

Turkey Spinach Meatballs

Serves 4. Prep time: 35 minutes.

Ingredients

- 1 pound ground turkey
- 2 tablespoons fresh garlic, minced
- 1 10-ounce package frozen spinach, thawed and drained
- ½ cup yellow onion, minced
- 3 tablespoons tomato sauce
- 1 egg, lightly beaten
- ½ cup whole wheat breadcrumbs
- 1 teaspoon ground oregano
- ½ teaspoon salt
- ½ teaspoon black pepper

Preparation

Preheat oven to 375 degrees F.

In a large mixing bowl, mix all of the ingredients until well blended. Form into 1 ½-inch balls and place on a sheet pan. Bake the meatballs for about 25 minutes, turning them a couple of times during baking to allow them to brown on all sides. The meatballs should have an internal temperature of 175 degrees F. when a meat thermometer is inserted into the center.

Tangerine and Jicama Salad

Serves 6. Prep time: 30 minutes.

Ingredients

- 3 tangerines, peeled and segmented
- 1 cup pineapple chunks, diced
- 3 cups jicama, peeled and cut into matchsticks
- ½ cup red onion, julienned
- ½ cup carrots, peeled and shredded
- ½ cup green bell pepper, diced
- 3 tablespoons minced fresh cilantro
- ⅓ cup fresh lime juice

Preparation

Combine all ingredients and mix well.

Serving suggestion:

Tart, juicy and crunchy, this unusual citrusy salad is a lovely bright complement to fish, poultry or turkey burgers. Or serve it in a whole wheat pita with strips of marinated baked tofu.

Ginger Baked Tofu

Serves 6. Prep time: 60 minutes.

Ingredients

- 1 pound extra firm tofu, sliced into ½-inch thick rectangles
- ¼ cup sesame oil
- 1 tablespoon garlic, minced (2-3 cloves)
- 2 tablespoons fresh ginger, peeled and minced (2-inch piece)
- ⅓ cup tamari
- ⅓ cup Mirin*
- ¼ cup maple syrup

Preparation

Preheat oven to 400 degrees F.

Pat the tofu rectangles dry with a paper towel, and place on a sheet pan with a rim. Brush the tofu with the sesame oil. Bake for 30 minutes, flipping each piece over after 15 minutes. Carefully drain most of the oil from the sheet pan. Mix together the ginger, garlic, tamari, Mirin and maple syrup, and pour it over the tofu. Bake for another 15 minutes until the tofu is firm and the sauce has reduced. Remove from heat and serve, drizzled with the sauce from the baking pan and garnished with fresh minced ginger, sesame seeds and scallions.

*Mirin is a sweetened rice wine that is an essential component of Japanese cooking. You can substitute white wine sweetened with a bit of sugar (¼ cup wine plus 1 tablespoon sugar) or use apple juice if you prefer.

Spicy Banana Habanero Salsa

Serves 6. Prep time: 20 minutes.

Ingredients

- 2 tablespoons vegetable oil
- 2 tablespoons lime juice
- 2 tablespoons brown sugar
- 1 tablespoon fresh ginger, peeled and minced
- 2 large firm bananas, peeled and diced (about 2 cups)
- ½ cup yellow bell pepper, diced
- ½ cup green pepper, diced
- ½ cup red onion, diced
- 3 tablespoons fresh minced cilantro
- 1 teaspoon fresh habanero pepper, seeded and minced (1 pepper)

Preparation

In a medium-sized bowl, whisk together the oil, lime juice, brown sugar and fresh ginger. Add the bananas, peppers, onion and cilantro and mix well.

Serving suggestion:

This Caribbean inspired salsa's sweet-hot flavor adds zest to a simply prepared meal of fish or poultry, and tops a morning omelet or breakfast sandwich with tropical flair. Add chunks of ripe mango or pineapple if you like!