

# Everyday Healthy SERIES



## Curry Ginger Salmon with Apricot Studded Couscous

It is easy to whip up tasty curry dishes by keeping a jar of curry paste in your refrigerator. Try adding it to a piece of chicken or pork to jazz up your next meal. Here it creates a rich mahogany colour and a spicy hit of flavour. Try this rub with fresh large sea scallops and sauté in a hot skillet.

Makes 1 serving.

2 tsp (10 mL) Spectrum canola oil  
1 tsp (5 mL) mild curry paste  
1 tsp (5 mL) minced fresh ginger  
1/4 tsp (1 mL) black mustard seeds  
Salt  
1 boneless centre cut salmon fillet, skinned  
1/2 cup (125 mL) Imagine chicken stock  
1/2 cup (125 mL) Casbah instant couscous  
2 dried apricots, thinly sliced  
1 tbsp (15 mL) grated zucchini (optional)  
2 tsp (10 mL) Spectrum canola oil  
1 tbsp (15 mL) chopped fresh coriander

1. Preheat oven or toaster oven to 425 F (220 C).
2. Whisk together oil, curry paste, ginger, mustard seeds and pinch of salt in small bowl. Add salmon and turn to coat well.
3. Roast salmon on small parchment paper lined baking sheet for 12 minutes or until fish flakes easily when tested.
4. Bring stock and pinch of salt to boil in small saucepan. Stir in couscous; remove from heat and cover and steam for 5 minutes or until stock is absorbed. Add apricots and zucchini, if using and cover and let stand for 5 minutes. Add oil and fluff with fork.
5. Serve couscous on dinner plate and top with salmon fillet. Sprinkle with coriander.

## Pork and Sweet Potato Stirfry

This is a meal you will make over and over again. So easy to put together and everything, meat and vegetables are all in one dish!

Makes 1 serving.

1 boneless lean pork loin chop (about 3 oz/75 g)  
1/4 tsp (1 mL) each dried thyme leaves and ground cumin  
1 tsp (5 mL) Spectrum canola oil  
1/2 cup (125 mL) thinly sliced red onion  
1 small sweet potato, peeled and chopped  
1 small apple, cored and cut into 12 wedges  
1/4 cup (50 mL) Imagine low sodium chicken stock or apple juice  
1 tbsp (15 mL) chopped fresh coriander (optional)

1. Trim any visible fat from pork chop and discard. Slice into thin strips and combine with thyme and cumin.
2. In nonstick skillet, heat half of the oil over medium high heat and brown pork slices on both sides and transfer to plate.
3. Return skillet to heat and add onion, potato and apple and cook, stirring for about 5 minutes or until onion is tender. Add stock and bring to a simmer. Cover and cook for about 10 minutes or until potato is tender.
4. Return pork and coriander, if using to skillet and stir to combine. Cook, stirring until pork is heated through and a hint of pink remains.

## Baked Chickpea Patties

On their own or tucked into a pita these make a delicious vegetarian meal.  
Makes 2 servings.

2 tsp (10 mL) Spectrum canola oil  
1 small onion, finely chopped  
2 cloves garlic, minced  
Half jalapeno, seeded and minced  
1 tsp (5 mL) dried oregano  
1/2 tsp (2 mL) dried basil  
1 can (14 oz/400 mL) Yves garbanzo beans, drained and rinsed  
1 egg white  
2 tbsp (25 mL) chopped fresh Italian parsley

### Lemon Herb Yogurt Sauce:

1/2 cup (125 mL) plain low fat yogurt  
1 tbsp (15 mL) each minced fresh Italian parsley and mint  
1 small clove garlic, minced  
1/2 tsp (2 mL) finely grated lemon rind  
Pinch salt

1. In nonstick skillet heat oil over medium heat and cook onion, garlic, jalapeno, oregano and basil for about 5 minutes or until softened.
2. Meanwhile, in bowl mash chickpeas using potato masher until smooth. Scrape onion mixture into bowl and stir to combine. Add egg white and parsley and stir until well combined and smooth.
3. Divide mixture into 4 equal portions and form into 1/2-inch (1 cm) thick patties. Place patties on parchment paper lined baking sheet and bake in 425°F (220°C) oven for about 20 minutes, turning once halfway through or until golden.
4. Lemon Herb Yogurt Sauce: Meanwhile, in bowl, stir together yogurt, parsley, mint, garlic, lemon rind and salt. Serve with chickpea patties.