

Recipe Packet: Light & Healthy Cooking – Spring Favorites

Fresh Pea Soup

Serves 4-6

2 tablespoons olive oil
1 leek, white and light green parts only, chopped
pinch of kosher salt
pinch of freshly ground black pepper
1 pound English peas, shelled (about 2 cups) and blanched
2 cups low-sodium vegetable stock
Zest of one lemon
2 teaspoons lemon juice, optional

Garnish:

1 cup nonfat yogurt
1 teaspoon lemon juice
1 tablespoon finely chopped herbs (mint, dill or chervil)

Blanch the peas by boiling them in 1 gallon of salted water (just 2 tablespoons of salt) for 1 minute, or until the float. Drain the peas and immediately transfer them to a bowl of ice water to stop the cooking. Drain the peas from the ice water and set aside.

In a medium-sized stockpot, sauté the leek in 2 tablespoons of olive oil over medium heat until the leeks are soft and limp. Season with a pinch each of salt and pepper.

Add the peas, vegetable stock and lemon zest. Cover and increase the heat to medium high. Bring the soup to a boil, then lower to simmer, stirring occasionally. Simmer for 10 minutes.

Remove the soup from the heat and set aside to cool. When the soup is cool enough, transfer to a blender and blend until the mixture is smooth. If it's too thick, add a tablespoon of water or stock at a time until it is the consistency desired – it should be thick enough for mouthfeel but not too thin and watery. Return the soup to the stockpot and warm back up.

In a separate bowl, stir together the nonfat yogurt, lemon juice and herbs.

To serve, pour the soup into individual bowls or cups, garnish with a dollop of the herbed yogurt.

Recipe Packet: Light & Healthy Cooking – Spring Favorites

Almond Crackers

Makes 24 – 36 crackers

- 1 ¾ cup almond flour
- 1 tablespoon ground flax seeds (optional)
- 2 egg whites
- 2 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- 1 tablespoon fresh rosemary leaves, coarsely chopped

Preheat the oven to 325°F.

Mix together almond meal, flax seeds, olive oil and beaten egg whites or egg replacement, this will make a crumbly mix that shapes quickly into a ball. Roll between two sheets of parchment paper, sprinkling with herbs after just starting to flatten dough. Continue to roll to desired thickness. Thin crackers will get crisp sooner than thicker crackers and will be more delicate.

Remove top layer of parchment paper before baking. Sprinkle with sea salt and additional herbs if you'd like. Dock the surface of the dough with fork tines to create texture. With a knife, gently score the dough to make the crackers cut and break off easier after baking.

Bake for 10-12 minutes or until light, golden and dry to the touch. Remove from the oven and cut while hot. Cool completely, then store in an airtight container.

Recipe Packet: Light & Healthy Cooking – Spring Favorites

Pan-seared Salmon with Dill-Mustard Sauce

Serves 2

Two 6-ounce salmon fillets, skin on, pin bones removed
Kosher salt and freshly ground black pepper
2-3 tablespoons grapeseed oil
½ cup nonfat plain yogurt
1 tablespoon coarse-ground mustard
2 tablespoons lemon juice
1 tablespoon dill, chopped fine

Remove the salmon from its packaging and place on a clean plate. Season both sides with salt and pepper and set aside for 20 minutes.

Heat a large skillet over medium-high heat. Add the oil and just as the oil shimmers, place the salmon, skin-side down and sear for 3 minutes.

Flip the salmon over and sear for another 3 minutes, or until the golden crust forms and the fish lifts easily from the pan.

Transfer to a clean plate and let it rest for 5 minutes before serving.

Stir together the yogurt, lemon juice, mustard and dill until all of the ingredients are blended together. Season with salt and pepper and serve with the salmon.