

Nikki Peters, RN: Solstice Recipes

Salmon with Avocado Sauce and Honey Sweetened Brussels Sprouts

Recipe by Dr. William Cole at mindbodygreen.com

Ingredients for the salmon:

- 2 pounds salmon filet, cut into 4 pieces
- 1 teaspoon ground cumin
- 1 teaspoon paprika powder
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- Himalayan sea salt and freshly ground black pepper

Ingredients for the avocado sauce:

- 2 chopped avocados
- 1 diced small red onion
- 1 minced garlic clove
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh minced cilantro
- Juice of 1 lime
- Himalayan sea salt and freshly ground black pepper

Ingredients for the Brussels Sprouts:

- 3 pounds Brussels sprouts, trimmed
- ½ cup melted coconut oil
- ½ cup balsamic vinegar
- ¼ cup raw honey
- 1 cup dried cranberries
- Himalayan sea salt and ground black pepper

To make the salmon:

1. Combine paprika, cumin, onion, garlic, and chili powders, and season with salt and pepper to taste in a bowl.
2. Put dry rub on salmon, and refrigerate for 30 minutes.
3. Mash the avocado until you get a smooth texture in another bowl.
4. Add all the remaining ingredients for the avocado sauce, and stir until mixed.
5. Remove the salmon from the fridge.
6. Grill the salmon on the preheated grill around 5 minutes on each side, depending on grill.
7. Drizzle avocado sauce on salmon.

To make the Brussels sprouts:

1. Preheat oven to 375°F.
2. Mix Brussels sprouts in the coconut oil and season to taste with salt and pepper.
3. Put Brussels sprouts on a baking sheet and roast until brown for about 30 minutes.
4. Combine the balsamic vinegar and honey in a saucepan. Bring mixture to a boil, lower to a simmer, and cook until thickened.
5. Drizzle glaze over the sprouts. Sprinkle the dried cranberries over the sprouts. Enjoy!

Health Tip: Salmon is a great source of protein and also contains anti-inflammatory omega-3 fatty acids which are great for a healthy brain and hormones. Avocados provide more healthy fats, B vitamins, magnesium, folate and vitamin C which can be beneficial for healthy neurotransmitters. Brussels sprouts are rich in sulfur groups, which can enhance methylation.

Cranberry, Apple, Walnut and Cinnamon Salad/Sauce

YEILD: about 4 cups

Total Time: 25minutes

Ingredients

- ½ cups water
- 1 cup Monkfruit with Erythritol sweetener you can also substitute with 1 tsp pure Stevia
- 1 (3inch) cinnamon stick
- 1 (12ounce bags) approx. 3 ½ cups fresh cranberries
- 1 apple cored, diced to ¼" thickness (with or without peels per preference)
- ¾ cup (2 ounces) walnuts chopped and toasted
- 1 tsp vanilla

Simmer water, Monk fruit sweetener, cinnamon stick and half of the cranberries in a heavy pot over medium heat, stirring occasionally, until cranberries just start to pop, about 5 minutes. Add half the remaining cranberries and simmer, stirring occasionally for 5 minutes.

Add diced apple to cranberry mixture along with walnuts and remaining cranberries then simmer, stirring occasionally, 5 minutes. Stir in vanilla and simmer 1 minute. Remove from heat and serve warm or room temp or chilled.

Cook's note: Delicious served alone as dessert or salad or as a sauce over turkey or salmon.

Health Tip: Cranberries benefit the skin, muscles, bone, urinary tract, cardiac and immune system. They are a rich source of vitamins and minerals including vitamin C, Manganese, vitamin E, vitamin K1, and copper. Cranberries have also been called "Superfruits" due to the high content of antioxidants including quercetin, myricetin, peonidin, ursolic acid, and A-Type proanthocyanidins. Walnuts provide healthy fats, fiber, vitamins and minerals, they are rich in antioxidants, a plant source of omega-3 fats and the polyphenols may decrease inflammation.