



HERB-BAKED SALMON

WITH VINAIGRETTE, ROOT VEGGIE PURÉE, & A SALAD

CAMP
B-WELL
KITCHEN

 WATCH THE VIDEO AT [SFDC.CO/SALMON](https://www.sfdc.co/salmon)

HERB-BAKED SALMON

INGREDIENTS:

1 filet of salmon, skin and bones removed
(your local fish monger can do this for you)

2 bunches chervil

2 bunches flat leaf parsley

2 bunches mint

1 lemon, sliced

Fine sea salt

Olive oil

Set aside 1/4 of the herbs for the salad and garnishing the salmon.

METHOD:

1. Preheat oven to 220°F.
2. Lay out half of the herbs and the lemon slices on a sheet tray.
3. Place filet on the herbs and lemon.
4. Lightly coat the fish with olive oil and season with an even sprinkling of salt.
5. Cover the salmon with the other half of the herbs and place in the oven.
6. Bake for 45–55 minutes, until the flesh is firm when you gently press on it.
7. Remove salmon from oven, clear off herbs and brush generously with lemon-caper vinaigrette (see below).
8. Portion, garnish with reserved herbs, and serve.

LEMON-CAPER VINAIGRETTE

INGREDIENTS:

3 tablespoons capers, minced

Lemons, for juice

Olive oil

Salt

METHOD:

1. Combine minced capers, 4 tablespoons of lemon juice, and 2 tablespoons of olive oil in a mixing bowl.
2. Mix and taste, adjust seasoning with more lemon juice and salt as needed. (Flavor should be bright, lemony and briny, a little on the sharp side of acidic.)

ROOT VEGETABLE PURÉE

INGREDIENTS:

2 sweet potatoes, peeled and cut into even pieces

2–3 large parsnips, peeled and cut into even pieces

2 celery root, peeled and cut into even pieces

Salt to taste

Lemon juice to taste

Olive oil to taste

METHOD:

1. Place all vegetables in a pot and cover with water, adding a heavy pinch of salt.
2. Bring to a boil and cook until vegetables can be easily pierced with knife.
3. Strain vegetable, transfer to a food processor and purée. If you don't have a food processor, you can use a potato masher.
4. Season to taste with salt, lemon juice, pepper, and olive oil.

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GREEN SALAD

INGREDIENTS:

4–5 heads little gem lettuce, leaves separated and washed

1 head of thinly sliced fennel

4 radishes, thinly sliced

1/4 cup chopped herbs, leaves only, reserved from salmon ingredients

Pepper to taste

Lemon juice to taste

Salt to taste

METHOD:

1. Combine lettuce, fennel, radish, and chopped herbs in a mixing bowl.
2. Season to taste with lemon juice, salt, and pepper.

TO PLATE:

- Add a portion of salmon, root vegetable purée, and prepared salad to a plate.
- Top the salmon with any remaining chervil pieces and include a lemon wedge.
- Add a small drizzle of olive oil over the root vegetable purée.



HEALTHY GRAIN BOWL

WITH FARRO, PICKLED RED ONION, MUSHROOMS, & TOFU

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FARRO

INGREDIENTS:

2 cups water
1 cup farro
1 tsp. salt

METHOD:

1. Combine all ingredients in a pot.
2. Bring to a boil, cover and simmer for 25–30 minutes until farro is tender.

PICKLED RED ONION

INGREDIENTS:

1.5 cups white wine vinegar
3/4 cup water
5 tsp. salt
3 tsp. sugar
1 red onion

METHOD:

1. Peel and thinly slice the red onion.
2. Combine all ingredients except red onion in a pot.
3. Bring to a boil and pour over the red onion.
4. Let sit for three hours and then refrigerate for up to 2 weeks.

SAUTÉED PORTOBELLO MUSHROOMS

INGREDIENTS:

2 portobello mushrooms, slice into 1/4" slices
Olive oil for sautéing
Pinch of salt

METHOD:

1. Preheat pan on medium high heat.
2. Add olive oil to coat the bottom of the pan.
3. When it just starts to smoke, add mushrooms and salt.
4. Sauté, stirring occasionally until mushrooms are cooked through.

SEARED TOFU

INGREDIENTS:

1 block extra firm tofu
Pinch of red chili flake
Olive oil to sauté
Salt for seasoning

METHOD:

1. Cut tofu into 1/2" cubes.
2. Preheat pan to medium high heat.
3. Add enough olive oil to coat the bottom of the pan.
4. Add tofu to pan and season generously with salt.
5. Cook tofu until it is golden brown on all sides.
6. Add chili flake just before removing it from the pan.



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RAW GARNISH INGREDIENTS

INGREDIENTS:

Chopped scallions, green parts only

Diced mango, tossed with lime juice and chili powder

Thinly sliced radish

Sliced avocado

TO PLATE:

- Place a small mound of farro to a bowl.
- Add tofu, mushrooms, and any raw garnishes to the farro.
- Top with pickled red onions.



ROASTED CARROTS

WITH CHARRED SCALLION YOGURT & TOASTED SESAME SEEDS

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ROASTED CARROTS

INGREDIENTS:

2-3 bunches baby or medium-sized carrots
Olive oil
Salt

METHOD:

1. Preheat oven to 375°F.
2. Wash and cut carrots into evenly sized pieces. (Baby carrots can be left whole.)
3. Coat carrots lightly with olive oil and salt.
4. Spread carrots out evenly on a sheet pan and roast approximately 30-40 minutes or until they can be easily pierced with a paring knife.

CHARRED SCALLION YOGURT

INGREDIENTS:

2 bunches scallions
1 pint Greek yogurt
Olive oil to taste
Salt to taste
Lemon Juice to taste
Chili Powder to taste

METHOD:

1. Preheat a pan (cast iron is best) to medium high heat.
2. Coat the bottom of the pan with a thin coating of olive oil.
3. Add scallions and press them with a spatula.
4. Once charred, flip them and char the other side.
5. Remove from pan and mince.
6. Fold scallions into yogurt.
7. Season with olive oil, salt, lemon juice, and chili powder to desired seasoning.

TOASTED SESAME SEEDS

INGREDIENTS:

2-3 tbsp. sesame seeds

METHOD:

1. Toast sesame seeds in a dry pan over medium heat, shaking the pan constantly until seeds are golden and aromatic.

TO PLATE:

- Spread charred scallion yogurt on a plate or in a shallow bowl.
- Lay out roasted carrots over the yogurt.
- Drizzle olive over the dish.
- Generously sprinkle toasted sesame seeds over the dish in an even layer.



WARM BEAN & VEGETABLE SALAD

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CANNELLINI BEANS

Ingredients:

For soaking:

2 cups cannellini beans

6 cups water

For cooking:

Soaked beans

Water (enough to cover beans by a few inches in the pot)

METHOD:

1. Bring beans to a boil and turn down to a simmer.
2. Cook until tender but not mushy, about 25–30 minutes.
3. Season generously with salt in the pot.

QUINOA

INGREDIENTS:

1 cup quinoa

2 cups water

Pinch of salt

METHOD:

1. Combine all ingredients in a pot and bring to a boil.
2. Turn down to a simmer on low heat and cover until all water is absorbed.

ROASTED ROOT VEGETABLES

INGREDIENTS:

1 garnet yam

2 white sweet potato

6 Tokyo turnips (or 1 large turnip cut into small pieces)

Olive oil

Salt

Feel free to substitute or add any root vegetables you like! You can add celery root, parsnip, carrot, beets, rutabaga, and more.

METHOD:

1. Preheat oven to 375°F.
2. Peel and cut all root vegetables into 1/4" pieces.
3. Dress with olive oil and season with salt.
4. Transfer ingredients to a sheet pan lined with parchment paper.
5. Roast until vegetables are able to be easily pierced with a paring knife.

SAUTÉED BELL PEPPERS

INGREDIENTS:

1 red bell pepper

1 yellow bell pepper

Olive oil

Salt

METHOD:

1. Cut peppers into 2" by 1/4" strips.
2. Preheat a pan on medium-low heat.
3. Add enough olive oil to coat the bottom of the pan.
4. Add julienned peppers, and season with salt.
5. Peppers should be gently cooking just to soften, we're not looking for color on the peppers.

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WARM BEAN & VEGETABLE SALAD

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TOASTED PUMPKIN AND SUNFLOWER SEEDS

INGREDIENTS:

Pumpkin seeds
Sunflower seeds

METHOD:

1. Toast 1/2 cup of each seed on a sheet pan in a 350°F oven.
2. Remove when you can smell the seeds.

TO PLATE:

- Place all root vegetables in a mixing bowl.
- Add quinoa to coat root vegetables.
- Add beans, about a third of the amount of the root vegetables.
- Add peppers.
- Add toasted seeds.
- Season with lime juice and salt to taste.
- Transfer to serving dish.