

3 Healthy Dinner Recipes for the Holidays



Oven Baked Salmon

Ingredients:

12 ounce salmon fillet, cut into 4 pieces

Coarse-grained salt

Freshly ground black pepper

Shallots

Red wine vinegar

Capers

Parsley

Almonds

Extra Virgin Olive Oil

Directions:

Preheat the oven to 450 degrees F.

Season salmon with salt and pepper. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes. Serve with the Toasted Almond Parsley Salad if desired.

Toasted Almond Parsley Salad:

Mince the shallot and add to a small bowl. Pour the vinegar over the shallots and add a pinch of salt. Let sit for 30 minutes.

Roughly chop the capers, parsley and almonds and add to the shallots. Add the olive oil, tasting as you go. Mix again and adjust the seasonings.

(Recipe courtesy of Kathleen Daelemans)

Shrimp Cocktail

Ingredients:

Court Bouillon:

10 cups cold water

2 medium carrots, quartered

2 stalks celery, quartered

1 large onion, quartered

1 head garlic, halved

1 lemon, halved

1/2 bunch parsley

5 sprigs fresh thyme

2 bay leaves

Shrimp:

1 pound medium or large shrimp, in the shell, rinsed

1 tablespoon kosher salt

Cocktail Sauce, recipe follows

Lemon wedges

Cocktail Sauce:

1 cup ketchup

1 lemon, zest finely grated and juiced

4 teaspoons prepared horseradish, or to taste, drained

1/4 teaspoon Worcestershire sauce

Hot sauce, to taste

Directions:

Put the water, carrot, celery, onion, garlic, lemon, parsley, thyme, and bay leaves in a pot and bring to a boil over high heat. Lower the heat to a simmer, set a cover on top slightly ajar, and cook for 10 to 30 minutes.

Drop the shrimp into the liquid and turn off the heat. Cook the shrimp, stirring occasionally, until they curl and turn pink, about 2 to 2 1/2 minutes for medium shrimp, 3 minutes for large ones.

Drain and cool to room temperature. Peel the shrimp and remove the vein along the curve of the shrimp, if desired. Refrigerate if not serving right away. If refrigerated, bring the shrimp to room temperature 20 minutes before serving.

Cocktail Sauce:

Combine the ketchup, lemon zest and juice, horseradish, and Worcestershire sauce in a small bowl. Add hot sauce, if desired. Mix well, then refrigerate until ready to serve.

Serve the shrimp with cocktail sauce in a medium bowl. Garnish with the lemon and serve.

Yield: 1 1/2 cups

(From Food Network Kitchens)

Teriyaki Chicken

Ingredients:

Honey

1/2 cup soy sauce

Salt

2 teaspoons sesame seed or rapeseed oil (higher heat-tolerant oils)

1 teaspoon ground ginger

1/2 teaspoon garlic powder

1/4 teaspoon white pepper

4 pieces of boneless, skinless, chicken breast halves or thighs

Shredded carrot and cabbage

Bean sprouts

Directions:

Rub the ginger and salt into the chicken. Let this sit and marinate for at least 30 minutes. Use a paper towel to dry the chicken, removing any excess ginger pulp.

Heat oil in a round-bottomed frying pan or wok. Make sure to saute your chicken pieces golden brown, in medium heat, or they will burn before they are cooked. Flip over when one side is done.

Prepare your teriyaki sauce by mixing honey with soy sauce.

Add the shredded carrot and cabbage. Turn up heat, and let your chicken simmer in teriyaki sauce until vegetables soften.

Add bean sprouts as a generous garnish when serving.

Enjoy!



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