



Recipes

Seasonings & Spices to Boost Health

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.



Health* Matters is UC Berkeley's Wellness Program with campus partners including Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.

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.

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.

SEASONING

TRY IT IN...

 BASIL	Pesto, tomato dishes, fresh salads, soups, pasta sauces, eggplant, squash, stir-fries
 BLACK PEPPER	All-around seasoning, salads, vinaigrettes, sauces, soups, appetizers, entrees
 CHILI POWDER	Mexican and Southwestern cuisine, chili, eggs, fish, vegetables, popcorn
 CINNAMON	Middle Eastern and Moroccan cuisine, hot cereal, coffee, yogurt, sweet potatoes
 CUMIN	Mexican and Indian cuisine, stews, beans, soups, tacos, and sauces, meat dishes
 CURRY POWDER	Indian and Thai cuisine, poultry, lamb, vegetables, marinades, curries, rice dishes
 DILL	Fish, potatoes, pickling, dips, salads, dressings, vegetables
 GARLIC	All-around seasoning, vinaigrettes, stir-fries, appetizers, entrees
 GINGER	Asian, Indian, and Middle Eastern cuisine, marinades, squash, oats, tea, pickled ginger
 NUTMEG	Sauces, spinach, dairy-based soups, winter squash, poultry, fruit desserts
 ONION	All-around seasoning
 OREGANO	Italian and Mexican cuisine, poultry, sauces,
 PAPRIKA	German and Spanish cuisine, eggs, seafood, vegetables, goulash, stews
 ROSEMARY	Potatoes, stews, salmon, poultry, tomato dishes
 THYME	All-around seasoning

For more information and healthy cooking resources, visit *Cook Well Berkeley* at <http://tinyurl.com/cookwellberkeley>