

Baked Fish with Lemon and Garlic (Serves 3-5)

This is a light and flavorful way to prepare any fish. Alternatively, put all sauce ingredients in the blender and blend together.

Ingredients:

- 3 to 5- 5 ounce portions of salmon, cod, or tilapia
- 1 tablespoon olive, canola or blended oil
- 1 tablespoon lemon juice (fresh or bottled)
- 2 teaspoons garlic, minced
- 1 tablespoon parsley, cilantro or any other herb, chopped

Directions

1. Preheat oven to 350°F. Oil a baking sheet that is covered with aluminum foil or parchment paper.
2. Combine all ingredients and drizzle or brush over fish on baking sheets.
3. Cook for 7 to 10 minutes. Serve immediately.

Cabbage Carrot and Kohlrabi Slaw (Serves 3-5)

Kohlrabi is a crispy root vegetable from the cabbage family, like Brussels sprouts or kale. Kohlrabi is a winter storage vegetable and makes a great addition to all salads.

Ingredients:

- 1 pound green cabbage, shredded
- ½ pound red cabbage, shredded
- ½ pound kohlrabi, peeled and shredded
- ½ pound carrots, peeled and shredded
- 1 teaspoon ginger, grated

Dressing:

- ½ cup 100% orange juice
- Zest of ½ orange (optional); to zest, scrape off the thin outer layer of colored skin of citrus with a small grater or microplane.
- 1/3 cup oil
- ½ cup apple cider vinegar, white vinegar, or rice wine vinegar
- 1 ½ tablespoons honey
- 2 tablespoons cilantro or parsley, chopped (optional)
- ½ teaspoon salt or dash of soy sauce to taste

Directions:

1. Combine all salad ingredients in a large bowl.
2. Combine all dressing ingredients and mix well. Pour over shredded salad and mix.
3. Allow to rest refrigerated for 30 min to an hour to develop maximum flavor.