in just 15 minutes. It gives you a lot of flavor with a healthy, light sauce.



Prep and Cook Time: 15 minutes

Ingredients:

- &dbid1 lb tuna, cut into 4 pieces
- 2 medium cloves **garlic, pressed**
- 2 TBS finely **grated or minced**
- lemon rind**
- 1 + 2 TBS fresh lemon juice
- 2 TBS finely **minced fresh sage**
- 1 TBS finely **minced fresh**
- parsley**
- broth ¼ cup chicken or vegetable
- pinch red pepper flakes
- salt and black pepper to taste

Directions:

1. Press the garlic, grate or mine the lemon rind, prepare the lemon juice, and mince the herbs.
2. Rub tuna with 1 TBS fresh lemon juice and season with salt and black pepper.
3. Preheat a stainless steel 10-12 inch skillet over medium heat for about 2 minutes. Cook tuna on each side for about 1½ minutes. This is our **(Stovetop Searing)** cooking method. Remove from pan, and place on a plate.

4. Add rest of ingredients to pan in order given, and cook for about 1 minute. Pour over tuna and serve.

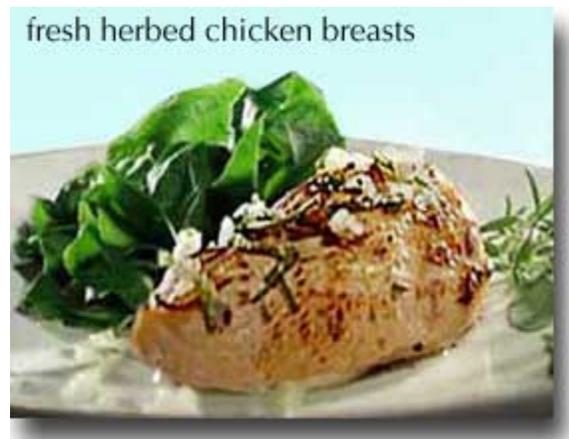
Serves 4

Serving Suggestions: Serve with

- o Steamed Vegetable Medley

Fresh Herbed Chicken Breasts

The fresh herbs in this recipe turn an ordinary chicken breast into a flavorful dish with added healthy benefits. It takes very little time and is well worth the little bit of extra effort, giving you another easy way to enjoy the chicken.



Prep and Cook Time: 20 minutes

Ingredients:

- 4 boneless chicken breasts with skin on
- 2 medium cloves **garlic, pressed**
- 1 TBS fresh squeezed lemon juice
- 2 tsp **chopped fresh sage**
- 2 tsp **chopped fresh thyme**
- 1 tsp **chopped fresh rosemary**
- 1/4 cup chicken **broth**
- salt and cracked black pepper

Directions:

1. Preheat broiler on high. Place ovenproof metal pan under broiler to get hot. Do not use glass or Pyrex for this.
2. Season chicken with a little salt and pepper. When pan is very hot (which takes about 5 minutes), put chicken in pan and return it to broiler. Turn heat to low. Don't put it too close to the heating element. It is best to put in middle of the oven, about 7 inches from the heat source. (**Quick Broil**) for about 15 minutes, or until done, depending on thickness of chicken.
3. While chicken is cooking chop herbs.
4. In a small skillet, add chopped herbs, lemon juice, broth, pressed garlic, salt, and pepper. Heat on medium heat for about 30 seconds.
5. When chicken is done remove skin, slice, and place on platter. Drizzle herb sauce over chicken.

Serves 4

Serving Suggestions: Serve with

- [Steamed Vegetable Medley](#)

5-Minute Healthy-Sauteed Asparagus

"Healthy Sauté" allows you to enjoy all of the great taste and health-promoting nutrients of asparagus while the easy Mediterranean Dressing enhances its delicate flavor.



Prep and Cook Time: 10 minutes

Ingredients:

1 lb asparagus
3 TBS low-sodium chicken or vegetable
broth

Mediterranean Dressing:

3 TBS extra virgin olive oil
2 medium cloves garlic
2 tsp lemon juice
sea salt and pepper to taste

Optional: Sun-dried tomatoes and feta
cheese

Directions:

1. Chop or press garlic and let for at least 5 minutes to [enhance its health-promoting properties](#).
2. Heat 3 TBS broth over medium heat in a stainless steel skillet.
3. When broth is heating, snap off the woody bottom of asparagus stems, then cut the spears into 2-inch lengths. Cutting them into short pieces of equal length ensures quick, even cooking.
4. When broth begins to steam, add asparagus. **Cover** and cook for 5 minutes. The outside will be tender and the inside will be crisp. Thinner spears will take about 3 minutes. "Healthy Sauté" will concentrate both the flavor and nutrition of asparagus.
5. Transfer to a bowl. For more flavor, toss asparagus with the remaining ingredients while it is still hot. (Mediterranean Dressing does not need to be made separately.)

Serves 2

5-Minute Kale with Sea Vegetables

With this delicious, easy-to-prepare recipe you can include kale as part of your Healthiest Way of Eating in a matter of minutes. Kale is one of the healthiest vegetables around with one serving being an excellent source of vitamins A and E. Enjoy!



Prep and Cook Time: 15 minutes

Ingredients:

1 pound kale
Mediterranean Dressing
2 tsp lemon juice
1 medium clove **garlic, pressed**
1 TBS extra virgin olive oil
salt and black pepper to taste
3-1/2 TBS agar (sea vegetable)

Directions:

1. Chop garlic and **let sit** for 5 minutes to enhance its health-promoting properties.
2. Fill bottom of steamer with 2 inches of water and bring to boil.
3. While water is coming to a boil, slice kale leaves into 1/2-inch slices, and cut again crosswise. Cut stems into 1/4-inch slices. Let kale sit for at least 5 minutes to bring out its health-promoting properties.
4. When water comes to a boil, add kale to steamer basket and cover. **Steam** for 5 minutes.
5. Transfer to a bowl and toss with Mediterranean Dressing ingredients and agar. Mediterranean Dressing does not have to be made separately. For the best flavor, toss with dressing while kale is still hot.

Serves 2

Crimini Mushroom Sauté

This flavorful and easy mushroom recipe can be served as a wonderful complement to many of your favorite dishes.

7-minute healthy sauteed
crimini mushrooms



Prep and Cook Time: 15 minutes

Ingredients:

½ medium onion, cut in half and sliced
thin
1 TBS chicken or [vegetable broth](#)
4 cups whole small to medium crimini
mushrooms. Remove ends of mushroom stems
and wipe clean if necessary.
6 medium cloves of garlic, chopped
1 TBS chopped fresh rosemary (or 1 tsp
dried rosemary)
¼ cup Tawny or regular Port
salt and black pepper to taste

Directions:

1. Slice mushroom.
2. Heat 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté onion for 5 minutes over medium heat stirring frequently. While onions are cooking, prepare rest of ingredients.
3. Add garlic, mushrooms and rosemary to onions, and continue to sauté for another 5 minutes.
4. Stir in port and simmer for about 4 more minutes. Season with salt and pepper.

Healthy Sauteed Red Bell Peppers

While we think of oranges as a rich source of vitamin C, one cup of red bell peppers provides 291% of the Daily Value (DV) for this important nutrient well as 105% DV for vitamin A! So enjoy this quick-and-easy recipe for great taste and great nutritional value.



Prep and Cook Time: 10 minutes

Ingredients:

1 lb red bell peppers, sliced
2 medium cloves garlic, chopped
5 TBS low-sodium vegetable or chicken

broth

3 TBS extra virgin olive oil
sea salt and pepper to taste
Optional: goat or feta cheese

Directions:

1. Chop garlic and let sit for 5 minutes to **enhance its health-promoting properties**.
2. Heat broth in a medium-size stainless steel skillet. When it begins to steam, add bell pepper slices. Cover and cook for 3 minutes.
3. Uncover and cook for an additional 7 minutes.
4. Place peppers into a bowl and toss with garlic and extra virgin olive oil.
5. If desired, top with crumbled goat or feta cheese.

Serves 2

Sautéed Vegetables with Cashews

The health-promoting nutrients of the vegetables combine with the heart-healthy monounsaturated fats from the nuts for a side dish that is a great addition to your Healthiest Way of Eating.



Prep and Cook Time: 15 minutes

Ingredients:

1/2 cup chicken or vegetable **broth**
1 cup each red and yellow bell peppers, sliced 1/2-inch thick
1 cup onion, sliced 1/2-inch thick
1 cup snow peas
1/4 cup cashews

Mediterranean Dressing:

3 TBS extra virgin olive oil
2 tsp lemon juice
2 cloves garlic, chopped or pressed

Sea salt and pepper to taste

Directions:

1. Chop or press garlic, slice onions, and let them sit for 5 minutes to [enhance their health-promoting properties](#).
2. Heat broth in a stainless steel skillet over medium heat.
3. When broth is steaming, add bell peppers and onions, cover and sauté for 5 minutes.
4. Add snow peas and sauté covered for 2 minutes.
5. Transfer vegetable mixture to a serving bowl and toss with cashews and dressing ingredients.

Serves 2