

# Grilled Salmon & Zucchini with Red Pepper Sauce

**Servings:** 4 servings

**Prep:** 35 mins

**Total:** 35 mins

## INGREDIENTS

**1/3 cup sliced almonds, toasted (see Tip)**

**1/4 cup chopped jarred roasted red peppers**

**1/4 cup halved grape tomatoes, or cherry tomatoes**

**1 small clove garlic**

**1 tablespoon extra-virgin olive oil**

**1 tablespoon sherry vinegar, or red-wine vinegar**

**1 teaspoon paprika, preferably smoked**

**3/4 teaspoon salt, divided**

**1/2 teaspoon freshly ground pepper, divided**

**1 1/4 pounds wild-caught salmon fillet, (see Note), skinned and cut crosswise into 4 portions**

**2 medium zucchini, or summer squash (or 1 of each), halved lengthwise**  
**Canola or olive oil cooking spray**

**1 tablespoon chopped fresh parsley, for garnish**

## DIRECTIONS

1. Preheat grill to medium.
2. Process almonds, peppers, tomatoes, garlic, oil, vinegar, paprika, 1/4 teaspoon salt and 1/4 teaspoon pepper in a food processor or blender until smooth; set aside.
3. Coat salmon and zucchini (and/or summer squash) on both sides with cooking spray, then sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill, turning once, until the salmon is just cooked through and the squash is soft and browned, about 3 minutes per side.
4. Transfer the squash to a clean cutting board. When cool enough to handle, slice into 1/2-inch pieces. Toss in a bowl with half of the reserved sauce. Divide the squash among 4 plates along with a piece of salmon topped with some of the remaining sauce. Garnish with parsley, if desired.

# Tilapia and Vegetable Packets

## INGREDIENTS

- 1 cup quartered cherry, or grape tomatoes**
- 1 cup diced summer squash**
- 1 cup thinly sliced red onion**
- 12 green beans, trimmed and cut into 1-inch pieces**
- 1/4 cup pitted and coarsely chopped black olives**
- 2 tablespoons lemon juice**
- 1 tablespoon chopped fresh oregano**
- 1 tablespoon extra-virgin olive oil**
- 1 teaspoon capers, rinsed**
- 1/2 teaspoon salt, divided**
- 1/2 teaspoon freshly ground pepper, divided**
- 1 pound tilapia fillets, cut into 4 equal portions**

## DIRECTIONS

- 1.** Preheat grill to medium. (No grill? See Oven Variation, below.)
- 2.** Combine tomatoes, squash, onion, green beans, olives, lemon juice, oregano, oil, capers, 1/4 teaspoon salt and 1/4 teaspoon pepper in a large bowl.
- 3.** To make a packet, lay two 20-inch sheets of foil on top of each other (the double layers will help protect the contents from burning); generously coat the top piece with cooking spray. Place one portion of tilapia in the center of the foil. Sprinkle with some of the remaining 1/4 teaspoon salt and pepper, then top with about 3/4 cup of the vegetable mixture.
- 4.** Bring the short ends of the foil together, leaving enough room in the packet for steam to gather and cook the food. Fold the foil over and pinch to seal. Pinch seams together along the sides. Make sure all the seams are tightly sealed to keep steam from escaping. Repeat with more foil, cooking spray and the remaining fish, salt, pepper and vegetables.
- 5.** Grill the packets until the fish is cooked through and the vegetables are just tender, about 5 minutes. To serve, carefully open both ends of the packets and allow the steam to escape. Use a spatula to slide the contents onto plates. Oven Variation: Preheat oven to 425 degrees F. Place green beans in a microwavable bowl with 1 tablespoon water. Cover and microwave on High until the beans are just beginning to cook, about 30 seconds. Drain and add to the other vegetables (Step 2). Assemble packets (Steps 3-4). Bake the packets directly on an oven rack until the tilapia is cooked through and the vegetables are just tender, about 20 minutes.

# **SHRIMP RATATOUILLE**

## **INGREDIENTS**

- **2 tablespoons plus 1 teaspoon olive oil**
- **1 red onion, roughly chopped**
- **3 garlic cloves, minced**
- **1 medium eggplant, cut into 1-inch cubes**
- **2 zucchini, cut into 1-inch cubes**
- **1 red bell pepper, cut into 1-inch pieces**
- **1 yellow bell pepper, cut into 1-inch pieces**
- **1 tablespoon fresh thyme (about 4 sprigs), chopped**
- **1 28-ounce can chopped tomatoes**
- **1 cup green olives, pitted**
- **1/2 teaspoon red pepper flakes**
- **1/2 teaspoon salt**
- **1/2 teaspoon freshly ground black pepper**
- **1 pound large shrimp, shelled and cleaned**
- **1/4 cup fresh mint, chopped**
- **1/4 cup sliced almonds, toasted**

## **DIRECTIONS**

- 1.** Heat 2 tablespoons of the oil in a heavy pot over medium heat. Add the onion; cook 5 minutes. Add the garlic; cook 2 minutes. Add the eggplant, zucchini and bell peppers; cook 5 minutes. Add the thyme, tomatoes, olives, red pepper flakes, salt and black pepper. Reduce heat to medium low; simmer 20 minutes.
- 2.** In a large nonstick skillet, heat remaining oil. Add shrimp and cook 2 minutes on each side. Stir shrimp into ratatouille.
- 3.** Spoon onto plates. Garnish with mint and almonds; serve.

# **HOMEMADE PEACH POPSICLES**

## **INGREDIENTS**

**1 1/4 pounds ripe peaches, (3-4 medium), halved and pitted**  
**Juice of 1 lemon**  
**1/4 cup freshly squeezed orange juice**  
**1/4 cup sugar, or to taste**  
**1/4 teaspoon vanilla extract**

## **DIRECTIONS**

- 1.** Coarsely chop peaches in a food processor. Transfer 1 cup of the chunky peaches to a medium bowl. Add lemon juice, orange juice and sugar to taste (depending on the sweetness of the peaches) to the food processor. Puree until smooth. Add to the bowl with the chunky peaches and stir in vanilla.
- 2.** Divide the mixture among twelve 2-ounce or eight 3-ounce freezer-pop molds (or small paper cups). Freeze until beginning to set, about 1 hour. Insert frozen-treat sticks and freeze until completely firm, about 1 hour more.