

A Summer Menu for an August Fiesta

- *Grilled Salmon Tacos with Avocado and Corn Pico de Gallo*
- *Watermelon and Summer Berry Salad with Watercress*
- *Black Turtle Beans with Lime Yogurt Crema and Fire-Roasted Red Pepper-Tomato Salsa*

Nutrition Facts	
Serving: 1 meal	
Amount Per Serving	
Calories 511	
Total Fat 24 g	
Saturated Fat 2 g	
Monounsaturated Fat 15 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 32 mg	
Sodium 138 mg	
Potassium 1276 mg	
Total Carbohydrate 66 g	
Dietary Fiber 20 g	
Sugars 19 g	
Added Sugars 3 g	
Protein 25 g	
Vitamin A	69%
Vitamin C	132%
Calcium	16%
Iron	23%

Grilled Salmon Tacos with Avocado and Corn Pico de Gallo

Makes 4 servings (serving size is 2 tacos)

Ingredients

For the tacos:

½ pound skinless salmon or steelhead fillet
¼ teaspoon extra-virgin olive oil
Juice of 1 lime
½ teaspoon chili powder, or ground chile New Mexico or chile guajillo
⅛ teaspoon (pinch) sea salt
8 6-inch white corn tortillas
½ cup green cabbage, shredded
½ cup romaine lettuce, thinly sliced
½ cup loosely-packed fresh cilantro sprigs

For the avocado and corn pico de gallo:

1 Roma tomato, cored
1 ear of corn, shucked (or ½ cup frozen fire-roasted corn, thawed)
½ small serrano chile
1 small avocado, peeled and diced into ¼-inch pieces
2 tablespoons red onion, diced into ¼-inch pieces
1 green onion, thinly sliced
Juice of 1 lime
1 tablespoon extra-virgin olive oil
¼ teaspoon cider vinegar
⅛ teaspoon (pinch) sea salt
Freshly ground black pepper, to taste
¼ cup chopped cilantro

Preparation

Preheat grill or broiler to medium.

Rub the salmon fillet with the oil and place on a doubled piece of aluminum foil large enough to hold the fish in a cradled well. Season the fish with the lime juice, chili powder, and salt. Place the entire package on the grill and cover or tent the fish with the foil. Cook for 7 to 10 minutes or until internal temperature reaches 145° F. Transfer to a plate and tent with foil until ready to assemble the tacos.

To fire-roast the vegetables for the salsa, place the cored tomato, shucked corn, and whole chile directly over a grill or gas burner. Turning with tongs, blacken and char the outer skin of the tomato and chile while lightly caramelizing the corn. Remove from heat and wrap the chile in plastic wrap. Once cool enough to handle, peel and discard the outer skin of the tomato and chile. (Little bits of remaining charred skin are fine.) Remove and discard the stem and seeds of the chile. Mince the chile, and cut the tomato into a ¼-inch dice.

Over a medium bowl, cut the corn from the cob and measure ½ cup for the salsa (reserve the remaining corn for another use). Add the diced tomato, minced chile, avocado, onion, green onion, lime juice, olive oil, vinegar, salt, pepper, and cilantro to the bowl. Fold gently to just combine.

Place the tortillas between two plates and heat in a microwave for about 45-60 seconds or in brief intervals until the tortillas are heated through. Flake the salmon into bite-sized pieces. Top each tortilla with salmon, followed by the cabbage, lettuce, and cilantro. Serve immediately with the pico de gallo.

Nutrition information (per serving): 314 calories, 16 grams total fat (2 grams saturated fat, 9 grams monounsaturated fat, 3 grams polyunsaturated fat, 0 grams trans fat), 31 mg cholesterol, 95 mg sodium, 723 mg potassium, 29 grams total carbohydrate, 7 grams fiber, 5 grams sugar (0 grams added sugar), 16 grams protein

Watermelon and Summer Berry Salad with Watercress

Makes 4 servings as a main salad or 8 servings as a side salad

Ingredients

1 quart watermelon, peeled, diced into 1-inch cubes or balled using a melon baller
½ cup raspberries
¼ cup blueberries
¼ small red onion or sweet white onion, thinly sliced
1 tablespoon plus 1 teaspoon chopped hazelnuts, toasted (see notes, below) (can use the steeped nuts used to make the hazelnut-infused oil below)
½ bunch watercress (about 3 cups, use more if desired)
2 tablespoons hazelnut oil (see notes, below)
1 tablespoon raspberry vinegar (see notes, below)
Juice of 2 limes
1 tablespoon plus 1 teaspoon honey

Preparation

Place the melon in a decorative bowl. Top with the raspberries, blueberries, onion, and hazelnuts. Mound the watercress in the center of the melon. Drizzle the salad with the hazelnut oil, vinegar, lime juice, and honey. Serve as is or gently toss prior to serving.

Notes:

- To toast nuts, spread evenly on a baking sheet and roast in a 350° F oven for 8-12 minutes until fragrant, shaking or stirring occasionally and checking frequently to prevent burning. Transfer to a cutting board, let cool, then chop.
- Make your own hazelnut-infused oil by steeping ¼ cup canola oil over low heat with 1 tablespoon of dry-toasted and chopped hazelnuts for 30 minutes. Chill overnight and strain before using.
- Make your own raspberry vinegar by steeping ¼ cup white wine vinegar or champagne vinegar over low heat with 2 tablespoons mashed raspberries for about 1 hour. Chill overnight and strain before using.

Nutrition information (per serving, based on 8 servings): 84 calories, 4 grams total fat (0 grams saturated fat, 3 grams monounsaturated fat, 1 gram polyunsaturated fat, 0 grams trans fat), 0 mg cholesterol, 8 mg sodium, 164 mg potassium, 12 grams total carbohydrate, 1 gram fiber, 9 grams sugar (3 grams added sugar), 1 gram protein

Black Turtle Beans with Lime Yogurt Crema and Roasted Pepper-Tomato Salsa

Makes about 4 servings (serving size is ½ cup beans with 2 tablespoons crema and 3 tablespoons salsa)

Ingredients

For the beans:

¾ cup or about ½ pound dry black turtle beans
3 cups water
¼ teaspoon salt
1 cup loosely packed fresh cilantro leaves

For the lime yogurt crema:

½ cup plain nonfat yogurt
Juice of 1 lime

For the roasted pepper-tomato salsa:

1 Roma tomato
1 small red bell pepper
½ small serrano chile
½ cup sweet onion, chopped
1 tablespoon extra-virgin olive oil
Juice of 1 lime
¼ teaspoon freshly ground black pepper
⅛ teaspoon salt

Preparation

Soak the beans in three times their volume of cold water for six hours (or overnight). Drain and rinse. Place a large, heavy-bottomed saucepan over medium heat with the beans and 3 cups of fresh, cold water. Bring the beans to a boil, then lower the heat and cover the pot. Simmer the beans for approximately 60 to 90 minutes, or until the beans reach the desired tenderness. (Variables in cooking times depend on freshness of the beans, soaking time, and altitude.) Once beans are tender, stir in the salt.

To prepare the crema, combine the yogurt and lime juice in a small bowl. Cover and refrigerate until ready to serve.

To prepare the salsa, place the tomato, bell pepper, and serrano chile directly over a grill or gas burner. Turning with tongs, blacken and char the outer skin of the tomato, pepper, and chile. Remove from heat and wrap the pepper and chile in plastic wrap. Once cool enough to handle, peel and discard the outer skin of the tomato, pepper, and chile. (Little bits of remaining charred skin are fine; it's fine to leave the tomato skin on if desired.) Remove and discard the stem and seeds of the pepper and chile.

Place the tomato, pepper, chile, onion, olive oil, lime juice, pepper, and salt in a blender and blend until liquid. Transfer to a bowl, cover, and refrigerate until ready to serve.

To assemble the dish, place the hot beans in a warm serving dish. Top the crema with the cilantro. Mound the crema in the center of the beans or pass at the table. Serve beans and crema with the salsa.

Nutrition information (per serving): 114 calories, 4 grams total fat (0 grams saturated fat, 3 grams monounsaturated fat, 0 grams polyunsaturated fat, 0 grams trans fat), 1 mg cholesterol, 35 mg sodium, 389 mg potassium, 25 grams total carbohydrate, 12 grams fiber, 5 grams sugar (0 grams added sugar), 9 grams protein