



Let's Do This at Home!

Recipes and Inspiration That Make it Easier to Stay at Home

Edition #4

Is it possible for canned vegetables to be an essential ingredient in your meals? You bet! We know that canned tomatoes are amazingly versatile, but our other favorites, canned beets, artichokes, red bell peppers, and corn, are featured in the following delicious recipes!

Turmeric Honey-Marinated Salmon with Red Beets

1 garlic clove, minced	1½ pounds salmon fillet
¼ cup extra-virgin olive oil, divided	1 can (15-ounces) red beets
1 tablespoon honey	1 red onion
1 teaspoon white wine or apple cider vinegar	2 oranges
1 teaspoon ground turmeric	⅓ cup fresh cilantro leaves
Salt and freshly ground black pepper, to taste	

Whisk together the garlic, 3 tablespoons of the extra-virgin olive oil, honey, vinegar, turmeric, salt and freshly ground black pepper to taste.

Season the salmon fillets with kosher salt and freshly ground pepper and place in a bowl.

Divide the marinade into two bowls. Set one aside and use the other to brush onto the salmon fillets. If there's any left, pour over salmon. Let the salmon stand for 15 minutes.

Preheat the oven to 400°F. Line a baking sheet with parchment paper or foil.

Drain the can of beets. Peel red onion and cut into rings. Place the beet slices or hearts and the onion rings in a bowl. Pour the other half of the marinade over the beets and onions and toss to coat. Let stand 10 minutes.

Transfer the beets and onions to the baking sheet. Spread them out on the parchment paper and bake for 20 minutes.

In the meantime, cut the oranges in half starting at the stem. With cut side down, slice into thin half-circles .

Heat the remaining extra-virgin olive oil in a medium skillet over high heat. Add the marinated salmon fillets and reserve the marinade in the bowl. Sear the salmon pieces on both sides.

Remove the marinated roasted beets and onions from the oven. Lay the salmon on the baking sheet on top of the beets and onions. Pour the rest of the marinade over the top and bake for another 10 to 12 minutes, until the salmon has cooked through.

Remove the salmon from oven, transfer everything to a serving platter, garnish with the oranges. Tuck the cilantro leaves around the platter and serve. Serves 4.

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Italian Sausage with Artichokes and Feta

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| 1 pound bulk Italian sausage | ½ teaspoon Italian seasoning |
| 1 small red onion, finely chopped | ½ cup crumbled feta cheese |
| 1 garlic clove, minced | 12 ounces gemelli or other spiral pasta,
cooked al dente |
| 1 jar (7½ ounces) marinated quartered artichoke hearts,
drained and coarsely chopped | Shredded parmesan and
minced fresh parsley, optional |
| ½ cup tomato sauce | |
| ¼ cup dry red wine or chicken broth | |

In a large skillet, cook sausage, onion and garlic over medium heat 6-8 minutes or until sausage is no longer pink and onion is tender, breaking up sausage into crumbles; drain.

Stir in artichoke hearts, tomato sauce, wine and Italian seasoning; heat through. Gently stir in cheese. Serve with pasta. If desired, sprinkle with parsley. Serves 4.

Roasted Red Pepper Soup

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| 1 tablespoon olive oil, plus more | ¼ cup red lentils |
| ½ medium onion, diced | 1 teaspoon paprika |
| 1 garlic clove, minced | Salt and pepper |
| 1 jar (12-ounces) roasted red peppers,
drained and diced | Feta cheese |
| 3 cups vegetable or chicken broth | Croutons, ready-made or homemade |

Heat olive oil over medium heat in a medium pot. Cook onion, stirring, until translucent and softened. Stir in garlic and cook until fragrant, about 1 minute longer. Add diced peppers and paprika. Season with salt and pepper and cook, stirring, 2 minutes longer.

Stir in broth and lentils, bring to a boil, reduce to a simmer, and cook for 15 to 20 minutes, or until lentils are tender. Remove pot from heat and purée in a blender or with an immersion blender. Serve topped with feta, croutons, and drizzle of oil. Serves 4.

White Chicken Chili with Corn

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| 1 small yellow onion, diced | 1 can (15-ounces) of good quality canned corn,
drained well |
| 1 tablespoon olive oil | 1 can (15-ounces) cannellini beans
or other white beans |
| 2 cloves garlic, finely minced | 2½ cups shredded cooked rotisserie
or left-over chicken |
| 2 cans (14½ ounces) low-sodium chicken broth | 1 tablespoon fresh lime juice |
| 1 can (7-ounces) diced green chilies | 2 tablespoons chopped fresh cilantro,
plus more for serving |
| 1½ teaspoon cumin | Tortilla chips, Monterey Jack cheese,
sliced avocado for serving (optional) |
| ½ teaspoon paprika | |
| ½ teaspoon dried oregano | |
| ½ teaspoon ground coriander | |
| ¼ teaspoon cayenne pepper | |
| Salt and freshly ground black pepper, to taste | |
| 1 package (8-ounces) light cream cheese,
cut into small cubes | |

Heat olive oil in a 6-quart pot over medium-high heat. Add onion and sauté for 4 minutes. Add garlic and sauté 30 seconds longer.

Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.

Drain and rinse beans in a strainer or colander then measure out ¾ cup and set aside. Transfer the rest of the beans to a food processor along with ¼ cup broth from soup, puree until nearly smooth.

Add cream cheese to soup along with corn, whole beans and pureed beans and stir well. Simmer 5 - 10 minutes longer.

Stir in chicken, fresh lime juice and cilantro. Serve with Monterey Jack cheese, more cilantro, avocado slices and tortilla chips if desired. Serves 4-6.