

## Salsa Fresca Fish (or bean salad)

This is the ultimate accompaniment to fish in the summer. Or, it can really be paired with any type of protein such as chicken or shrimp, or tempeh or beans for a vegetarian option. It's fresh, slightly zippy and refreshing! I particularly love sorrel, it's a lemony, tart and tangy green - it kind of tastes reminiscent of sour green apple. If you can get your hands on some, I highly recommend it, but baby spinach will work well as a substitute here.

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Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

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Course: Main Course    Cuisine: Mediterranean    Servings: 4

### Ingredients

- 2 cups sorrel (or baby spinach) chopped finely
- 1/2 cup basil chopped finely
- 2 Tbsp lemon juice
- 2 Tbsp lime juice
- 1/2 cup cherry tomatoes chopped finely
- 1 avocado diced in small cubes
- sea salt and pepper to taste

### Optional

- 1 clove garlic minced
- 1/4 tsp red chili flakes

### Fish

- 4 servings halibut or other white fish of choice

### Beans

- 1 14 oz can kidney beans drained and rinsed
- 1 14 oz can white beans drained and rinsed

### Instructions

#### For the fish option

1. Preheat oven to 400 and line a baking sheet with parchment paper. Spread out the fish on the baking sheet and season with sea salt and pepper. If you'd like, you can squeeze a bit of lemon juice over top.

2. Bake the fish for around 15 minutes, or until cooked through. Depending on the thickness of the fish, you might need more time. You can carefully slice into the fish to see if it's opaque in the center.

**For the bean option**

1. If you want to make the vegetarian bean based version of this recipes, simply drain and rinse off the beans.

**Salsa Fresca**

1. You'll prepare the salsa while the fish is cooking. Combine all of the ingredients and toss together in a bowl. Adjust seasoning to your liking, such as adding more salt or more lemon or lime juice. If you like a kick, you could always add some chili flakes or minced garlic.
2. Once the fish is cooked, serve the salsa fresca over top. Or, toss with the beans instead to make a bean salad.

**Notes****Substitution Guide:**

- Sorrel: You can use baby spinach instead. Arugula could also work!
- Basil: You can try parsley, cilantro, or mint instead (or do a combo)

# Sesame Ramen Noodles

Adding noodles into a salad immediately turns a bowl of veggies into a filling, complete meal. We decided to mix it up and use ramen noodles this time instead of rice noodles or soba noodles. Ramen noodles only take around 4 minutes to cook, so they are really convenient and easy to make! If you want to make extra noodles, you can use them in a stir fry with veggies for another easy meal.

Prep Time 15 mins	Cook Time 10 mins	Total Time 25 mins
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Course: Main Course   Cuisine: Asian   Servings: 4

## Ingredients

- 2 packages gluten free ramen noodles
- 1 bunch broccoli cut in florets
- 2 carrots ribboned
- 2 cups purple cabbage shredded
- 1/4 cup basil chopped

## Sauce

- 3 Tbsp tahini
- 1.5 Tbsp rice vinegar
- 2 tsp toasted sesame oil
- 1 Tbsp tamari
- 1 Tbsp maple syrup or honey

## Optional Protein

- 2 cups cooked chicken cut in cubes
- 1 14-oz can chickpeas drained and rinsed

## Optional Topping

- 1 Tbsp sesame seeds

## Instructions

1. Prepare the ramen noodles according to the instructions on the package (make sure to skip the seasoning pack if it came with that- you only want the noodles!).

2. Cut the broccoli in florets and then steam the florets with around 1/2 cup of water in a pot for approximately 4 minutes. Once the broccoli is bright green and just cooked, remove from heat and run under cold water to cool down.
3. Prepare the other vegetables and whisk together the dressing ingredients.
4. Once the noodles and broccoli are cooked, toss everything together with the sauce. If you're including the cooked chicken or chickpeas, you can toss them in too.
5. Sprinkle sesame seeds over top if you'd like.

## Notes

### Substitution Guide:

- Gluten Free Ramen Noodles: We recommend the [Lotus Foods](#) brand, but you can use another brand. If you can't get these, you can sub gluten free rice pasta (linguini or spaghetti would work).
- Veggies: Feel free to swap in other veggies that you like better

### Prep Guide:

- Sauce: You can make this the day before or even a few days in advance. If you want to have extras for other meals, make a double batch of the sauce and use it to drizzle over top of stir fries or rice.

# Corn Tomato Summer Salad

We're at the height of summer produce here in Canada, so it's been a joy to use locally grown veggies in simple salads. When it's hot out, we're happy to build our main meals around a colorful salad to keep prep easy and quick. This lemon basil vinaigrette is fragrant and pretty, you'll be able to smell the waft of basil from across the kitchen. If you have extra basil you can make a double batch and save the dressing for other salads later in the week.

Prep Time 10 mins	Cook Time 20 mins	Total Time 30 mins
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Course: Main Course    Cuisine: Mediterranean    Servings: 4

## Ingredients

- 1 pint cherry tomatoes
- 2 ears corn
- 3 mini cucumbers diced in cubes
- 1 head green leaf lettuce cleaned, dried and chopped

## Lemon Basil Vinaigrette

- 2 Tbsp basil leaves chopped roughly
- 1/4 cup extra virgin olive oil
- 2 Tbsp lemon juice
- 1 small clove garlic minced
- sea salt and pepper to taste

## Optional Protein

- 1 14-oz can white beans drained and rinsed
- 4 hard boiled eggs

## Instructions

1. Preheat oven to 400 and line a baking sheet with parchment paper. Spread out the cherry tomatoes, leaving them whole, and rub with a tiny bit of extra virgin olive oil. You'll want the tomatoes to be lightly coated in oil, but you don't want lots of excess oil on the baking sheet (if there's excess oil it can spatter as it gets hot and cause smoke in the oven). Sprinkle some sea salt and pepper over top too.
2. Roast the tomatoes for 20 minutes, or until they are tender inside and start to burst.

3. Prepare the other veggies while the tomatoes are roasting. Steam the corn with around 1/4 cup of water in a pot for 3-4 minutes, or until the corn is just cooked.
4. To make the dressing, add all of the ingredients to a blender and pulse so there are still small pieces of basil. If you prefer the basil to be blended into a smooth liquid, then fully blend in the blender. Alternatively, you can mix together by hand in a small bowl.
5. Once the corn is cool enough to handle, slice the kernels off the cob. Combine all of the vegetables together, adding in the roasted tomatoes.
6. Drizzle the vinaigrette over top just before serving.

**Optional Protein**

1. If you'd like to include the white beans, you can just toss them right into the salad.
2. If you'd like hard boiled eggs: Place eggs in a small pot and cover with water. Bring to a boil and then boil for 12 minutes. Let the eggs sit in a bowl of cold water to cool down, before peeling.

**Notes****Substitution Guide:**

- Veggies: While we love the combo of vegetables that's in this salad, you can always change them to use other ones that you have on hand or like better. The type of lettuce is really easy to switch- use romaine, salad greens, red leaf or even kale.

**Prep Guide:**

- Dressing: You can make it in advance. It will last for around 5 days in the fridge.

# Roasted Eggplant with Miso

We've been making variations of this recipe for years, in fact it goes way back to our early days of when we first started cooking for private clients 10 years ago. The eggplant gets really soft and creamy, and when combined with the miso sauce it's the perfect combination of savoury, umami and slightly sweet flavours. Miso is a Japanese style paste that's traditionally made from fermented soy beans that's very rich in umami flavour and it adds a deep richness to recipes. But, there are soy-free options nowadays (see the Substitution Notes below for brands).

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Prep Time	Cook Time	Total Time
5 mins	25 mins	30 mins

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Course: Main Course    Cuisine: Asian, Japanese    Servings: 4

## Ingredients

- 4 Asian eggplants (or sub 2 medium Italian eggplants)
- 1 Tbsp avocado oil
- small pinch sea salt

## Marinade

- 1/4 cup miso paste
- 1 Tbsp honey or maple syrup
- 2 tsp toasted sesame oil
- 2 tsp rice vinegar
- 1/2 tsp grated/minced ginger

## Garnish

- 2 Tbsp sesame seeds
- 2 Tbsp parsley or other fresh herb chopped (optional)

## Optional Add On

- 1 cup brown rice

## Optional Protein

- 4 servings salmon or fish of choice
- 1 block tempeh cut in cubes
- 1-2 Tbsp coconut oil
- sea salt and pepper to taste

## Instructions

1. Preheat oven to 400 and line a baking dish with parchment paper.
2. Slice the eggplants in half lengthwise. Score the flesh with a knife: use a knife to cut into the flesh but not through the skin and make diagonal lines about 1/2 inch apart. Then cut diagonal lines going in the opposite direction so it will look like diamond shapes cut in the eggplant.
3. Lightly season the eggplant flesh with sea salt. Then rub with the avocado oil, over the flesh as well as on the skin so that the eggplant is lightly coated.
4. Mix together the marinade ingredients in a small bowl. It should be a slightly thick, spreadable paste. You can taste test it at this point! Miso is very salty, so you might want a little bit more sweetness. Depending on your taste preference, you can add a little additional honey or maple syrup.
5. Spread the marinade over top of the scored eggplant flesh and place skin-side down on the baking sheet.
6. Roast for 25 minutes. The eggplant should be really soft once it's cooked. If you're using a larger eggplant, it might need more cooking time (Asian eggplants are thin, so they cook quickly).
7. Sprinkle sesame seeds and chopped parsley (or other herb) over top before serving.

## Optional Add On

1. If you'd like to make rice to serve the eggplant over, put it up to cook before you start preparing the eggplant. Combine the rice with 2 cups of water in a small pot and bring to a boil. Then reduce to a simmer, covered, for 30 minutes, until the rice is fluffy and water is absorbed.

## Optional Protein

1. If you'd like to have salmon or tempeh, either one of them can be easily seared in a skillet while the eggplant is roasting.
2. Heat some coconut oil in a skillet and sear the salmon or tempeh on the first side. Sprinkle some sea salt and pepper over top. Cook for around 3-4 minutes on the first side. Then flip and sear on the second side. The tempeh should turn golden and get crispy after a few minutes. Depending on how thick the salmon is, it might need longer on the second side to cook through completely.
3. Serve the roasted eggplant with tempeh or salmon, over the brown rice.

## Notes

### Substitution Guide:

- Miso: If you don't eat soy, you can get miso made from chickpeas instead that's soy-free. Here's [one brand](#) that's available in Canada and [another brand](#) that's available in the US.

**Prep Guide:**

- Marinade: It can be put together in advance if you'd like.

# Summer Rolls

This is one of our favorite snack recipes! The best part is that summer rolls look quite fancy and complicated, but they are actually really easy to make. I like to take them with me sometimes for a snack on a hike. To pack them for traveling, wrap each roll in parchment paper to prevent them from sticking to each other. And, then they can just be stored in a container or bag.

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Prep Time

20 mins

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Course: Snack    Cuisine: Asian    Servings: 4

## Ingredients

### Dipping Sauce

- 3 Tbsp almond butter or sub tahini
- 1 Tbsp tamari
- 1 Tbsp maple syrup
- 1 to 2 tsp lime juice
- 1 small clove garlic minced

### Summer Rolls

- 2 cups purple or green cabbage shredded
- 2 carrots peeled and sliced in matchsticks
- 1 red pepper sliced in matchsticks
- 10 basil leaves
- 10 Asian rice paper wraps

## Instructions

1. Chop all the vegetables in thin slices.
2. Fill a deep dish or saucepan (that's 2 to 3 inches deep) with hot water.
3. Place each sheet of rice paper in hot water for 10-15 seconds to soften slightly.
4. Remove the rice paper from the water and place it flat on a plate or cutting board.
5. Place the vegetables in the center of the rice paper.

6. Roll the rice paper to form a wrap (roll over the edge closest to you, then fold in the left side, then the right side, then roll over completely to close).

**Dipping Sauce**

1. Place all ingredients in a bowl and stir, except the water.
2. Slowly add the water as needed and mix until smooth (you may need more or less than  $\frac{1}{4}$  cup of water).

**Notes****Substitution Notes:**

- Cabbage: Baby spinach, mixed greens, or chopped lettuce or kale all work well instead here.
- Red Pepper: Any hearty vegetable works well. Strips of cucumber or radish work well too.
- Basil: Mint and cilantro are also delicious here, you can use all of them if you like!

# Cantaloupe Blueberry Smoothie

I've been getting locally grown Ontario cantaloupes lately and they are such a treat. I'd never thought to put cantaloupe in a smoothie before because I always eat melon as a simple refreshing snack. But, cantaloupe and blueberries are the perfect pairing! If you wish, you could even use this smoothie recipe as the base for popsicles, just pour into popsicle molds and freeze.

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Prep Time

5 mins

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Course: Drinks, Snack    Cuisine: American    Servings: 2

## Ingredients

- 1.5 cups cantaloupe
- 1 cup frozen blueberries or fresh would work
- 1/2 cup dairy free yogurt
- 1 cup cold filtered water or use dairy-free milk if desired

## Optional

- 2 tsp honey

## Instructions

1. Blend all ingredients in the blender until smooth and creamy.
2. If you like a sweeter taste, blend in some honey.