



Episode 2 - Recipes

Halibut Mediterranean Style in Parchment Paper

Recipe adapted from Pamela Salzman

INGREDIENTS

- 4 filets of wild halibut (4-6 oz each)
- 1 Tablespoon unrefined, cold pressed, extra virgin olive oil
- 3 cloves garlic, thinly sliced
- 1 shallot thinly sliced
- $\frac{1}{8}$ teaspoon red pepper flakes
- 1 cup grape or cherry tomatoes, halved
- $\frac{1}{4}$ cup Kalamata olives, pitted and quartered (optional)
- 2 Tablespoons capers, drained (optional)
- a handful of mixed fresh herbs (parsley, basil, mint and thyme are my favorites)
- $\frac{1}{2}$ teaspoon sea salt + extra for seasoning fish
- a few grinds of freshly ground black pepper to taste + extra for seasoning fish
- 4 teaspoons unsalted butter or unrefined, cold-pressed extra-virgin olive oil
- 8 teaspoons dry white wine
- 4 12-inch squares of unbleached parchment



INSTRUCTIONS

1. Preheat oven to 450 degrees. In a medium saucepan, heat 1 Tablespoon olive oil. Add sliced garlic, shallot, red pepper flakes and cook until the garlic is fragrant and almost golden brown, about 1 minute add tomatoes and S&P and sauté for another couple minutes.
2. Arrange each piece of fish in the center of the parchment paper and sprinkle with a pinch of sea salt and pepper.
3. Top each filet with a fourth of the tomato mixture, herbs, olives, capers, 1 teaspoon of butter or oil, and a drizzle of white wine.
4. Bring 2 opposite sides of the parchment together and fold. Continue to fold all the way down until you reach the fish. Twist both ends of the parchment so that it looks like a hard candy wrapper. Repeat for each piece of fish. Place each packet on a baking sheet and bake for 8-10 minutes based on the thickness of the fish.
5. Transfer each packet to a plate and use caution when opening – the steam will be very hot!



Episode 2 - Recipes

Spinach, Dill, Feta, Quinoa Salad

Recipe from Pamela Salzman

INGREDIENTS

- 1 cup uncooked quinoa, RINSED (see Step 1)
- Sea salt
- ½ cup pine nuts, toasted (optional)
- 2 scallions, thinly sliced or 1 garlic clove, minced
- 6 cups lightly packed baby spinach leaves (3 ounces)
- ½ cup chopped fresh dill
- ¼ cup chopped fresh mint
- ½ cup chopped cucumbers (optional)
- ¼ cup freshly squeezed lemon juice
- ¼ cup unrefined, cold-pressed extra-virgin olive oil
- 6 ounces feta, preferably made from goat or sheep's milk
- ½ teaspoon sea salt
- Freshly ground black pepper to taste.



INSTRUCTIONS

1. Rinse quinoa in a bowl with water or place quinoa in a fine-mesh sieve and rinse under cold water until water runs clear. Drain and transfer to a medium saucepan with a pinch of sea salt and 1 ¾ cups of water. Bring to a boil, cover and lower heat to a simmer. Cook until water is absorbed, about 15 minutes. Let sit, covered for 10 minutes. Quinoa can remain in the pot until ready to combine with other salad ingredients or transfer to a serving bowl and fluff with a fork. Allow quinoa to cool slightly.
2. To the quinoa add remaining ingredients and toss to combine. * Or you can place the spinach on a serving platter and toss with 1 Tablespoon of the lemon juice and 1 Tablespoon of the olive oil. Combine quinoa with remaining ingredients and mound on top of the spinach leaves. Taste for salt and pepper and adjust seasoning, if necessary. Serve warm or at room temperature.



Episode 2 - Recipes

Avocado Watermelon Bites

Recipe from Friends Cleanse Kitchen

INGREDIENTS

Watermelon, cut thinly in small triangles

1 avocado diced

1/4 cup red onion, diced finely

1/2 cup cucumber, diced finely

1 tsp tamari

sea salt

juice of one lime



INSTRUCTIONS

1. Mix avocado, red onion, cucumber, tamari, sea salt and one lime
2. place small amount (approx 1 tsp) of the avocado mixture on the watermelon



Episode 2 - Recipes

Relaxation Sage, Raspberry, Pineapple Infused Water

Recipe from Friends Cleanse Kitchen

INGREDIENTS

- 1 cup raspberries
- 1 cup pineapple finely chopped
- 1/8 cup sage leaves
- 1 gallon water
- ice



INSTRUCTIONS

1. Mix all ingredients in a large pitcher and let chill overnight

The sage infusion has a wonderful relaxation effect and the carbs in the berries allow your brain to produce calming good brain chemical called serotonin. This delicious water is like a spa in a cup.