Recipe: Curried Quinoa Pilaf

Ingredients
1 tablespoon olive oil  
½ sweet onion, chopped  
1 garlic clove, minced  
1 jalapeno, cored seeded and minced (optional)  
2 tsp curry powder  
1 inch grated fresh ginger  
2 tomatoes, diced  
1 cup quinoa  
2 cups water or low-sodium vegetable stock  
½ cup currants  
Cilantro for garnish  
Salt and pepper to taste

Directions
In a medium saucepan heat olive oil and cook onion, garlic, jalapeno, curry powder and ginger until vegetables are tender. Add tomatoes, quinoa and water/vegetable stock. Stir well. Bring to a boil, cover and reduce the heat. Simmer for 15 minutes or until the quinoa is tender. Turn off heat and allow quinoa to sit covered for an additional 5 minutes. Fold in cilantro and currants then season to taste with salt and pepper.

Recipe: Smoky Spice Rub (with Salmon)

Ingredients
1 tablespoons chili powder  
½ teaspoon ground cumin  
½ teaspoon dried parsley  
½ teaspoon dried oregano  
1/8 teaspoon salt  
1/8 teaspoon black pepper  
¼ teaspoon smoked paprika  
1-2 tablespoons maple syrup  
1 tablespoon olive oil  
4 (5-ounce) salmon fillets, skin and bones removed

Directions
Combine the chili powder, cumin, parsley, oregano, salt, pepper and smoked paprika in a small bowl. In a separate bowl, whisk maple syrup and olive oil then brush onto salmon. Coat the tops of the fish evenly with spice mixture. Place fish on a plate and wrap with plastic wrap and allow to sit in refrigerator for 1 hour. Preheat oven to 375. Place salmon in a greased baking pan or baking sheet. Bake for 15 to 20 minutes or until salmon is cooked as desired. *This recipe may also be grilled – set grill to medium heat and cook salmon on foil sprayed with cooking spray until done.
Recipe: Mixed Herb Pesto (*with Seasonal Vegetables*)

**Ingredients**
- 2 cups fresh basil leaves
- 1 tablespoon fresh thyme
- 1 tablespoon fresh rosemary
- ½ cup freshly grated Parmesan
- ¼ cup olive oil
- ¼ cup walnuts

**Roasted seasonal vegetables** (FALL: potatoes – white and sweet, onions, carrots, fennel)

**Directions**

**Pesto:** Toast walnuts in a dry skillet over medium heat for 3-5 minutes. In a food processor, blend together all ingredients until smooth. Season with salt and pepper to taste. Pour over roasted vegetables and toss until they are evenly covered.

**Roasted Vegetables:** Preheat oven to 400 degrees. Divide vegetables and garlic between two rimmed baking sheets (or line with parchment paper, if desired, for easy cleanup); dividing evenly, toss with oil, 2 teaspoons coarse salt, and 1/4 teaspoon pepper. Roast until vegetables are tender and beginning to brown, 30 to 40 minutes, tossing them and rotating sheets from top to bottom halfway through. Serve hot or at room temperature.

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Recipe: Sautéed Spiced Apples

**Ingredients**
- 4 medium apples, sliced and unpeeled
- 2 tablespoons lemon juice
- 2 tablespoons butter or canola oil
- 2 tablespoons honey
- 1/2 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger (or ½ inch fresh)
- Nonfat plain Greek yogurt to serve

**Directions**

In a medium bowl, toss the apple slices with lemon juice and set aside. In a skillet heat butter or oil over medium heat. Stir in the honey. Add the apple slices to the pan and stir well. Sprinkle apples with cinnamon, nutmeg and ginger. Cover and heat for an additional 5 to 8 minutes, while stirring a few times in between. Serve with nonfat plain Greek yogurt.

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