

Gillings Cooks 2023

**Your Gillings colleagues share their
favorite recipes!**

Healthy food refers to
food that provides the
body with the nutrients it
needs to function
properly, while also
supporting overall health
and well-being



Volume 1



Recipes

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Thank you:

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Mediterranean Kale Salad

Ingredients:

- 1 bunch of dinosaur kale
- 3 garlic cloves
- juice of half lemon
- 2 Tbsp extra virgin olive oil
- crumbled feta cheese to taste
- 1 cup cherry tomatoes
- salt to taste

Instructions:

- Cook the kale and chopped garlic in $\frac{1}{2}$ inch salted water.
- Drain and transfer kale and garlic to large bowl.
- Drizzle olive oil on top and add lemon juice.
- Toss kale with crumbled feta and halved cherry tomatoes.
- Salt to taste.

Apple Spinach Salad

Ingredients:

- Apples - 1 small red apple (Fuji, you can also use Gala or Honey Crisp) and 1 small green apple (Granny Smith). .
- Baby Spinach
- Dried cranberries or Craisins - You can also use dried figs, blueberries, or cherries. You can plump up the dried fruit by briefly blanching it with hot water.
- Pecans - lightly toast them in the preheated oven at 350 F for about 10 minutes.
- Goat cheese
- Simple dressing. Dress this quick and easy apple spinach salad with a delicious homemade dressing made with just 4 ingredients: maple syrup or honey, mustard, extra virgin olive oil, and fresh-squeezed lime juice.

Instructions:

- Toast the pecans in the preheated oven at 350 F for about 10 minutes. Cool them off and keep them in an airtight plastic bag.
- Prepare the salad dressing up to 3 days in advance and store it refrigerated in a glass mason jar.
- The assembly should take only 10 minutes before serving for the best results and freshness.
- Tip: don't add the pecans, goat cheese, and salad dressing until right before serving to keep the apple spinach salad fresh and to prevent the nuts from getting soggy.

Colorful, Herby Slaw

Ingredients:

- ½ purple cabbage, sliced/chopped (depends on the texture you like)
- ½ green cabbage, sliced/chopped
- 4-6 carrots, julienned/shredded
- ½ Vidalia onion, sliced thin
- 1 apple, sliced thin/julienned
- 2 stalks celery, sliced thin
- ¼ cup fresh dill, chopped fine
- 2 limes, juiced
- ¼ cup avocado oil
- ¼ cup apple cider vinegar
- 1 Tbsp honey
- ½ tsp salt
- ¼ tsp black pepper
- ½ cup dried currants/dried cranberries (no sugar added) *optional ingredient
- ½ cup toasted pecans, chopped *optional ingredient

Instructions:

- Combine cabbage, carrots, onion, apple, celery, and dill in a large bowl and toss/mix together. In a small bowl or glass measuring cup, whisk together the lime juice, avocado oil, apple cider vinegar (ACV), honey, salt, and pepper. I taste and add more seasonings based on flavor preferences - if the dressing is too thick, add more ACV or a dash of filtered water. Pour dressing over the veggies and mix/toss. I usually let the slaw sit for a few hours to allow the dressing to incorporate with the veggies, I mix again, add the optional ingredients (currants and toasted pecans) and mix again before serving.

Notes

- Green cabbage: savoy cabbage is a lovely option if you can find it, it's 'ruffly' in texture compared to a green cabbage which is denser/more compact.
- Onion: you can use any type of onion, I often use a red/Bermuda onion, but for this slaw I like Vidalia as it's a 'sweeter' onion.
- Apple: I use a mixture (1/2 of each kind) of Granny Smith for the tart element and Pink Lady/Rome/Aunt Rachel for the sweet element.
- Vinegar: you could use red wine vinegar - but that will be a much brighter/sharper flavor, it will change the entire flavor of the slaw. I like to use red wine vinegar when I make chimichurri.
- Oil: you can use extra virgin olive oil if that's what you have on hand, I prefer the flavor of avocado oil in this slaw.
- Salt: I like Pink Himalayan sea salt.
- Pepper: I eyeball it and use a pepper grinder.
- Honey: I use local honey as I feel it helps with my allergies.
- Pecans: I toast the pecans (on low in a cast iron skillet for 5'ish minute) before chopping, toasting brings out the depth of flavor.

Favorite Quinoa Salad

Ingredients:

- 1 cup uncooked quinoa, rinsed in a fine-mesh colander
- 2 cups water
- 1/2 cup halved or quartered kalamata olives
- 1/2 cup crumbled or cubed feta cheese
- 1 small cucumber, seeded and diced
- 1 small zucchini, diced
- 1 medium red bell pepper, diced
- 3/4 cup chopped red onion (from 1 small red onion)
- 1 cup finely chopped flat-leaf parsley (from 1 large bunch)
- 1/4 cup olive oil
- 1/4 cup lemon juice (from 2 to 3 lemons)
- 1 Tbsp red wine vinegar
- 2 cloves garlic, pressed or minced
- 1/2 tsp fine sea salt
- Freshly ground black pepper, to taste

Instructions:

- To cook the quinoa: Combine the rinsed quinoa and the water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook, uncovered, until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
- In a large serving bowl, combine the olives, cucumber, zucchini, bell pepper, onion and parsley. Set aside.
- In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
- Once the quinoa is mostly cool, add it to the serving bowl, toss in feta cheese, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary. For best flavor, let the salad rest for 5 to 10 minutes before serving.
- This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.

Tips:

- Rinse the quinoa thoroughly before cooking to avoid bitterness.
- Do not increase the water or you will end up with mushy quinoa; the 1 cup quinoa to 2 cups water is accurate even if the water is absorbed sooner than 15 minutes.
- Omit the feta to make this vegan.

Spicy 3-bean Chili Salad

Ingredients:

- 1/2 small red onion, halved and thinly sliced (about 1/2 cup)
- One 15.5-ounce can black beans
- One 15.5-ounce can kidney beans
- One 15.5-ounce can pinto beans
- 1/2 cup vegetable oil
- 3 tablespoons tomato paste
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 2 cloves garlic, grated
- 2 tablespoons finely minced pickled jalapenos plus 1/3 cup pickling juice
- Kosher salt
- 1 small red bell pepper, cut into 1/2-inch dice (about 1 cup)
- 1 small yellow bell pepper, cut into 1/2-inch dice (about 1 cup)
- 1/3 cup sour cream

Instructions:

- Soak the onions in a bowl of ice water to mellow their sharpness and set aside. Strain and rinse the black, kidney and pinto beans.
- Add 3 tablespoons of the oil, the tomato paste, chili powder, cumin and oregano to a medium skillet. Turn the heat to medium-low and cook, stirring frequently with a wooden spoon or heatproof spatula, until the tomato paste and oil have come together as a dark brown paste, 6 to 8 minutes. Stir in the garlic and cook for 1 minute more. Turn off the heat, and stir in the remaining 5 tablespoons oil. Let cool for 25 minutes so the oil can absorb the flavors of the tomato-paste mixture.
- Pour the oil mixture into a fine-mesh strainer set over a liquid measuring cup with a spout. Do not press down on the tomato-paste mixture, just let the oil drain until there is at least 1/4 cup of it in the measuring cup, 5 to 7 minutes. Discard the tomato-paste mixture. Put the pickled jalapeno juice and 1 teaspoon salt into a large mixing bowl, and slowly whisk in the flavored oil.
- Strain the onions, and add them to the bowl with the dressing. Add the jalapenos, all the beans and the red and yellow bell peppers. Stir to combine, and add salt to taste. Cover with plastic wrap, and refrigerate for at least 30 minutes or up to overnight. Serve with a dollop of sour cream, and garnish with the sliced scallions.

BBQ Roasted Salmon

Ingredients:

- 6 salmon fillets
- 16 oz frozen chopped butternut squash
- 1/4 cup pineapple juice
- 2 Tbsp lemon juice
- 2 Tbsp honey
- 4 tsp chili powder
- 3/4 tsp cumin
- 1/4 tsp ground cinnamon
- salt and pepper to taste
- 6 cups salad greens

Instructions:

- Place salmon and squash in a baking dish sprayed with nonstick spray.
- Mix next 7 ingredients in a small bowl and use a pastry brush to brush over.
- Bake covered in a 400-degree F oven for 12 -18 minutes or until fish flakes easily with fork.
- Serve with green salad.

Sesame Ginger Salmon

Ingredients:

- 2 bell pepper
- 8 oz sugar snap peas
- 12 oz broccoli florets
- 6 salmon filets
- 1/2 cup sesame ginger dressing
- salt and pepper to taste

Instructions:

- Slice bell pepper.
- Add first 3 ingredients to large zipper bag.
- Add salmon to separate zipper bag.
- Add half of dressing to veggie bag and half to salmon bag. Salt and pepper to taste and zip to seal.
- Add salmon and veggies to greased sheet pan.
- Bake at 400 degrees F for 12-15 minutes (until fish easily flakes with fork).

Feta Salmon and Broccoli Salad

Ingredients:

- 6 salmon filets
- 12 oz broccoli florets
- 6 oz green olives optional
- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp minced garlic
- 1 tsp dried oregano
- salt and pepper to taste
- brown rice
- 6 cups chopped Romaine lettuce
- 1/3 cup crumbled feta cheese

Instructions:

- Add first 3 ingredients to a baking dish sprayed with nonstick spray.
- Add the next 5 ingredients to a small bowl and mix.
- Brush over salmon and drizzle over broccoli.
- Bake uncovered in a 400-degree F oven for 15-20 minutes, or until salmon easily flakes with a fork.
- Cook rice according to package directions.
- Serve on lettuce with feta.

Parmesan Chicken, Carrots, and Potatoes

Ingredients:

- 3 lb chicken drumsticks
- 1 1/2 lbs baby red potatoes
- 8 oz baby carrots
- 1/4 cup butter
- 2 Tbsp olive oil
- 1 cup shredded Parmesan cheese
- 1 Tbsp oregano
- 1/2 tsp paprika
- 1/2 Tbsp garlic powder
- salt and pepper to taste
- 1 bag frozen green beans

Instructions:

- Add chicken to a large zipper bag. Cut potatoes into wedges and add to another large zipper bag with carrots.
- Melt butter in small bowl then add remaining ingredients to the butter. Pour half of butter mixture over chicken and half over vegetables.
- Line a rimmed baking sheet with foil and spray it with cooking spray.
- Place chicken and veggies on baking sheet and cook at 400 degrees F for 45-55 minutes or until chicken is cooked through.
- Serve with green beans.

Honey Garlic Chicken & Veggies

Ingredients:

- 1 lb baby red potatoes
- 6 chicken thighs
- 1 lb baby carrots
- 1/2 cup soy sauce
- 1/2 cup honey
- 1/4 cup ketchup
- 2 Tbsp minced garlic
- 1 Tbsp Italian seasoning
- 1 lb. frozen green beans
- brown rice
- 1 bag frozen snow peas

Instructions:

- Cut potatoes in half and place them with remaining ingredients in a large zipper bag. Zip to seal and squish to mix.
- Place chicken and veggies in slow cooker. Cover and cook on low heat for 7-8 hours.
- Add green beans during the last 30 minutes of cooking time.
- Serve with rice and snow peas.

Grilled Steaks with Swiss Mashed Cauliflower

Ingredients:

- 2 sprigs fresh rosemary
- 1 Tbsp olive oil
- 6 sirloin steaks
- 3 Tbsp Montreal Steak Seasoning
- 2 green onions
- 2 pkg frozen mashed cauliflower
- 1 1/2 cup shredded Swiss cheese
- 16 oz frozen broccoli
- 6 cups salad greens

Instructions:

- Chop rosemary.
- Drizzle olive oil over steaks, then season with rosemary and steak seasoning. Store in large zipper bag or container with lid.
- Chop green onion and store in small bowl with lid.
- Grill steaks on indoor or outdoor grill.
- Cook mashed cauliflower and broccoli according to package directions. Mix together.
- Stir Swiss cheese into mashed cauliflower/broccoli mix and garnish with chopped green onion.
- Serve with side salad.

Pumpkin Bread

Ingredients:

- 1 ½ cups all-purpose flour
- 1 tsp baking soda
- ¼ tsp ground nutmeg
- ¼ tsp ground cinnamon (2 tsp fresh, grated)
- 2 large eggs, at room temperature
- 3 TBSP maple syrup
- ½ cup applesauce or cranberry sauce
- 1 cup walnut pieces
- ½ cup coconut flour
- 2 TBSP ground flax seed
- ¼ tsp ground cloves
- ¼ tsp salt
- ½ cup coconut sugar
- 1 ½ cups pumpkin puree
- ¼ cup orange juice (or 1 orange, juiced)

Instructions:

- Preheat oven to 350^o, grease a metal loaf pan.
- In a large bowl, whisk the flour, baking soda, flax seed, spices, and salt together until combined. Set it aside.
- In a medium bowl, whisk eggs and sugar until combined. Whisk in the pumpkin, apple/cranberry sauce, maple syrup, and orange juice. Pour the dry ingredients into the wet ingredients and gently mix using a rubber spatula or a wooden spoon. Gently fold in the walnuts.
- Pour the batter into the prepared loaf pan and bake 60-65 minutes. Loosely cover the bread with aluminum foil halfway through baking to prevent the top from getting too brown. The bread is done when a toothpick comes out clean. Allow the bread to cool completely in the pan on a wire rack (I turn on its side after 20 minutes, then upside down after another 20 minutes) before removing and slicing.