



Eat Simply: Easy Recipes & Meals for Busy Days

Sharon's Easy Thai Soup Recipes with Shrimp or Salmon – Choose 1

- # 1 Easy-peasy: open a can of Amy's Thai soup, maybe add some lime juice and fish sauce to doctor up the flavors a bit. Heat and then add some **cooked** cubed salmon or some whole cooked shrimp and heat through. At the table, top with green onions, more lime juice, whatever you think might be good. Yum!
- # 2 This one doesn't take much more time. Mix together a can of coconut milk and a can of chicken broth in a saucepan. Add some Thai red chili paste, juice of a lime, a few dashes of fish sauce to taste, ginger and then lemon grass if you have it. Add any vegetable of your choice, and simmer to meld flavors and cook through. (Spinach or carrots are great additions,) Once that's ready, add in the cooked salmon or shrimp. (We usually have little bowls of stuff to add in at table: lime wedges, green onions, more shrimp or salmon, etc.)

Garlic Chili Soba Noodles (Banyon Herbs)

Ingredients: (If you cook Asian, you will have most of these ingredients on hand)

½ cup mirin or rice vinegar	¼ cup soy sauce
3 tablespoons minced garlic	1 tsp chili paste
1 tablespoon sesame oil	1 teaspoon palm or brown sugar
Honey to taste	Soba Noodles (5 ounces)
3 green onions chopped (garnish)	Sesame seeds (garnish)

Preparation:

- Cook the soba noodles according to the instructions on the packet. Drain and quickly rinse with cold water.
- In a sauce pan, add the mirin, soy sauce, garlic, chili paste, sesame oil, and palm sugar. Mix well to make sure the palm sugar is incorporated and melts evenly. Taste the mixture and adjust the ingredients to your liking. Let the liquid come to a slow boil. This ensures that the garlic is really being infused into the sauce.
- Once the palm sugar has melted, remove from the heat and let the sauce cool down. At this point I like to add in a squeeze of honey, but listen to your taste buds!
- Pour the sauce over the cooked and cooled soba noodles and gently toss. Top with the sesame seeds and green onions.

Sharon's Easy Bean Dish

Off to make beans for dinner: Need lots of browned shallots and a bit of ginger and chopped hot peppers, cooked in some good pork fat. (You can substitute any fat.) Add a can of black beans and partly mash. I often add a bit of white wine or plain yogurt to keep beans from drying out. Serve with smoked goat cheese, avocado and tortillas. Yum!



More Recipes for Busy Days

Sharon's Easy Swiss Chard Thingy

I am working on creative ways to use Swiss chard...it just grows and grows, indifferent to the heat or cold. Tonight going to cook it with our fresh garlic and let it sit... and roast some cherry tomatoes on the grill (in a cast-iron skillet!) with some more of our lovely garlic and olive oil...then put it all on toasted corn tortillas from the farmer's market, with some goat cheese and our green onions. (You can prepare it all inside, of course.)

Lola's Spinach & Eggs

Sauté some fresh or frozen spinach in a little olive oil, add salt & pepper to taste. (Could add red peppers and/or onions and garlic at beginning of sauté) Serve with boiled or poached eggs

Cottage Cheese or Yogurt

Stir anything into cottage cheese or yogurt!
Chopped Fruit and nut combination
Coarsely chopped vegetables like cucumber Add herbs like dill

Toppings for Bruschetta & Crostini (or just good toast)

Make several toppings. Add grated hard cheese on top and enjoy.
Can feed one or a crowd.

Ray's Mushrooms on Toast

Heat olive oil or butter in a frying pan; saute chopped mixed mushrooms in a single layer over medium high heat, stirring frequently. Season with salt & pepper. Add some crushed garlic and dried or fresh thyme or marjoram (maybe cream too); cook another minute or 2.

Red Peppers

Cook finely chopped onions in olive oil until softened. Add finely sliced red peppers & cook another 10-15 minutes, stirring frequently. Add crushed garlic and cook about a minute more. You can leave it at that, or you can add in a few capers & a little balsamic vinegar and simmer gently to reduce the liquid. Top with chopped parsley

Pesto & Tomatoes

Purchase a good quality organic pesto -- (You'll find one in the refrigerator at Brighter Day). Put a layer of pesto on toasted bread; add fresh chopped tomatoes and top with goat cheese or feta

Hummus

Purchase or make your own hummus. Always have vegies in the refrigerator during busy times. Eat the hummus like a dip with vegies as dippers. I like to stir in cumin powder to the mixture before serving

Easy Mexican Salad (Everybody Makes Their Own)

Arrange in 2 bowls: bag of mixed green salad; can of drained black beans.
Arrange little mounds of some (or all) of the following on a platter: sliced avocado, sliced boiled eggs, diced tomatoes, diced cucumbers, diced squash or zucchini, finely sliced red or green peppers, jalapeno peppers, grated cheddar or other cheese. Serve with your favorite dressing.