



White Bean Soup with Smoked Salmon and Chives

(Serves: 4 small or 2 large)

- 2 tablespoons butter
- 2 cloves garlic, peeled and chopped
- 1 small yellow onion, peeled and thinly sliced
- 1 can (15 1/2 ounces) cannellini beans, drained and rinsed
- 2 cups chicken broth or vegetable broth
- 1/4 cup heavy cream
- Salt and white pepper, to taste
- 4 ounces smoked salmon
- 1/4 cup chopped chives

Heat the butter in a medium skillet over medium heat. Add the garlic and onion. Sauté for about 10 minutes or until transparent and soft. Once transparent, add the beans and cook another 5 minutes.

Add the broth and simmer for 15 minutes. Add the heavy cream. Remove from the heat and allow soup to come to room temperature then blend in a blender until smooth. If you like a smoother soup, strain this through a strainer. Check seasoning and adjust as necessary with salt and pepper.

To serve: Divide the soup among four small bowls (or two large ones). Top with 2-3 slices of the smoked salmon and garnish with the chives. Serve warm.

Nutrients per serving: calories 261, protein 16g, carbohydrates 22g, dietary fiber 6g, fat 13g (saturated fat 8g), cholesterol 42mg, sodium 1101mg

Healing Eats

Skillet Chicken with Black Beans and Tomatoes

(Serves 4)

FOR THE SALSA

- 2 vine-ripe tomatoes, seeded and diced
- 1 small bunch cilantro, minced
- 1 jalapeño, seeded and minced
- 1 clove garlic, minced
- 2 tablespoons lime juice
- Salt and black pepper, to taste

FOR THE BEANS

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 small yellow onion, peeled and diced
- 1 16-ounce can black beans, drained and rinsed
- 1/2 cup orange juice
- 1 1/2 teaspoons ground cumin
- Salt and pepper to taste

FOR THE CHICKEN

- 4 8-ounce chicken breasts, cleaned
- Salt and pepper, to taste
- 2 tablespoons olive oil
- 2 limes, zested and juiced
- 2 tablespoons sugar



To prepare the salsa

Combine the tomatoes, cilantro, jalapeño, garlic, and lime juice in a bowl. Mix well. Add salt and pepper to taste.

Refrigerate for at least 4 hours before use, to allow the flavors to blend.

To prepare the beans

Heat the olive oil in a medium skillet. Add the garlic and onion and sauté for about 3 minutes or until the onion is transparent. Add the drained black beans, orange juice, and cumin. Cook until the liquid mostly evaporates (about 5 minutes on medium heat). Season with salt and pepper to taste. Set aside.

To prepare the chicken

Season the chicken on both sides with salt and pepper. Heat the olive oil in a medium skillet. Add the chicken breasts and

brown on both sides, about 3 to 4 minutes each. Cover and continue cooking for another 8 to 10 minutes, or until the chicken juices run clear. While the chicken is cooking, combine the lime zest and juice and the sugar in a small bowl and mix well. Once the chicken breasts are thoroughly cooked, add the lime mixture to the skillet. Cook for 5 more minutes or until the mixture becomes syrupy. Turn the breasts to coat them well with this mixture. When finished, remove from pan and set aside.

To serve, divide the beans among 4 plates and top with a chicken breast. Garnish with the salsa.

Nutrients per serving calories 415; protein 35g; carbohydrates 30g; dietary fiber 7g; fat 19g (saturated fat 4g); cholesterol 82mg; sodium 820mg

Green Cabbage Rolls and Couscous with Pine Nuts and Tomato-Oregano Ragù

(Servings: 4)

Traditionally cabbage rolls are filled with ground meat of some sort. In this recipe, cabbage rolls are filled with whole grains and then simmered in a tomato sauce. Since you'll have some couscous left over after filling the cabbage rolls, serve it as a side with this dish.

8-10 cabbage leaves

Water, as needed

Salt, as needed

A bowl with ice and water

For the COUSCOUS

1 cup vegetable broth

1/2 lemon, juiced and zested

1 tablespoon extra virgin olive oil

1 cup couscous

1/4 cup golden raisins

1/4 cup pine nuts, toasted

1/2 small yellow onion, peeled and diced

1 bunch scallions (about 6), thinly sliced (white and green parts)

1/2 teaspoon ground cumin

Salt and pepper to taste

For the RAGU SAUCE

3 tablespoons extra virgin olive oil

1 small yellow whole onion, peeled and diced

4 cloves garlic, peeled and minced

1/4 cup dry white wine

1 24 oz can crushed tomatoes

Salt and black pepper to taste

2 teaspoons dried oregano

1/4 cup water or vegetable broth

To prepare the cabbage

Bring a large pot of heavily salted water to a rapid boil. Place the cabbage leaves in the boiling water and cook for 6-8 minutes or until tender. Immediately remove to a bowl of ice water and

shock to stop the cooking. Then place the leaves on paper towels and dry completely. Set aside.

To prepare the couscous

In a deep pot add the vegetable broth, lemon juice and zest, and olive oil and bring to a boil. Add the couscous. Cover and remove from heat. Let stand for about five minutes until all the stock is absorbed. Fluff with a fork. While the couscous is still warm, add the raisins, pine nuts, onion, scallions, and ground cumin. Check seasoning and add salt and pepper to taste. Let it cool to room temperature.

To prepare the ragù sauce

Heat a large skillet on medium heat. Add the olive oil, onion, and garlic and cook for 4-5 or until the onions are translucent. Add the white wine and allow it to reduce completely, about 6-7 minutes. Add the tomatoes. Season with salt and pepper to taste. Add the oregano and allow the sauce to simmer over low heat for 15 minutes. Add the water or broth if you prefer a thinner sauce.

To prepare the cabbage rolls

Take the cabbage leaves and lay each one out flat on a cutting board. Trim any thick stems. Add about 3-4 tablespoons of the couscous mixture (this will depend on the size of your leaves). Roll up the cabbage as if making a burrito. Fasten with a toothpick. Place it seam side down in the tomato sauce. Cover and simmer for 20-25 minutes in the sauce. Serve 2-3 rolls per person.

Nutrients per serving: calories 494, protein 12g, carbohydrates 65g, dietary fiber 9g, fat 21g (saturated fat 3g), cholesterol 0mg, sodium 1581mg