

## *Black Bean & Fresh Corn Salad*

Yield: 4 Servings

### Ingredients:

1 14 oz. can black beans, drained but NOT rinsed  
1 fresh ear of corn  
1/4 medium red pepper, small dice  
1/4 medium green pepper, small dice  
1 1/2 tbs. finely-chopped cilantro  
2 stalks green onion with dark leaves removed, thinly diced  
1/2 small jalapeno, finely diced  
1 tbs. olive oil  
1 1/2 tbs. juice of fresh lime  
1/4 tsp. salt

### Instructions:

Cut corn kernels off raw cob. Add diced peppers, green onion, cilantro and jalapeno. Season with olive oil and lime juice and mix in non-reactive bowl. Chill 2 hours before serving.

### *Notes*

## *Quinoa Pilaf*

Yield: 4 Servings

### Ingredients:

1 cup prewashed quinoa  
2 tbs. extra virgin olive oil  
¼ medium yellow onion, finely chopped  
½ red and green bell pepper, diced  
1 garlic clove, minced  
2 cups water or vegetable stock  
1 tbs. grated ginger  
¼ cup grated or diced carrots  
1 medium diced tomato  
¼ cup chopped fresh basil  
Salt and pepper to taste

### Instructions:

1. Heat 2 tbs. olive oil on medium high heat in a 3-4 quart pot. Add the onion, bell pepper, garlic and ginger, and sauté, stirring occasionally until the onions are translucent, but not browned. Add the drained quinoa, carrots and tomatoes, stirring occasionally for a couple more minutes. You can let some of the quinoa get a little toasted.
2. Add 2 cups of water or stock and ½ tsp. salt. Bring to a boil and reduce the heat to low so that the quinoa and water are simmering while the pot is partially covered (enough to let out some steam). Simmer for 20 minutes, or until the quinoa is tender and the water has been absorbed. Remove from heat and put into a large serving bowl. Fluff up with a fork.
3. Let cool until just slightly warm, add 2-3 more tbs. of olive oil. Stir in chopped basil, and serve.
4. If desired, one can top each portion of the pilaf with a tbs. of crumbled feta cheese, ¼ cup of grilled chicken, or ½ cup of cooked tilapia.

## *Notes*

## *Tabouleh Salad*

Yield: 4 Servings

### Ingredients:

1 cup bulgur wheat  
1 cup chopped fresh parsley  
1 cups tomato, diced  
4 green onions, whites only, finely chopped  
¼ cup chopped mint  
½ cucumber, peeled, small dice  
2 oz virgin olive oil  
Juice of one lemon  
1 clove garlic, chopped finely  
¾ tsp salt or to taste

### Instructions:

Place bulgur in bowl. Cover with boiling hot water. Cover bowl with plate and let stand for approximately 30 minutes, or until all water has been absorbed.

Add all ingredients to bulgur. Toss everything together and add additional salt, if necessary. Let salad sit for about an hour before serving.

### *Notes*

## *Poached Salmon with Cucumber-Dill Sauce*

Yield: 4 Servings

Poaching liquid:

½ cup fat-free chicken broth  
¼ dry sauvignon blanc  
1 ½ tbs. rice vinegar  
½ tsp. salt

Instructions:

1. Bring poaching liquid to a boil.
2. Place four 6 oz. pieces salmon fillet in 9 x 9 Pyrex pan.
3. Pour boiling poaching liquid over it.
4. Cover tightly with tin foil.
5. Place in 325 degree pre-heated oven and poach for 20 minutes.
6. Remove from oven and remove tin foil to allow rapid cooling.
7. Place in refrigerator for 4 hours or overnight.  
(Retaining the poaching liquid in pan ensures moistness of fish fillets)

### *Cucumber-Dill Sauce*

3 oz. peeled and seeded cucumber (approx. 1/3 med-size cucumber)  
2 tbs. fresh dill weed  
¼ cup Greek-style yogurt  
½ cup mayonnaise  
¾ tsp. lemon or lime juice  
Salt to taste

Instructions:

Peel and seed cucumber and cut into 1 inch cubes. Place in blender and add remaining ingredients. Puree on medium speed until smooth. Add salt to taste. Chill.

*Notes*