

# Oven-Baked Tilapia



Enjoy this super-easy, low-carb recipe in less than 20 minutes from start to finish. Flaky, melt-in-your-mouth tilapia so mild that even the pickiest eater will fall in love. This easy yet flavorful dish is perfect for your weekly rotation!

<b>Course</b>	dinner, Main
<b>Cuisine</b>	American
<b>Diet</b>	Gluten Free, Kosher
<b>Prep Time</b>	5 minutes
<b>Cook Time</b>	12 minutes
<b>Total Time</b>	17 minutes
<b>Servings</b>	4
<b>Calories</b>	257kcal
<b>Author</b>	<a href="#">Imma</a>

## Ingredients

- 4-6 tilapia loins or fillets (about 4 ounces each)
- 1 tablespoon (15ml) cooking oil (olive, canola, or vegetable)
- salt and pepper to taste
- 1 teaspoon (5g) [Creole seasoning](#) (optional)
- 3 tablespoons (40-42g) unsalted butter
- 4 cloves garlic, minced
- 1 teaspoon (1g) fresh thyme
- ½ teaspoon (1-2g) paprika
- 1 teaspoon (1-2g) oregano pepper (or ¾ teaspoon oregano and ¼ teaspoon black pepper)
- ½ cup (120ml) chicken stock, white wine, or water
- ½ teaspoon (1-2g) white pepper
- 1 large lemon, cut in half, with one half sliced and the other half squeezed
- 1 tablespoon (4g) fresh parsley, chopped (for garnish)

## Instructions

1. Preheat oven to 400°F (205°C).
2. Rinse the fish loins or fillets, dry them, place them in an ungreased 9x13-inch baking dish, then brush them with oil.
3. Season salt, pepper, and optional Creole seasoning. Set aside.
4. Melt the butter over medium heat in a large pan or skillet, and sauté the garlic, thyme, paprika, and oregano pepper for about a minute.
5. Pour about ½ cup chicken broth, white pepper, and about 1-2 teaspoons lemon juice from a freshly squeezed lemon into the butter sauce. (Start with a teaspoon and adjust to taste, then lightly season the sauce with salt if desired.)



6. Then pour the sauce over the fish and bake, uncovered, at 400°F (205°C) for 10-15 minutes or until the fish flakes easily with a fork. Garnish with fresh chopped parsley. Enjoy!

## Notes

- To even out your fillet and provide some consistent cooking, fold the thinner part closer to the tail under itself.
- Wild tilapia is best, but hard to come by and less sustainable. On the other hand, fish responsibly raised to the highest international standards are easier to find. If you are unsure where they come from, ask at the counter because most places list their fish source. These guys are from Costco.
- Please keep in mind that the nutritional information is a rough estimate and can vary significantly based on the recipe ingredients used.

## Nutrition

Serving: 1 fillet | Calories: 257kcal | Carbohydrates: 7g | Protein: 25g | Fat: 15g | Saturated Fat: 7g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Trans Fat: 0.4g | Cholesterol: 81mg | Sodium: 688mg | Potassium: 508mg | Fiber: 2g | Sugar: 1g | Vitamin A: 1491IU | Vitamin C: 23mg | Calcium: 62mg | Iron: 2mg



# Coconut Rice



Savory Coconut Rice is simple yet flavorful rice with coconut milk. So aromatic, coconutty and tasty rice. Makes a perfect pair for any dish!

Makes about 4 cups

<b>Course</b>	Sides
<b>Cuisine</b>	African
<b>Prep Time</b>	45 minutes
<b>Cook Time</b>	15 minutes
<b>Total Time</b>	1 hour
<b>Servings</b>	6
<b>Calories</b>	443kcal
<b>Author</b>	<a href="#">Imma</a>

## Ingredients

### Fresh Coconut Milk

- 1 mature coconut

### Coconut Rice

- 2 cups (390g) rice, I used Basmati
- 2 cups (475ml) coconut milk (homemade or a 14-ounce can)
- 2 cups (475ml) water
- 1-1½ teaspoon (5-8g) salt

## Instructions

### Fresh Coconut Milk

1. Hit the middle of a coconut hard with the blunt side of a cleaver or hammer, just enough to crack it. Rotate the coconut, continuing to hit it at the center with the hammer or cleaver until it splits in two.
2. Bake it in the oven for about 10 minutes at 375°F (190°C) to make removing the flesh from the shell easier. Let it cool, then remove the coconut from the shell with a spoon.
3. Blend coconut in a blender (Blendtec or Vitamix gets the most milk out of a coconut) on high until it reaches a fine puree.
4. Strain the coconut mixture with cheesecloth. Squeeze tightly to extract all the milk.

### Coconut Rice

1. Place rice in a saucepan with water. Rinse well and strain.
2. Add coconut milk, water, and salt. Place the saucepan over high heat and bring to a boil. Stir, lower the heat to a simmer, and then cover the saucepan tightly with the lid. Continue cooking for 15-18 minutes.



3. Take the saucepan off the heat and let it rest for about 10 minutes, covered. Fluff the rice with a fork and serve.

## Notes

- To easily remove the flesh of the coconut, heat the cracked coconut in an oven for 15-20 minutes. That shrinks the coconut meat slightly, making separating it from the shell easier.
- Rinse the rice well in cold water before cooking for fluffier rice. The extra starch won't kill you, but it makes the rice stickier.
- The water-to-rice ratio is 2 cups liquid to 1 cup rice. But you can adjust it with a little less for chewier rice or more for softer rice.
- Please keep in mind that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

## Nutrition

Serving: 100g | Calories: 443kcal | Carbohydrates: 65g | Protein: 7g | Fat: 17g | Saturated Fat: 15g | Polyunsaturated Fat: 0.3g | Monounsaturated Fat: 1g | Sodium: 496mg | Potassium: 264mg | Fiber: 1g | Sugar: 0.1g | Vitamin C: 1mg | Calcium: 39mg | Iron: 3mg



# Spicy Green Beans



This simple goodness is fresh, delicious, and flavorful all at the same time. They make a great side dish to elevate your Thanksgiving dinner and celebrate spring or any other time of year. You can't go wrong!

<b>Course</b>	Side Dish
<b>Cuisine</b>	American
<b>Diet</b>	Gluten Free
<b>Prep Time</b>	5 minutes
<b>Cook Time</b>	15 minutes
<b>Total Time</b>	20 minutes
<b>Servings</b>	4
<b>Calories</b>	110kcal
<b>Author</b>	<a href="#">Imma</a>

## Ingredients

- 1 pound fresh green beans, ends trimmed
- 2 tablespoons vegetable oil
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 teaspoon red pepper flakes (adjust to taste)
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon honey
- ½ teaspoon salt, or to taste
- Optional toppings (sesame seeds and chopped green onions)

## Instructions

1. Bring a large pot of salted water to a boil. Add the green beans and cook for 2-3 minutes. Drain and transfer them to a bowl of ice water to stop the cooking process and maintain their vibrant color and crispness. Once cooled, drain and set aside.
2. In a large skillet or wok, heat the vegetable oil over medium-high heat. Add the minced garlic, grated ginger, and red pepper flakes to the skillet. Stir-fry for about a minute until fragrant.
3. Add the blanched green beans to the skillet and toss them in the oil and seasonings. Cook for 2-3 minutes, stirring frequently, until the green beans are still slightly crispy.
4. In a small bowl, whisk sauce, rice vinegar, and honey until well combined. Pour the sauce over the green beans in the skillet and toss to evenly coat the beans with the sauce.
5. Continue cooking the green beans for 1-2 minutes, stirring occasionally, until they are heated through and the sauce has slightly thickened.
6. Taste the green beans and season with salt if needed.

7. Transfer the spicy green beans to a serving dish. You can sprinkle sesame seeds or chopped green onions on top for added flavor and garnish.
8. Serve spicy green beans as a side dish or add to a stir-fry meal. Enjoy!

## Notes

- Blanch the green beans first crisp-tender to retain their texture and vibrant green color.
- When cooking the hot peppers, keep your kitchen well-ventilated, as they can create fumes that irritate if you're sensitive to them.
- Pat the beans dry after draining them to prevent them from splattering when you add them to the sauce.
- Feel free to adjust the seasonings and sauce ingredients to your taste preferences.
- Please remember that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

## Nutrition

Serving: 135g | Calories: 110kcal | Carbohydrates: 11g | Protein: 3g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 2g | Trans Fat: 0.04g | Sodium: 558mg | Potassium: 276mg | Fiber: 3g | Sugar: 5g | Vitamin A: 931IU | Vitamin C: 15mg | Calcium: 49mg | Iron: 1mg

# Honey-Glazed Baby Carrots



Honey-Glazed Baby Carrots are quick, easy, delicious, and healthy! Sweet roasted carrots smothered in a finger-licking-good honey glaze, what's not to love? 😍 Plus, this side dish comes together in less than half an hour from start to finish.

<b>Course</b>	Side
<b>Cuisine</b>	American
<b>Prep Time</b>	5 minutes
<b>Cook Time</b>	18 minutes
<b>Total Time</b>	23 minutes
<b>Servings</b>	4
<b>Calories</b>	110kcal
<b>Author</b>	<a href="#">Imma</a>

## Ingredients

- 1½ pound (680 g) baby carrots
- 2 tablespoons (28 g) butter
- 2 tablespoons (28 ml) olive oil
- 3-5 cloves garlic, minced
- 1-2 teaspoon (1-2 g) fresh thyme
- 3 tablespoons (63 g) honey
- salt and pepper, to taste
- cooking spray
- parsley, chopped for garnish

## Instructions

### Prepare the Carrots

1. Prepare a baking pan or sheet by greasing it with butter, oil, or cooking spray and set aside.
2. Preheat your oven to 400°F/205°C.
3. Scrub and wash the carrots, and set them aside.

### Make the Sauce

1. Heat a large skillet or cast-iron pan over medium heat, then add the butter and olive oil.
2. Once the butter melts, add the garlic cloves and thyme, and cook until fragrant.
3. Stir in the honey until it fully incorporates with the other ingredients.

### Bake the Honey-Glazed Carrots

1. Add the carrots and mix with the sauce until the glaze completely covers every carrot.
2. Transfer the carrots to the greased baking pan or sheet in a single layer.
3. Drizzle the sauce over the carrots.



4. Roast the carrots in the oven for 18-20 minutes or until they're fork-tender.
5. Add salt and pepper to taste and cook for about one more minute.
6. Transfer the carrots to a serving platter, being sure to include any remaining sauce in the roasting pan. (It's all about that glaze, baby!)
7. Garnish with chopped parsley and enjoy.

## Notes

- You may need to adjust the cooking time in this recipe, depending on the thickness of your carrots. Simply stick a fork in the carrots to see if they are tender. The cooking time may vary a bit, but they're ready to serve once they are fork-tender.
- To make this recipe with regular-sized carrots, just peel and cut the carrots into strips about 1 1/2-2 inches thick and about 1/2 inch in width.
- Have fun with your garnish! My family loves parsley for this dish, but you could use chives, cilantro, or any other herb you love to garnish carrots with.
- Don't try to whip up the glaze on high heat. Butter and honey can burn quickly, so keep the heat on medium while cooking the glaze stovetop.
- Please keep in mind that nutritional information is a rough estimate and can vary greatly based on the products used in the recipe.

## Nutrition

Serving: 1cup | Calories: 110kcal | Carbohydrates: 18g | Protein: 1g | Fat: 3g | Cholesterol: 14mg | Sodium: 253mg | Fiber: 2g | Sugar: 23g | Vitamin A: 31725IU | Vitamin C: 16mg | Calcium: 54mg | Iron: 0.4mg



# Strawberry Trifle



Strawberry Trifle - delicious and stunningly beautiful strawberry dessert of layers of vanilla cake, homemade custard, fresh strawberries, strawberry glazed and whipped cream. Elegant and easiest no-bake dessert that's perfect for any occasion!

<b>Course</b>	Dessert
<b>Cuisine</b>	British
<b>Prep Time</b>	15 minutes
<b>Cook Time</b>	25 minutes
<b>Total Time</b>	40 minutes
<b>Servings</b>	12
<b>Calories</b>	577kcal
<b>Author</b>	<a href="#">Imma</a>

## Ingredients

- 1/3 cup (42.6 g) cornstarch
- 3/4 cup (150 g) sugar
- 1/4 teaspoon (1.3 g) salt
- 3 cups (720 ml) whole milk
- 3/4 cup (180 g) heavy cream
- 6 egg yolks
- 3 tablespoons (42 g) unsalted butter
- 2 teaspoons (8 g) vanilla extract
- 2 1/2 - 3 pounds (1.1 - 1.3 kl) homemade or store bought vanilla cake
- 4-5 cups (576- 720 g) fresh strawberry , sliced length wise
- strawberry glaze (optional)
- 2 cups (476 g) heavy whipping cream

## Instructions

1. Add dry ingredients to a saucepan: cornstarch, sugar and salt . Mix to combine.
2. In a medium bowl, whisk together milk, heavy cream, and egg yolks.
3. Gently whisk the wet ingredients into the saucepan making sure there are no lumps, until sugar has dissolved.
4. Place sauce pan, on the stove at medium high heat – keep stirring constantly until it starts to bubble. Cook for about 7-10 minutes, until mixture has thickened.
5. Stir in the butter and vanilla until thoroughly mixed. Turn off the heat.
6. Cover the surface directly with plastic wrap to prevent the surface from drying up and forming lumps. Allow it to come to room temperature, refrigerate until ready to use.
7. Cut vanilla food cake into small, bite sized cube pieces.



8. Layer half of the cake in the bottom of a trifle dish or large bowl. Generously top with the vanilla custard mixture, followed by sliced strawberries. Top strawberries with strawberry glaze, if using, and repeat the layering process.
9. Garnish the top with fresh strawberries and whipping cream. Keep refrigerated until ready to serve.

## Notes

1. Don't leave the cream filling mixture on the stove unattended. It'll start to boil quickly and you need to be constantly stirring until it thickens else it will have some lumps.
2. Vanilla custard can be replaced with cream cheese and whipping cream custard. Just whisked together 1 cup of whole milk, 1 cup of sour cream and 4 oz cream cheese. When thick, fold in 1 cup of heavy whipping cream.

## Nutrition

Calories: 577kcal | Carbohydrates: 70g | Protein: 9g | Fat: 30g | Saturated Fat: 17g | Cholesterol: 263mg | Sodium: 506mg | Potassium: 280mg | Fiber: 1g | Sugar: 46g | Vitamin A: 1240IU | Vitamin C: 28.5mg | Calcium: 177mg | Iron: 2.5mg

