

Main:

North African Carrot Salad

3 tablespoons extra-virgin olive oil
Juice of 3-4 lemons
2 1/2 tablespoons honey
2 1/2 tablespoons ground cumin
5 tablespoons chopped fresh cilantro
15-20 carrots, peeled and sliced on an angle into 1/8" slices
3/4 cup golden raisins
Salt and pepper to taste

1. Combine the oil, lemon juice, honey, and cumin in a bowl and mix well.
2. Add the cilantro, carrots, raisins, salt and pepper. Stir to combine.

Maple Dijon Salmon (add garam masala to the recipe from the book)

5 tablespoons Dijon mustard
5 tablespoons maple syrup
2 1/2 tablespoons finely chopped scallions (aka green onions), use both white and green parts
3 tablespoons garam masala (*North African spice blend, found on the spice aisle of your grocery store*)
10 4-6 ounce salmon filets, pin bones removed (the bones that run through the middle of the filet...ask your fish guy to do this, or it's just as easy to do it yourself with a pair of needle nose pliers)
2-3 tablespoons extra virgin olive oil
Salt and pepper to taste

1. Heat the oven to 350 degrees
2. In a bowl, combine mustard, syrup, scallions and garam masala
3. Oil a baking sheet with the olive oil. Season both sides of the salmon with salt and pepper and place on the baking sheet, then spread about 1 tablespoon of the Dijon mixture on each filet
4. Bake the filet for 5-6 minutes, then top each filet with another tablespoon of the Dijon mixture and bake an additional 5 minutes. Remove each filet using a thin spatula

Cous Cous with Apricots and Smokey Almonds

3 1/2 cups low-sodium chicken broth
3 1/2 cups cous cous
1/2 teaspoon cinnamon
2 tablespoons butter
1 cup chopped dried apricots
1 cup chopped smoked almonds
1/2 cup chopped flat-leaf Italian parsley
Salt and pepper to taste

1. Bring the chicken broth to a boil
2. Add the cous cous and cinnamon, stir, and cover with foil or a lid. Turn off the heat.
3. Let the cous cous sit for 5 minutes, then fluff with a fork to separate all of the grains
4. Stir in butter until melted, than add apricots, almonds, parsley, salt and pepper and combine well

Dessert:

Vanilla Bean Frozen Yogurt with Figs, Honey and Pistachios

- 10 scoops low-fat vanilla bean frozen yogurt
- 20 small ripe figs, stems trimmed, cut into quarters
- 1/2-3/4 cup lavender honey (or your favorite variety)
- 3/4 cup chopped toasted pistachios

1. Scoop the frozen yogurt into bowls and top with the figs
2. Drizzle honey over the figs, then top with pistachios