



THE **FIT** FOODIE

HEALTHY RECIPES BY DEKEL QUANT

HONEY GARLIC SALMON

Ingredients:

Wild Caught Salmon Fillets (4 fillets)

Salt

Crushed Red Pepper

All Purpose Seasoning

Garlic Powder

2 tbsp Avocado Oil

,4 cloves garlic finely chopped or minced

4 tbsp organic honey

2 tbsp butter OR avocado oil

1 tbsp water

2 tsp low sodium soy sauce

1 tbsp fresh squeezed lemon juice

Lemon wedges to serve



Instructions:

In a medium/large saucepan heat the avocado oil at medium-high, add your seasoned salmon fillets, cooking on each side for about 3-4 minutes. In another pan, heat 2 tbsp of butter or avocado oil and add minced garlic and saute for about 1 minute until fragrant. Pour in the honey, water and soy sauce, allow the flavors to heat through and combine. Add in lemon juice and stir. Pour the sauce over the salmon fillets and let sit on low heat. Add lemon wedges around the salmon

VEGGIE FRIED RICE

Ingredients:

2 tbsp avocado oil
4 oz shiitake mushrooms slices (no stems)
6 oz kale leaves thinly sliced (no stems)
2 cloves garlic (pressed)
4 cups cooked long grain jasmine rice
2 large eggs beaten
2 tbsp low sodium soy sauce
1 tsp sriracha



Instructions:

Heat 1 tbsp avocado oil in a large skillet on medium-high. Add mushrooms and cook , tossing occasionally until golden brown (3-4 mins) transfer to a plate. Add one more tbsp of avocado oil and add kale , allow it to cook while tossing occasionally until heated through (about 3 mins) Stir in garlic and cook for 1 minute. Add rice and cook, tossing occasionally until heated through (about 2-3 mins) Push the rice to one side of the pan, pour the eggs into the open space and cook, stir often until eggs are almost set, then fold in rice and cook for another minute .

Toss with soy sauce, mushrooms and sriracha

WARM BELL PEPPER SALAD

Ingredients:

½ Large Yellow Bell Pepper

½ Red Bell Pepper

2 small carrots

½ small red onion

2 garlic cloves (minced)

2 tbsp avocado oil

Salt and crushed red pepper to taste

1 tbsp lemon juice

1 tbsp fresh parsley leaves (chopped)



Instructions:

Remove seeds from the bell pepper, peel the carrots. Thinly slice the bell pepper carrots and red onion. Heat the avocado oil in a large pan over low heat , add the minced garlic cloves and saute for 2-3 mins try not to let it brown. Add the sliced bell peppers, carrots and onion to the pan and stir fry for about 1 minute until the veggies are coated in the garlic and oil are warmed up. Season with salt and crushed red pepper. Remove from heat and stir in the lemon juice. Serve warm and garnish with parsley leaves.

CHICKPEA AVOCADO SALAD

Ingredients:

- 1 14 oz can chickpeas (drained)
- 2 ripe avocados (diced)
- 1 medium tomato (seeds removed and diced)
- ½ green bell pepper (deseeded and cut into a fine dice)
- 1 clove garlic (finely minced)
- 1 medium red onion (finely diced)
- Juice of ½ lemon
- 1 tbsp cilantro (minced)
- 2 tsp cumin (powdered)
- 1 tsp cayenne pepper
- Salt to taste



Instructions:

Mix all ingredients in a large bowl and serve as a wrap, over greens, in a sandwich or with crackers/tortilla chips

COCONUT CURRIED KALE & SWEET POTATO POTATO

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Ingredients:

3 tbsp avocado oil, divided
1 onion, chopped
2 lbs sweet potato peeled and sliced into ½ inch cubes
5 cloves garlic pressed or minced
2 tsp grated fresh ginger
1 tsp curry powder
2 large bunches of kale (about 2 lbs) stemmed and chopped
1 cup vegetable broth
1 14 oz can full-fat coconut milk
1 tbsp lime juice
Salt, black pepper, red pepper flakes (to taste) 1 ½ cups wild rice rinsed.
1. 5 cups of wild rice rinsed
toasted pumpkin seeds (optional)



Instructions:

Bring large pot of water to a boil, add the rinsed rice and cook, reducing heat as necessary. As the rice cooks, warm the avocado oil in a large skillet over medium heat until shimmering, add the onion and cook, stirring frequently until softened (5 mins) . Add the sweet potato, cover and cook until the sweet potato is bright orange. Transfer this mixture to a bowl. Add another tbsp of avocado oil to the pot and heat at medium high, Add garlic, ginger and curry powder and cook stirring constantly until fragrant (about 30 sec) Add half of the kale and stir until it begins to wilt (about 1 min) Stir in the remaining greens, broth and ½ cup coconut milk and ½ tsp salt. Cover the pot and reduce the heat to medium low and cook, stirring occasionally until kale is wilted (12-15 mins) Pour in the sweet potato mixture and cover to continue cooking for another 10 - 20 mins until potato is tender. Once kale and potatoes are both cooked increase the heat to evaporate the liquid and thicken the sauce (2-5 mins) Remove from heat and stir in the remaining coconut milk. Add lime juice and season with salt, pepper and red pepper flakes. Divide the rice into bowls, and top with kale mixture - sprinkle with pumpkin seeds (optional)