

Recipes from Hot Spots Episode 115 – Reach the Beach

Roasted Sweet Potatoes (makes 8 servings)

Ingredients:

6-8 sweet potatoes
Caribbean jerk seasoning
Barbeque seasoning
Non-stick cooking spray

Directions:

1. Slice potatoes into quarters length-wise.
2. Soak in cold water 2-3 minutes to reduce starch.
3. Air dry 10-15 minutes for crispier texture when cooked.
4. Line sheet pan with aluminum foil and spray with non-stick cooking spray.
5. Line potato slices on pan.
6. Sprinkle seasonings on potatoes to taste.
7. Bake at 425 degrees for 30 minutes. Potatoes should be brown and a little dry when done.

Serving Suggestions:

Store extra food in airtight plastic containers. Set your refrigerator to 36-39 degrees, and your food should keep well for up to 5 days.

Eight-grain Rice – Tabouli Style and Southwestern Style (makes 8 servings)

Ingredients:

3 cups brown rice
8 cups water
1 tbsp salt

Tabouli ingredients:

2 cucumbers
½ cup slivered almonds
1 carrot
½ cup parsley, chopped
1 tbsp sesame oil

Southwestern ingredients:

½ cup canned corn kernels
½ cup black beans
½ cup canned tomatoes
½ cup cilantro, chopped
½ cup scallions, chopped
1 tbsp olive oil or sesame oil

Directions for Rice:

1. Bring water to a boil.
2. Pour rice in water.
3. Add salt to taste (approximately 1 tbsp).
4. Stir, bring water back to boil.
5. Lower heat to simmer, let cook for 30 minutes.
6. When done, rice should be firm to the bite (al dente), but not chalky. If it's chalky then cook a few minutes more.
7. Strain rice and rinse with cold water to reduce starch and excess salt.
8. Let dry 2-3 minutes.
9. Add half of rice to tabouli vegetables, and the other half to Southwestern vegetables.
10. Add oil and stir to mix everything together.

Directions for Tabouli Vegetables:

1. For more fiber, do not peel cucumbers. You can wash the wax off the skin with hot water and vinegar.
2. Dice cucumbers.
3. Grate carrots.
4. Chop parsley.
5. Mix cucumbers, carrots, parsley, and almond together.

Directions for Southwestern Vegetables:

1. Chop scallions and cilantro.
2. Mix corn, black bean, tomatoes, scallion and cilantro together.

Roasted Salmon

(makes 8 servings)

Ingredients:

2-1/2 lbs salmon fillet
Caribbean jerk seasoning
Barbeque seasoning
Non-stick cooking spray

Directions:

1. De-bone and rinse salmon.
2. Cut salmon into 5-ounce portions.
3. Line sheet pan with aluminum foil and spray with non-stick cooking spray.
4. Put salmon pieces in pan. Make sure they're not touching each other, so that they will cook more evenly.
5. Sprinkle seasoning on salmon to taste.
6. Let sit 3-5 minutes for flavors to absorb.
7. Broil at 425 degrees for 12-13 minutes. Salmon should be about 130 degrees when done, and there should be no juices in the pan.
8. Slide salmon meat from the skin and serve.