





Grilled Salmon Fillet with Cucumber Dill Sauce

We make this salmon at least once a week, and while there are plenty of occasions for getting fancy like many things in life, simpler is often...just..better.

MAKES 4 4-OUNCE PORTIONS

Ingredients

1 pound fresh, wild salmonOlive oilKosher saltCoarsely ground black pepper

Instructions

- 1. Prepare your grill and bring to high heat.
- 2. Rinse the salmon under cold water and pat dry with a paper towel. Run your fingers along the meaty surface to check for any bones and remove any of them with needle nose pliers or fish tweezers.
- **3.** Lightly coat the meaty side with olive oil then sprinkle generously with kosher salt and lots of freshly ground coarse black pepper. You don't want to be skimpy here.
- **4.** Place the fish fillet on a hot grill, meat side down, and cook for 3-4 minutes or until you can easily slide your spatula under the fish without it falling apart. Don't disturb the fish once its on the grill until you're ready to flip it. Flip the fish and cook for another 2-3 minutes or until desired doneness.
- **5.** Section into preferred serving sizes with or without the skin and serve with fresh cut lemon and cucumber dill sauce.

Cucumber Dill Sauce

The addition of blue cheese dressing gives this cucumber dill sauce a tart tang. Feel free to use Greek yogurt instead of sour cream for a lower-cal bite .

MAKES 1½ CUPS

Ingredients

½ cup sour cream

½ cup olive oil mayonnaise

½ English cucumber, about ½ cup, diced

1/4 cup blue cheese dressing

2 tablespoons fresh dill, chopped

Zest of 1 lemon

1 teaspoon lemon juice

Pinch of kosher salt

Instructions

1. Combine all ingredients in a bowl. Refrigerate until ready to serve.





Tomato and Hearts of Palm Salad

This salad takes just 10 minutes with a sharp knife for a little slicing and chopping to pull together and is the perfect addition to any potluck barbecue. SERVES 8

Ingredients

3 cups cherry tomatoes, sliced in half

1 15-ounce can hearts of palm, drained and sliced into 1/4 inch rings

1/4 cup thinly sliced or shaved red onion

1/4 cup chopped Italian parsley

¼ cup vegetable oil

1½ tablespoon red vinegar

1 teaspoon sugar

1 teaspoon kosher salt

½ teaspoon freshly ground black pepper

- 1. Combine tomatoes, hearts of palm, red onion and parsley in a large bowl. In a small bowl, mix the vegetable oil, vinegar, sugar and salt and pepper until sugar is dissolved.
- 1. Pour vinaigrette over tomato mixture and gently mix. Add more salt and pepper to taste. Serve at room temperature.



Spiralized Refrigerator Quick Dill Pickles Incredibly easy to make on a whim and fast to cure any puckery craving because

Incredibly easy to make on a whim and fast to cure any puckery craving because there's no waiting for them to cure on the shelf before eating them.

MAKES 1 QUART

Ingredients

 $1\frac{1}{2}$ - 2 cucumbers

½ red onion, skin removed and halved

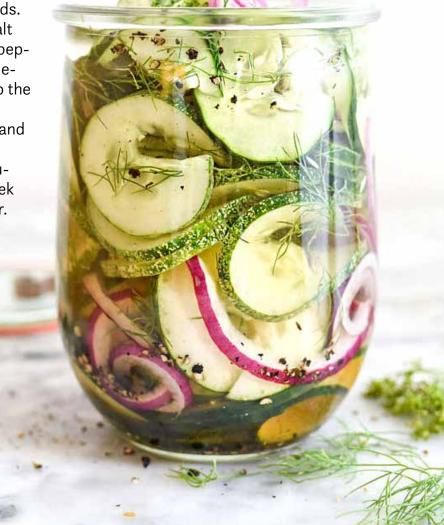
- 2 tablespoon fresh dill fronds, chopped
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 1 cups water
- 1 cup apple cider vinegar

Instructions

1. Cut the ends off of the cucumbers and cut in half lengthwise. Spiralize the halves using your spiralizer's setting to make discs (on the Inspiralizer use blade A). Use a pair of kitchen scissors to cut the cucumbers into 4-5 inch pieces. Set your spiralizer to the setting for long thin strips (blad A on the Inspiralizer) and spiralize the half onion. Use kitchen scissors to cut the onions into 2-3 inch lengths.

2. Pack the cucumbers and the red onion into a quart jar with the chopped dill fronds. Season with the kosher salt and freshly ground black pepper. Mix the water and vinegar together and pour into the jar.

3. Cover tightly with a lid and refrigerate for at least 30 minutes up to 4 hours. Cucumbers will last for 1 week or more in the refrigerator.





Greek Turkey Burgers with Tzatziki Sauce

A simple swap of ground turkey and veggies for beef in these burgers makes this burger binge virtually guilt-free.

MAKES 4 BURGERS

Ingredients

For the Turkey Burgers

1 pound ground turkey

½ cup fresh spinach leaves, chopped

1/3 cup sun-dried tomatoes, chopped

1/4 cup red onion, minced

1/4 cup feta cheese, crumbled

2 cloves garlic, pressed or minced

1 egg, whisked

1 tablespoon olive oil

1 teaspoon dried oregano

½ teaspoon each Kosher salt and freshly ground black pepper

4 soft whole-wheat hamburger buns

Bibb lettuce leaves

Sliced red onion

For the Tzatziki Sauce

½ cucumber, halved with skin and seeds removed

34 cup low-fat plain Greek yogurt

2 cloves garlic, pressed or minced

1 tablespoon red wine vinegar

1 tablespoon fresh dill, minced

Pinch of kosher salt and freshly ground black pepper

- 1. In a large bowl, add the ground turkey, spinach, sun-dried tomatoes, red onion and feta. In a small bowl, whisk together the garlic, egg, olive oil and dried oregano and kosher salt and freshly ground black pepper then pour over the turkey and mix with your hands to combine.
- 2. Divide the burger mixture into 4 portions and mold into patties. Refrigeratefor 30 minutes up to overnight ot freeze the patties at this point for up to 3 months.
- **3.** Prepare the tzatziki sauce by grating the cucumber. Gather the cucumber together and place in a paper towel and press the water out of the shredded cucumber and place in a medium size bowl. Add the yogurt, garlic, red wine vinegar, fresh dill, kosher salt and freshly ground black pepper and mix well. Cover and refrigerate for 30 minutes or up to 3 days.
- **4.** Heat a non-stick grill pan over medium heat and spray well with cooking spray. Place the turkey burgers on the grill, cover with an upside down sheet pan or lid and cook for about 5 minutes per side.
- **5.** Slather buns with tzatziki sauce and garnish with lettuce leaves and red onion. Or serve bunless in the bibb lettuce leaves.



Baked Zucchini Parmesan Crisps

French fries play second fiddle when summer's bounty of zucchini gets a crisp-up in the oven with panko bread crumbs and Parmesan cheese.

Ingredients

- 1 pound of zucchini (about 3 medium)
- 1 egg white
- 1/3 cup plus 1 tablespoon panko bread crumbs
- 1/3 cup plus 1 tablespoon freshly ground Parmesan cheese
- 4-5 sprigs fresh thyme leaves, stripped from the stem
- 1/4 teaspoon kosher salt and freshly ground black pepper Pinch of cayenne pepper

Instructions

- 1. Preheat the oven to 400° F and line a baking sheet with parchment paper.
- 2. Trim the ends of the zucchini and then slice into rounds about ¼ inch thick. Whisk the egg white in a small bowl. Mix the remaining ingredients in another small bowl until combined.
- **3.** Dip the zucchini rounds into the egg white to coat both sides then using a fork, scoop the zucchini rounds into the panko bread crumb mixture and flip both sides, gently pressing the bread crumbs into the zucchini. Place in rows on the baking sheet and bake for 20-25 minutes or until the tops are golden and crisp.
- 4. Serve immediately with Ranch dressing.

Serve these crispy critters with a quality store-bought Ranch, or make it quick and easy with my foolproof homemade Ranch recipe.





Grilled Halibut with Tomato Avocado Salsa

Flaky halibut filets are simply seasoned, grilled, and topped with a fresh and easy tomato avocado salsa for a healthy dinner in a quick and simple three-step recipe. MAKES 4 BURGERS

Ingredients

For the Halibut

2 6-ounce halibut filets extra virgin olive oil kosher salt and freshly ground black pepper

For the Tomato Avocado Salsa

1 pint heirloom cherry tomatoes, sliced

1 avocado, peeled, pitted and chopped

1/2 shallot, thinly sliced

2 sprigs basil, leaves only, slivered

1 tablespoon extra virgin olive oil

1½ teaspoons golden balsamic vinegar (I use the DeLallo brand)

kosher salt and freshly ground black pepper

Instructions

- 1. Preheat the grill on high heat. Drizzle the halibut filets with olive oil and season with kosher salt and freshly ground black pepper. Oil the grill grates with grape-seed oil then place the filets on the grill. Gently press the fish down on the grate and cook for 5 minutes on each side or until the fish is opaque and flakes easily.
- **2.** While fish is cooking, add the sliced cherry tomatoes, avocado, shallot, and basil to a medium size bowl. Drizzle with the olive oil and golden balsamic vinegar and toss to coat. Season with kosher salt and freshly ground black pepper.
- **3.** Top the fish with the Tomato and Avocado Salsa or try this Mango Salsa for a sweeter taste.

Serve this meal with a handful of arugula lightly dressed with olive oil, kosher salt, freshly ground black pepper and a squeeze of lemon for an extra dose of vitamins, calcium, and folate.



Grilled Zucchini with Feta and Pinenuts

When the garden overfloweth, it's time to heat up the grilleth for a turneth on the coals-eth and a dish of Grilled Zucchini.

SERVES 4

Ingredients

2 large or 4 medium zucchini
Extra virgin olive oil
1 ½ teaspoons oregano
kosher salt and freshly ground black pepper
Juice of ½ lemon plus lemon zest
3 ounces feta cheese
¼ cup toasted pine nuts
1/8 cup parsley leaves

Instructions

1. Prepare a grill on high heat. Slice zucchini into thin strips lengthwise. Place in a shallow dish and coat with olive oil then sprinkle with oregano, kosher salt and black pepper on both sides. Allow to sit for about 10 minutes or until grill is hot.

2. Grill zucchini for 2-3 minutes on each side, or until zucchini softens and grill marks appear. Remove to a platter, dress with a drizzle of more olive oil and a generous squeeze of lemon juice then top with feat cheese, pine nuts, lemon zest and parsley leaves and serve warm or at room temperature.

This salad is delicious served warm or at room temperature. Feta cheese adds a spunky bite to this dish but creamy goat cheese is especially good too.





Chicken Satay with Lighter Dipping Sauce

I use a almond butter with a coconut almond milk blend to make a lighter dipping sauce, but you can use regular peanut butter and coconut milk if you prefer.

MAKES 4 4-OUNCE PORTIONS

Ingredients

For the Chicken Satay

- 2 tablespoons good quality fish sauce
- 1 tablespoon low sodium soy sauce
- 3 tablespoons minced lemongrass
- 2-3 cloves pressed or minced garlic (about 1 tablespoon)
- 2 boneless, skinless chicken breasts

Canola oil

Fresh minced cilantro

Wooden or metal skewers

For the Almond Dipping Sauce

1 cup Almond Breeze Almondmilk Coconutmilk Original

34 cup smooth almond butter

1/4 cup fish sauce

3 tablespoons minced or grated fresh ginger

3 tablespoons brown sugar

2 tablespoons soy sauce

½ to 1 teaspoon crushed red chile flakes (to taste)

- 1. In a large bowl, add the fish sauce, soy sauce, lemongrass and garlic and mix well.
- 2. Slice the chicken breasts at an angle into thin slices and add them to the bowl with the marinade. Cover with plastic wrap and refrigerate for at least 30 minutes up to 3 days, depending on the freshness of your chicken.
- **3.** Prepare a clean grill for high heat and brush the grates with a few paper towels dampened with canola oil.
- **4.** If using, soak wooden skewers in water for 30 minutes. Thread the chicken slices onto the skewers and discard any of the remaining marinade.
- **5.** To make the dipping sauce, add all of the ingredients to the bowl of a food processor or blender and process until smooth, then transfer to serving bowls.
- **6.** Place the chicken skewers on the hot grill and cook untouched on high heat for 3-4 minutes each side, or until grill marks appear and the chicken releases from the grates. Turn the chicken and sear for another 2-3 minutes, then turn a few more times until the chicken is cooked through and golden brown on both sides. Sprinkle with cilantro and serve with the almond dipping sauce.





Fresh & Easy Vietnamese Noodle Salad

Fish sauce may sound a little "fishy" but like soy sauce, its what gives the dressing it's signature salty umami. I prefer the Red Boat brand for it's clean taste.

SERVES 6-8

Ingredients

12 ounces thin Asian vermicelli noodles such as rice stick or mung bean 2 carrots, shredded 2 cucumbers, seeded and shredded 4 green onion, chopped 1½ cups fresh bean sprouts 1/3 cup chopped cilantro ½ cup fish sauce ½ cup seasoned rice vinegar 3 tablespoons sugar 2 cloves garlic, pressed or minced ¼ teaspoon crushed red pepper Lime

- 1. Soften the vermicelli noodles in a large bowl by covering with boiling water and soaking for 3-4 minutes or until tender.
- 2. Rinse under cold water, drain, and add to a large bowl. Add the shredded carrots, cucumbers, bean sprouts and chopped cilantro to the noodles.
- **3.** In a glass jar fitted with a lid or a bowl, mix together the fish sauce, rice vinegar, sugar, garlic and crushed red pepper.
- 4. Pour ¾ of the dressing over the noodles and toss to coat. Add more dressing if desired. Sprinkle with more cilantro and green onion and a squeeze of lime if desired. Salad can be made ahead and refrigerated overnight, however if making ahead, add the cilantro just before serving.



Sweet & Sour Asian Pickled Cucumbers

English or Persian cucumbers have a more tender skin so there's no need for peeling before using a handheld mandoline to cut these cucumbers paper thin.

MAKES 4 CUPS

Ingredients

- 1 cup seasoned rice vinegar
- 34 cup sugar
- 1 tablespoon grated ginger
- 1 teaspoon kosher salt
- 1/8 teaspoon dried red chile flakes
- 2 seedless English cucumbers
- 1 shallot

- 1. Slice the cucumbers into very thin coins (a mandoline works well for this job) and thinly slice the shallot as well. Add both to the quart jar or medium size bowl.
- 2. In a smaller bowl or jar, whisk the rice vinegar, sugar, grated ginger, salt and chile flakes together until the sugar has dissolved and pour over the cucumbers, tossing lightly to coat. Cover and refrigerate for at least 30 minutes or up to 3 days.





Grilled Steak Tacos

I use flat iron steak because it's an inexpensive but totally flavorful cut of meat, especially when marinaded in a citrus adobo sauce for these favorite steak tacos. SERVES 4

Ingredients

- 11/2 pounds flat iron steak
- 1 cup orange juice
- 2 cloves garlic, peeled
- 2 chipotle peppers plus 2 tablespoons adobo sauce from the can
- ½ cup or a large fistful of cilantro leaves and stems
- 1 tablespoon cumin
- 1 teaspoon cinnamon
- 1 teaspoon kosher salt
- Sliced avocado
- Chopped tomato
- Chopped onion
- Chopped cilantro leaves

Instructions

- 1. Poke holes in the steak with a large knife, taking care to make the holes with the grain. Add the steak to a gallon size freezer bag Add the orange juice, garlic cloves, chipotle peppers and adobo sauce, cilantro, cumin, cinnamon and kosher salt into a blender. Puree until smooth then pour into the freezer bag with the steak, seal and refrigerate for 1 hour up to overnight.
- 2. Let the steak come to room temperature before grilling, about 20 minutes. Oil grates with grapeseed oil and preheat it on high heat. Reduce the heat to medium high and grill the meat for 10 minutes on each side or until cooked to desired doneness. Allow the steak to rest on a platter, covered with foil, for 10 minutes before cutting.
- **3.** Warm the tortillas over a gas flame or on the grill. Assemble the tacos with sliced avocado, chopped onion, tomatoes, cilantro, queso fresco, and a squeeze of grilled limes or sliced jalapeño if you like.

My favorite Mexican restaurant makes their salsa with big chunks of celery for an even crunchier bite. Now, I can't eat it at home without doing the same.





Easy Mexican Coleslaw

Because it can sit for a bit without spoiling, coleslaw is an awesome potluck side, but it's even better topped on top steak tacos if you're into that sort of thing.

SERVES 8

Ingredients

- 1 14-ounce package prepared coleslaw mix
- 1/4 small red onion, thinly sliced
- 1/4 cup chopped cilantro leaves
- 1/3 cup canola oil
- 2 limes, juiced (about ¼ cup)
- 3 cloves garlic, pressed
- 2 tablespoons honey
- 1½ teaspoons ground cumin
- 1 teaspoon oregano
- 1 teaspoon ground coriander
- 6 dashes hot sauce
- kosher salt and freshly ground black pepper

- 1. In a large bowl, toss the colelsaw mix with the sliced onion and chopped cilantro.
- 2. In a small bowl or jar with a fitted lid, mix the canola oil, lime juice, garlic, honey, cumin, oregano, coriander, hot sauce and kosher salt and freshly ground pepper. Pour over the coleslaw mixture and toss.
- **3.** Refrigerate for 30 minutes before serving. This recipe is best eaten day of, but can be refrigerated overnight.



Chunky Citrus Guacamole

I like my guacamole on the chunky side so I mash a few smooth and add a few more that are in larger chunks to get just the right ratio per scoop.

MAKES 3 CUPS

Ingredients

5 avocados, chopped

1/3 cup white onion, diced

1/3 cup tomato, diced

2 cloves garlic, minced

1 jalapeno, seeds and veins removed and finely diced

1 small orange, juiced (1/4 cup)

1 lime, juiced (1/8 cup)

1/4 teaspoon chili powder

1/8 teaspoon smoked paprika (optional) Kosher salt to taste

Instructions

- 1. Mash three of the avocados in a medium bowl. Add two more chopped avocados to the bowl with the chopped, onion, tomato, garlic and jalapeno.
- **2.** Squeeze the orange and lime juices over the avocado mixture and add the chili powder, smoked paprika and salt.
- 3. Mix welll. Add more of the juice mixture to taste. Serve with tortilla chips and for sure slathered on steak tacos.

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