

Lunch Menu for FNC

Roast Squash and Apple Soup
Waldorf Kale Salad with Cashew Dressing
Mango Salmon
Red Quinoa with Currants, Dill and Zucchini
Shredded Brussels sprouts
Lemon cream with blackberries or raspberries

Vegan choice: Lentil Sweet Potato Curry

Roasted Winter Squash and Apple Soup - 8 servings

1 large butternut squash, about 2-3 lbs, peeled, seeded, and cut into 1-2 inch pieces
1 large onion, peeled and cut into 6-8 large chunks
3 garlic cloves, peeled
2 tart apples, peeled, quartered, and cored
2 Tbsp olive oil
1 Tbsp mild chili powder (use more if you want more "bite")
4 cups vegetable or chicken broth

Preheat oven to 400 degrees. In a large roasting pan, combine the squash, apple, onion, garlic, and oil. Season with salt to taste, and sprinkle with chili powder. Roast for 45 minutes, stirring every 10-15 minutes, until veggies are tender and lightly browned. In a food processor, combine half of the roasted veggies with 2 cups broth and puree until smooth. Repeat with the remaining veggies and heat over medium heat in a saucepan, stirring occasionally. Add more broth as needed if soup is too thick. Add more salt and chili powder if needed for more bite.

Waldorf Kale Salad with Cashew Dressing – yields 6-8 servings

Dressing:

1 cup raw cashews
¼ cup lemon juice
¼ cup orange juice concentrate
1 Tbsp. Dijon mustard
1/3 cup water (add more if too thick)
Salt to taste

Combine all the dressing ingredients in a blender or food processor. Blend until well mixed.

Salad:

1 bunch kale, (use a combination of purple, red Russian and dinosaur kale) cleaned, de-stemmed, and finely chopped
1 large apple, diced
2 stalks celery, thinly sliced
3 radishes, thinly sliced
2/3 cup pine nuts

3 Tbsp. poppy seeds (optional)
½ cup raisins or cranberries sweetened with apple juice

Mix all salad ingredients together in a serving bowl and toss with dressing. You will not need the whole amount of dressing. Use about ½ to start and then keep adding until there is enough. It all depends on how large a bunch your kale is! Refrigerate any leftovers.

Mango Salmon - serves 6

2 Tbsp. low sodium tamari or regular soy sauce (use wheat-free tamari for **GF** option)
1 Tbsp. fresh ginger, minced
1 cinnamon stick
1 tsp. "unseasoned" rice vinegar or apple cider vinegar
10-oz. bottle mango nectar
6 salmon fillets, 4 oz. each, 1 inch thick (wild Alaskan salmon is preferred)
1 tsp. cold-pressed, extra virgin olive oil

In a small saucepan, stir together all ingredients, except for salmon and oil. Bring to boil, reduce heat and simmer, uncovered for 20-25 minutes, or until reduced to about ¾ cup. Pour mixture through a strainer and discard the solids. Return to saucepan and keep warm. Brush olive oil on broiler pan, and place salmon on pan and broil 5 inches away from heat for 5 minutes. Brush salmon with mango mixture and broil 3 more minutes or until fish flakes with a fork. Serve immediately and allow individuals to garnish salmon with remaining mixture as desired.

Red Quinoa with Currants, Dill and Zucchini - Serves 6

1 Tbsp. extra virgin olive oil
1 bunch of chopped green onions, (save ¼ for garnish)
¾ tsp sea salt
1 cup red quinoa, rinsed several times and drained
2 cups water or veggie or chicken broth
¼ cup dried currants
1 fresh lemon
2 medium zucchini, grated
½ cup frozen baby peas, defrosted
4 Tbsp. toasted sesame seeds
4 Tbsp. chopped fresh dill
any leftover veggie is fine to add - be creative (broccoli, asparagus, green beans etc)

Heat the olive oil in a 3 qt. saucepan over medium heat. Add ¾ of the green onions and cook for 2-3 minutes until they soften. Add rinsed quinoa and salt and cook, stirring occasionally, until the grains are slightly toasted, about 2-3 minutes. Add water (or broth) and currants and bring to a boil. Reduce heat and simmer, covered, for about 15 minutes until liquid is well absorbed. Be careful not to overcook the quinoa.

While the quinoa is cooking, zest the lemon, and squeeze 2 Tbsp juice into a small bowl.

When the quinoa is finished cooking, remove the pan from the heat and stir in zucchini, defrosted baby peas, lemon juice and zest, and most of the sesame seeds and dill. Save the remainder for garnish. Adjust seasoning as necessary. Serve on a platter garnished with the remaining green onions, dill and sesame seeds.

Shredded Brussels Sprouts with Pecans – serves 4

1/3 cup pecans, coarsely chopped
1 lb Brussels sprouts, ends trimmed

- 1 teaspoons coconut oil
- 2 teaspoons olive oil
- 1 tablespoon yellow mustard seeds
- 1 to 2 tablespoons fresh lemon juice
- 2 tsp lemon zest
- Coarse salt and ground pepper

Preheat oven to 325 degrees. Spread pecans on a rimmed baking sheet and toast until lightly browned, about 8-10 minutes; set aside.

While the pecans are toasting, with the shredding disk of a food processor, shred Brussels sprouts (if you don't have a food processor, halve and thinly sliced with a chef's knife). In a large nonstick skillet, heat coconut oil and olive oil over medium heat. Add mustard seeds and cook, stirring occasionally, until fragrant, about 30 seconds. Add Brussels sprouts and cook, tossing occasionally until tender and beginning to brown, 7 to 9 minutes. Remove from heat, stir in lemon juice and zest, and season with salt and pepper. Serve garnished with pecans.

Lemon Cream with Blackberries – serves 4

The lemon cream can be made in advance, covered, and kept it in the refrigerator for three days

- 1 tablespoon grated lemon zest
- 1/4 cup fresh lemon juice
- 1/2 cup honey
- 1 package (12 ounces) silken tofu, firm or extra-firm, drained
- 1 cup fresh blackberries or raspberries

Combine 2 1/2 teaspoons of the lemon zest, lemon juice, honey, and tofu in a blender. Puree ingredients until smooth, scraping down sides of blender with rubber spatula as necessary. Divide lemon cream evenly among four bowls or serving glasses. Garnish each portion with blackberries and reserved lemon zest. Serve immediately or refrigerate.

Vegan Option

Lentil and Sweet Potato Curry - 10 servings

- 1 large onion, chopped
- 1 clove garlic, minced
- 1 tsp olive oil
- 1 lb dried lentils, about 2 cups, well rinsed
- 2 lbs yams or sweet potatoes, peeled and cut into small pieces
- 1 1/2 Tbsp curry powder (add more if desired)
- 1 Tbsp ground cumin
- 6 cups vegetarian broth (or chicken)
- Salt and pepper to taste (depends on the amount of salt in the broth)

In a 4 or 6 qt heavy pot over medium heat, heat oil and stir-fry stir onion and garlic until softened, about 5 minutes. Add rinsed lentils, chopped yams, seasonings and broth. Bring to a boil over high heat, reduce heat, cover and simmer for about 30 minutes. Both lentils and yams should be softened but not mushy. Add salt and pepper if needed.