

## Asian Salmon Salad

(From: [www.allrecipes.com](http://www.allrecipes.com))

### Ingredients

1/4 cup Heinz Tomato Ketchup  
 3 tablespoons teriyaki sauce  
 2 tablespoons lime juice  
 2 tablespoons sesame oil  
 2 tablespoons brown sugar  
 8 cups lightly packed mesclun salad greens  
 2 (7.5 ounce) cans canned salmon, skin and bones removed  
 1 cup thinly sliced carrot  
 1 cup thinly sliced cucumber  
 1/4 cup sliced radish  
 1/4 cup lightly packed cilantro leaves  
 1 teaspoon toasted sesame seeds

### Directions

Stir the ketchup with teriyaki sauce, lime juice, sesame oil and brown sugar until well blended. Reserve.

Place the salad greens in a large bowl. Separate the salmon into large chunks. Add salmon to the bowl along with the carrot, cucumber, coriander leaves and radish. Toss gently with enough dressing to coat the ingredients. Add more dressing to taste. Sprinkle with sesame seeds just before serving.

## Stir-Fried Chicken with Bok Choy

(From: [www.marthastewart.com](http://www.marthastewart.com))

### Ingredients

1/4 cup low-sodium soy sauce  
 1 tablespoon rice vinegar  
 2 teaspoons light-brown sugar  
 2 boneless, skinless chicken breasts (about 1 pound total)  
 4 teaspoons cornstarch  
 2 tablespoons vegetable oil  
 2 garlic cloves, thinly sliced  
 2 teaspoons minced peeled fresh ginger  
 4 cups sliced bok choy (from 1 head)  
 1 small red chile or jalapeno, seeded and sliced  
 Cooked rice, for serving

### Directions

In a small bowl, combine soy sauce, vinegar, brown sugar, and 3 tablespoons water. Slice chicken into thin strips. In a medium bowl, toss chicken with cornstarch until coated. In a large wok or skillet, heat oil, garlic, and ginger over medium-high until fragrant, about 1 minute. Add chicken in a single layer, pressing against pan to sear. Cook, stirring, until lightly browned and just cooked through, 6 to 8 minutes. Add bok choy and chile and cook, stirring, until bok choy slightly wilts, about 1 minute. Add soy sauce mixture and cook until sauce thickens slightly, 2 minutes. Serve over rice.

## Banana, Kiwi & Kale Smoothie

(From: [www.healwithfood.org](http://www.healwithfood.org))

### Ingredients    Directions

2 very ripe bananas  
 2 kiwis , peeled and sliced in half  
 1 cup kale , washed and tightly packed  
 1 cup milk  
 2 to 3 tablespoons honey  
 1/2 cup ice

Combine all ingredients into your blender. Blend on full strength until thoroughly incorporated and smooth. Pour into glasses and serve.

## Asian-Inspired Mustard Greens

### Ingredients

1 tablespoon sesame seeds (optional)  
1 teaspoon Asian (toasted) sesame oil  
6 cups washed and chopped mustard greens  
1/4 cup water  
1 teaspoon minced garlic, or to taste  
1 tablespoon soy sauce  
2 teaspoons Japanese rice wine (mirin) vinegar  
1 teaspoon sake (optional)  
1 teaspoon white sugar

### Directions

Place the sesame seeds into a large skillet over medium heat, and cook and stir constantly until the seeds are toasted a golden brown and make a continuous crackling noise, 1 to 2 minutes. Transfer the seeds immediately to a bowl to stop the cooking process. Set seeds aside.

Place sesame oil in the hot skillet, and heat until it just begins to smoke (this should happen very fast). Place mustard greens into the hot oil, and pour in water. With a spatula, gently toss the greens until they are wilted and reduced in quantity, about 2 minutes. Mix in garlic, soy sauce, rice wine vinegar, sake, and sugar.

Bring the mixture to a boil, stir until sugar has dissolved, and cover the skillet. Reduce heat to a simmer, and cook until the greens are tender, 10 to 15 minutes. If a thicker sauce is desired, remove greens with a slotted spoon, and cook the liquid down to desired thickness; return greens to the skillet, toss in the pan juices, and sprinkle with toasted sesame seeds.

(From: [www.allrecipes.com](http://www.allrecipes.com))

## Kale, Spinach & Goat Cheese Pasta

### Ingredients

1/2 lb dry pasta  
2 tbsp extra-virgin olive oil  
1 tbsp unsalted butter  
1-2 cloves fresh garlic, finely sliced  
1 medium yellow or sweet onion, minced  
3 cups (packed) kale leaves, rough stems removed and chopped  
3 cups (packed) spinach leaves  
3 oz goat cheese, crumbled  
3 oz Parmesan cheese, finely grated or powdered  
kosher salt and freshly-ground black pepper, to taste\*

### Directions

Bring a large pot of water to a boil. Cook the pasta al dente according to package directions.

Meanwhile, heat the olive oil and butter in a large skillet over medium-heat, until the butter is melted and the oil just begins to shimmer. Add the garlic and onion and cook, stirring occasionally, until just softened, about 2-3 minutes.

When the pasta has about two minutes to go, add the kale to the skillet, followed by the spinach, and stir constantly until the greens just begin to wilt. The greens will continue to cook from the heat of the pasta, so be careful not to overcook.

Drain the pasta, then return the pasta to the pot (off of the heat). Pour the greens mixture over the pasta, add the goat cheese and Parmesan, and stir to combine. Serve warm.

(From: [www.forkknifeswoon.com](http://www.forkknifeswoon.com))