



Fresh Arugula Salad with Strawberry Vinaigrette

Makes: approximately 2 cups of dressing

Notes: You can use this vinaigrette recipe throughout the seasons with raspberries, plums, or peaches, as they become available.

1/2 cup strawberries, roughly chopped
1/4 cup champagne vinegar (or white wine vinegar)
1 tablespoon Dijon mustard
salt and pepper, to taste
1 cup canola oil

Place the strawberries and the vinegar in the blender and process until smooth. Transfer to a bowl. Add the mustard, salt, and pepper, whisking constantly to mix thoroughly. Then slowly drizzle in the oil, whisking constantly to combine.

Serve over a bed of arugula with your choice of toppings, such as: sliced red onions, sliced green onions, blanched asparagus pieces, toasted walnuts, slivered almonds, fresh crumbled goat cheese, or grilled chicken breast.



Moroccan Lamb Burgers with Mint-Yogurt Sauce

Serves: 4

Notes: Serve with Spiced Vegetable Couscous.

1 cup plain whole milk yogurt
1/4 cup mint leaves, chopped
1 garlic clove, minced
4 teaspoons fresh lemon juice
salt and pepper
2 tablespoons dried currants
2 tablespoons pine nuts
2 tablespoons fresh parsley, coarsely chopped
1 teaspoon lemon zest, finely grated
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 teaspoon ground cinnamon
1 1/2 pounds ground lamb
4 hamburger buns, cut in half

In a small bowl, mix the yogurt with the mint, garlic and 3 teaspoons of the lemon juice. Season the yogurt sauce with salt and pepper and refrigerate.

In a mini food processor, combine the dried currants, pine nuts, chopped parsley, lemon zest, cumin, coriander and cinnamon with the remaining 1 teaspoon of lemon juice and 1 teaspoon of salt. Process the ingredients until a coarse paste forms.

Scrape the currant-pine nut paste into a large bowl and add the ground lamb. Using your hands, gently mix the ground meat thoroughly with the seasonings and pat into 4 plump burgers. Set the burgers on a plate, cover them with plastic wrap and refrigerate for 15 minutes.

Light a grill. Lightly brush the grate with oil. Grill the burgers over a medium-hot fire for 6 minutes per side for medium rare. Grill the buns, cut side down, until toasted. Set the burgers on the buns and serve with the mint-yogurt sauce.



Spiced Vegetable Couscous

Serves: 6

Notes: This recipe can be used as a vegetarian main course or as a side dish for a meat course. The dish can be prepared with any other variety of seasonal vegetables such as spinach, peas, tomatoes, corn, or bell peppers.

3 tablespoons olive oil
1 large onion, finely chopped
2 garlic cloves, crushed
1 tablespoon tomato paste
1/2 teaspoon ground turmeric
1/2 teaspoon cayenne pepper
1 teaspoon ground coriander
1 teaspoon ground cumin
3/4 cup cauliflower florets
3/4 cup broccoli florets
1 cup carrots, sliced
1 cup zucchini, sliced
2 cups kale, roughly chopped
14 ounce can chickpeas, drained and rinsed
3 tablespoons fresh cilantro, chopped
salt and pepper, to taste
2 1/2 cups vegetable broth
2 1/2 cups couscous
3 tablespoons butter or sunflower oil

Heat 2 tablespoons oil in a large skillet over medium heat. Add the onion and garlic and cook until soft and translucent. Stir in the tomato paste, turmeric, cayenne, coriander, and cumin. Cook, stirring, for 2 minutes.

Add the cauliflower, broccoli, and carrots, with enough water to come halfway up the vegetables. Bring to a boil, then lower the heat, cover and simmer for 10 minutes.

Add the zucchini, kale, and chickpeas to the pan and cook for 10 minutes. Stir in the cilantro and season to taste with salt and pepper.

To cook the couscous, bring the vegetable broth to a boil in a medium pot. Add the remaining tablespoon of olive oil. Remove from the heat and add the couscous, stirring. Cover and allow the couscous to soak up the liquid for 5 minutes.

Add the butter or sunflower oil and heat through gently, stirring to separate the grains. Turn the couscous out onto a serving dish and spoon the cooked vegetables on top, pouring over any liquid. Serve immediately.



Honey-Pickle Salsa

Makes: 1 cup

Notes: This salsa can be served by itself with tortilla chips or served alongside a meat course such as grilled flank steak.

4-ounce can diced green chile peppers, drained
1/2 cup dill pickle, chopped
3 tablespoons red onion, finely chopped
2 tablespoons fresh cilantro, chopped
4 teaspoons fresh lime juice
2 teaspoons honey

In a small bowl, stir together all of the ingredients. Cover and chill for up to 8 hours.