

# HEALTHY COOKING CONCEPTS

## TRIED AND TESTED BY JOHN FAIRCHILD

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### Roasted Tomato and Garlic Vinaigrette



**Ingredients:**

- 1 pint cherry or roma tomatoes
- 1-2 clove garlic
- Extra-virgin olive oil 1/4 cup + extra for roasting
- Salt and pepper to taste
- 1 tablespoon red wine vinegar or cider vinegar
- 1 teaspoon sugar or honey
- Parsley leaves

**Directions**

Preheat oven to 350 degrees F.  
Place tomatoes and garlic in a roasting pan or glassware. Toss with olive oil, salt and pepper. Roast for 15 to 20 minutes until soft. Remove and let stand for 10 minutes, then blend including all pan juices. Add the vinegar, 1/4 cup olive oil, sugar, parsley, salt and pepper. Blend until smooth, adding a little water if a thinner consistency is desired. Refrigerate.  
Serve on your favorite salad. Bottle the rest and use in 3-5 days.

**Nutrition:**

2 Tablespoons — 85 calories  
Featured Ingredient: Cherry Tomatoes  
Tomatoes are low in sodium, and very low in saturated fat and cholesterol.

They're also a good source of Vitamin E, Thiamin, Niacin, Vitamin B6, Folate, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin A, C, K, Potassium and Manganese.

No need to refrigerate. Keep at room temperature until soft.  
Cherry tomatoes are available year-round from California, Mexico and Florida.

### Seafood Salsa



**Ingredients:**

- 2 to 3 tomatoes, small diced
- 1/4 cup (1/2 large pepper) diced red or yellow bell pepper. If more heat is desired add a little jalapeño, serrano or chipotle pepper.
- 2 clove garlic, minced
- 1/2 cup cooked (seafood) baby shrimp and lump crab
- 1/3 cup white onion, finely chopped
- 1/2 cup fresh or frozen corn
- 2 Tbs. olive oil
- 1/2 avocado, diced
- 1 Tbs. fresh lime juice (1/2 small fresh lime)
- 1/2 cup Tomato puree (Redpack or Amore recommended) mixed with 1/4 C cider vinegar and 1 T light agave nectar (sugar). Can use ketchup but avoid HFCS. Heinz makes a good organic version.
- 2 Tbs. fresh cilantro leaves, chopped (2 tsp. Dried)
- salt and pepper to taste

**Directions:**

Preheat the olive oil in a fry pan over medium heat. Add the corn, peppers, onions and garlic and lightly sauté for about 3 minutes. Remove from heat and cool.  
Add tomatoes, cilantro, cooked (steamed) seafood, avocado, lime juice, pepper and salt and mix well. Refrigerate 1 hour before serving. Makes approximately 3 cups.  
\*\*Can be made without cooking the vegetables.

**Examples of ways to use this recipe:**

**On your eggs or omelet, stir into sautéed vegetables on pasta, condiment for fish, As taco topping, on your salad baked chips** – Make your own version: 6" corn tortillas, both sides brushed with oil and fresh lime juice, cut in quarters, baked flat in a 400 degree oven for 10 minutes or until browned turning over after 5 minutes. Sprinkle with salt.  
Nutrition: 60 calories per 1/4 cup serving

**Featured Ingredient:** Avocado

Ripen at room temperature or in a brown paper bag. High in healthy monounsaturated fat, contains more potassium than a banana, are rich in B vitamins, E, K, and fiber.