

The Healthy Cook

These dishes are like summer on a plate

Fattoush Salad with Zesty Herb Dressing

 SERVES 4

Dicing all the vegetables means you get a good combination of flavors in each bite.

- ¼ cup very thinly sliced red or white onion
- 1 Tbs. red wine vinegar
- 2 cups diced tomato
- 1 cup diced cucumber
- ½ cup diced bell pepper (any color)
- ¼ cup diced radishes
- 1 6-inch toasted whole-wheat pita, broken into bite-size pieces
- ½ cup Zesty Herb Dressing (recipe below)



1. In a small bowl, combine the onion and vinegar. Set aside.
2. In a large bowl, toss the tomato, cucumber, pepper, radishes, and pita with the Zesty Herb Dressing.
3. Drain the onion and add to the salad.

Zesty Herb Dressing

 MAKES ABOUT 1 CUP (16 TBS.)

- 1 tsp. lemon zest
- 3 Tbs. fresh lemon juice
- 1 small clove garlic, finely minced or grated
- ¼ cup tahini
- ¼ cup extra-virgin olive oil
- ½ cup soft fresh herbs (parsley, basil, cilantro, and/or dill)
- ½ tsp. kosher salt
- 2 Tbs. water

Combine all the ingredients in a blender. Blend until smooth.

PER SERVING (1 cup salad with 2 Tbs. dressing): calories 170 | total fat 11 g | sat fat 1.5 g | carbs 15 g | fiber 3 g
total sugar 4 g | added sugar 0 g* | protein 4 g | sodium 190 mg

* Some brands of pita contain added sugar.

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Falafel with Tzatziki

 MAKES 12 FALAFEL

Falafel are best made with a mix of herbs. To make it easier to form the chickpea mixture into patties, I oil my hands first.



- 1/2 white onion, chopped
- 1 cup soft fresh herbs, leaves and tender stems (parsley, mint, cilantro, and/or dill)
- 1 15 oz. can no-salt-added chickpeas, drained
- 1 large egg
- 1/2 cup whole wheat panko or breadcrumbs
- 1 tsp. ground coriander or cumin
- 1/4 tsp. sweet or smoked paprika
- 1/4 tsp. kosher salt
- 2 Tbs. extra-virgin olive oil
- 1/2 lemon, cut into wedges
- 1/2 cup Tzatziki (recipe on next page)

1. In a food processor, pulse the onion and herbs until uniformly minced, about 10 pulses. Remove to a large bowl.
2. Add the chickpeas, egg, breadcrumbs, spices, and salt to the food processor. Pulse into a rough paste, about 12 pulses. Add to the bowl with the onion and herbs, then mix everything together.
3. Form the mixture into 12 falafel patties. In a large nonstick pan over medium heat, heat the oil until shimmering. Sauté the falafel until browned, 3–4 minutes. Gently flip and cook through, 2–3 minutes. Serve with the lemon wedges and tzatziki.

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Tzatziki



MAKES ABOUT 1 CUP (16 TBS.)

- ½ cup plain Greek yogurt (0% or 2%)
- ¼ cup minced cucumber
- 2 Tbs. minced fresh dill or mint
- 1 Tbs. lemon juice
- 1 clove garlic, grated
- 2 Tbs. extra-virgin olive oil
- ¼ tsp. kosher salt

In a small bowl, whisk all the ingredients together.

PER FALAFEL (1 falafel with 2 tsp. tzatziki): calories 90 | total fat 4 g | sat fat 0.5 g | carbs 9 g | fiber 2 g
total sugar 4 g | added sugar 0 g | protein 4 g | sodium 80 mg

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White Fish Veracruz

 SERVES 4

White Fish Veracruz starts with a tasty combination of Spanish- and Mexican-inspired ingredients. The dish would typically be baked, but simmering gently on the stovetop works perfectly without heating up your kitchen.

Though it's optional, I prefer to peel the tomatoes if they're plum tomatoes or larger. Cut a shallow X in the bottom of each tomato, blanch in boiling water for 30 seconds, then cool under running water. The skins will easily peel off. Or use a serrated peeler.



- 2 Tbs. extra-virgin olive oil
- 1 white onion, diced
- 1 bay leaf
- a pinch dried oregano or thyme
- 2 cups diced fresh tomatoes
- ¼ tsp. kosher salt
- 4 tilapia or other white fish fillets (about 1½ lbs.)
- 8 pimento-stuffed green olives, sliced
- a few fresh flat-leaf parsley or cilantro leaves

1. In a large nonstick pan over medium heat, heat the oil until shimmering. Sauté the onion until soft, 2–3 minutes.
2. Add the bay leaf and oregano and cook for 30 seconds. Add the tomatoes and salt and bring to a simmer. Reduce the heat to medium-low. Nestle the fish into the sauce, spoon some sauce over each fillet, and cook gently until the fish easily flakes apart, 3–5 minutes. Remove and discard the bay leaf.
3. Top with the olives and parsley.

PER SERVING (1 fillet with sauce): calories 260 | total fat 11 g | sat fat 2 g | carbs 6 g | fiber 2 g
total sugar 4 g | added sugar 0 g | protein 35 g | sodium 380 mg