

## Quarantining making your jeans not fit right?

**T**he **Quarantine 15** or The Covid-15, whatever you call it, it's easy to see how you might gain weight during the pandemic, especially if you're spending most of your time at home. Comfort food recipes have been trending on Google. And everyone is into sourdough bread to baking of any kind. There's so much baking going on, supermarkets can't keep flour in stock. If you're concerned about those "COVID curves" you've gotten, here are some low-cal but tasty options.

### ✂ Seared Salmon & Shallot-Dijon Vinaigrette with Roasted Potatoes & Sautéed Vegetables ✂

For this dish, we're paying homage to the flavors and ingredients of niçoise with a vibrant side of sautéed green beans and sweet peppers that perfectly pairs with seared salmon topped with an irresistibly tangy vinaigrette of whole grain dijon mustard, piquant shallot, and more.



**baby golden potatoes** 1 1/4 lbs  
**olive oil (divided)** 3 tbsp  
**Italian seasoning** 1 tbsp  
**fresh green beans** 6 oz  
**mini sweet peppers** 1/2 lbs  
**garlic** 2 cloves  
**sweet piquante peppers** 1 oz  
**shallot** 1 med

**rice vinegar** 1 tbsp  
**coarse Dijon mustard** 2 tbsp  
**water** 1/4 cup  
**skin-on salmon filet (10-oz)** 2  
**salt and pepper to taste (optional)** 1 pinch

**Prepare and roast the potatoes:** Place an oven rack in the center of the oven, then preheat to 450°F. Wash and dry the fresh produce. Halve the potatoes lengthwise, then cut crosswise into 1/2-inch pieces. Place on a sheet pan. Drizzle with 1/2 teaspoon of olive oil; season with salt (optional), pepper, and the Italian seasoning. Toss to coat. Arrange in an even layer. Roast 21 to 23 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

**Prepare the ingredients & make the vinaigrette:** Meanwhile, cut off and discard the stem ends of the green beans. Cut off and discard the stems of the sweet peppers; remove the cores, then quarter lengthwise. Peel and roughly chop 2 cloves of garlic. Roughly chop the piquante peppers. Peel the shallot; finely chop to get 2 tablespoons (you may have extra). In a bowl, whisk together the chopped shallot, vinegar, mustard, and 2 tablespoons of olive oil until thoroughly combined. Taste, then season with salt (optional) and pepper if desired.

**Cook & finish the vegetables:** In a large pan (nonstick, if you have one), heat 1/2 teaspoon of olive oil on medium-high until hot. Add the prepared green beans in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Add the quartered sweet peppers; season with salt (optional) and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened. Add the chopped garlic; season with salt and pepper.

**Cook, stirring frequently,** 1 to 2 minutes, or until slightly softened. Add 1/4 cup of water (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the water has cooked off. Transfer to a large bowl. Add the chopped piquante peppers and season with salt (optional) and pepper. Stir to combine; cover with foil to keep warm. Wipe out the pan.

**Cook the fish & serve your dish:** Pat the fish dry with paper towels. Season with salt (optional) and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium until hot. Add the seasoned fish, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes, or until lightly browned. Flip and cook 2 to 4 minutes, or until browned and cooked through (an instant read thermometer should register 145°F). Turn off the heat. Serve the cooked fish with the roasted potatoes and finished vegetables. Top the fish with the vinaigrette. Enjoy!

**Nutrition Facts:** Recipe makes 4 Servings. Serving size is 1/4 of recipe. Amount per serving: Calories 560. Total Fat 32g. Saturated Fat 6g. Trans Fat 0g. Cholesterol 80mg. Sodium 870mg. Total Carbohydrate 35g. Dietary Fiber 6g. Total Sugars 6g. Protein 34g. Potassium 1350mg.

### ✂ Avocado, Tomato & Corn Salsa ✂



**2 ears corn, shucked**  
**2 green onions, trimmed**  
**1 Tbsp oil for basting**  
**1 avocado, peeled, pitted, 1/2-inch dice**  
**3 (about 1 lb total) tomatoes on-the-vine, cored, 1/4-inch dice**  
**Zest and juice of 1 lime (about 2 Tbsp juice)**  
**1/4 cup Olive Oil**  
**1 Tbsp chopped Cilantro**  
**Salt and pepper to taste**

Preheat grill on MED. Coat cleaned grill grate lightly with vegetable oil. Toss corn and green onions with basting oil. Grill, turning often, until tender and lightly browned (2-3 min for green onions, 5-8 min for corn). Let cool.

Cut corn from cob. Thinly slice onions. Add corn, onions, avocado, and tomatoes to large bowl; toss to combine. Whisk lime zest, lime juice, olive oil, and cilantro in small bowl. Pour over corn-tomato mixture; toss to coat. Season with salt and pepper.

**Nutrition Information:** Carbohydrate 2.g. Sodium 0.mg Cholesterol 0.mg Saturated Fat 0.g Fat 3.g. Ready in 25 mins; Prep: 20 mins. Servings: 5 cups. Calories per serving: 30.

### ✂ Grilled Fruit Kebabs with Balsamic Drizzle ✂

**2 cups pineapple chunks**  
**2 cups watermelon chunks**  
**2 bananas (peeled, cut into large chunks)**  
**1 pound hulled strawberries (stems discarded)**  
**2 tablespoons balsamic vinegar**  
**2 teaspoons honey**  
**1 tablespoon canola oil**  
**(you can also use peaches)**



If using wooden skewers, make sure to soak them in water for at least 30 minutes.

Prepare a grill to medium-high heat. Prepare the fruit by chopping 2 cups pineapple and 2 cups watermelon. Peel and thickly slice bananas and remove stems from strawberries.

Thread fruit onto the 8 skewers, aiming for 2 pieces of each fruit per skewer: strawberry, pineapple, watermelon, banana, strawberry, pineapple, watermelon, and banana. Place onto a platter or a baking sheet.

In a small bowl, add vinegar, honey, and oil. Whisk together with a fork. Use a basting brush to glaze fruit with about half the balsamic mixture.

Grill the kebabs for 8 to 10 minutes, turning a few times and basting with the remaining balsamic mixture. Remove from the grill and serve.

**Cooking Tip:** Cutting the fruit into thick pieces to wedge onto the skewers helps ensure that they stay put during the grilling process.

**Keep it Healthy:** Consider a twist on the fruit salad by grilling large slices of fruit like watermelon, pineapple, peaches, pears, mangos and more. Chop and toss with a bit of olive oil and lime juice for a fruit salad.

**Tip:** It's easier to buy containers of already chopped fruit like watermelon and pineapple in a pinch; however, sometimes it's cheaper to buy an entire pineapple or a halved watermelon and chop it yourself.

**Nutrition Facts:** Calories: 199 Per Serving. Protein 2.4g per serving. Fiber 5.3g Per Serving. Makes 4 servings or 8 skewers.

### ✂ Summery Limeade ✂



One of America's favorite summer drinks is limeade and we're definitely still "summer" though the calendar says October. Making a refreshing batch for a party? Put a raspberry, blueberry, or even an edible flower in each compartment of an ice cube tray. Gently fill the tray with water and freeze it to create beautiful cubes. Refrigerate the limeade for a day before serving to allow the lime zest to pump up the citrusy flavor.

**Ice (as needed)**  
**1/3 cup fresh lime juice (from about 3 medium limes)**  
**4 lime slices (optional garnish)**  
**2 teaspoons grated lime zest (from about 2 medium limes)**  
**1 1/4 teaspoons sugar substitute**  
**5 cups cold water**

Wash 3 limes. Using a microplane or zester, zest each lime. Add zest into a large pitcher.

Cut each lime in half. Use a juicer or citrus reamer to juice each lime until you have 1/3 cup lime juice. Add into the pitcher, along with sugar substitute and water. Stir together to combine.

If desired, make 4 lime wheels by cutting and discarding the ends off the lime. Slice the lime into 4 wheels and add each one into a glass.

Add ice into each glass and fill with 8 ounces limeade. Stir limeade before serving because the zest settles into the bottom of the pitcher. Pour into glasses and serve.

**Cooking Tip:** There are a few tricks to get the maximum amount of juice from your limes. Gently warm in the microwave for just a few seconds and/ or roll the limes back and forth under the palm of your hand on a cutting board.

**Keep it Healthy:** An advantage to using sugar substitute is that it dissolves instantly to sweeten a beverage.

**Tip:** If you have fruit on hand (anything from mango to strawberries), add 1 to 2 tablespoons into the glass and muddle it before adding the limeade.

**Nutrition Facts:** Calories: 9 Per Serving of 8 ounces. Servings: 5 Serving Size: 8 ounces.