

Blackened Tilapia with Radish and Cucumber Salsa

weightwatchers.com

1 spray cooking spray
1.5 pounds uncooked farm raised tilapia
3 Tbsp blackening seasoning or to taste
5 medium radishes
1 medium cucumber, chopped
1/2 medium sweet red pepper, chopped
1 Tbsp fresh chopped cilantro
2 Tbsp fresh lime juice
1 tsp olive oil
1/8 tsp table salt
1/8 tsp black pepper

Coat a large nonstick sauté pan with cooking spray. Coat tilapia with blackening spice and cook over medium-high heat until fish flakes with a fork, about 2 to 3 minutes per side (do not over crowd fish in pan. Cook only as much fish as can fit in a single layer. Cook in batches if necessary.)

Slice each radish in half and then thinly slice into 1/2 moons. In a medium bowl, combine radishes, cucumber, red pepper, scallions, cilantro, lime juice and oil; season to taste with salt and pepper and serve over fish. Yields about 5 ounces of fish and a scant 1/2 cup of salsa per serving.

WeightWatcher Points Plus: 4

Classic Vinaigrette Salad

adapted from

WeightWatchers Fresh and Easy 20 Minute Meals

Combine 1/4 cup red wine vinegar, 1 tablespoon Dijon mustard, 2 teaspoon olive oil, 1 minced garlic clove, 1 teaspoon sugar, 1/4 teaspoon and 1/4 teaspoon black pepper in a small bowl, stirring with a whisk. Shred romaine and leaf lettuce (enough for 4 servings) into a bowl, add 2 cups thinly sliced cucumber and 4 sliced radishes. Pour dressing over lettuce mixture and toss well.

Points Plus value per serving: 1.

Cucumber Salad

Gourmet | December 2008 by Ruth Cousineau

- 2 seedless cucumbers (1 1/2 to 1 3/4 pounds total)
- 1 tablespoon sugar
- 1/4 cup distilled white vinegar
- 2 teaspoons grainy mustard
- Bibb or Boston lettuce leaves
- 2 tablespoons mild extra-virgin olive oil

Cut cucumbers into thin (1/16-inch) rounds with slicer. Toss with 2 teaspoons salt in a colander, then drain 30 minutes. Squeeze excess liquid from cucumbers.

Whisk together sugar, vinegar, and mustard in a large bowl, then stir in cucumbers. Marinate, chilled, at least 2 hours.

Drain cucumbers, reserving marinade, and mound on lettuce. Whisk oil into reserved marinade and drizzle over salad.

Cucumber Salad

WeightWatchers Fresh and Easy 20 Minutes Meals

Combine 1/3 cup rice vinegar, 2 teaspoons olive oil and 2 tablespoons sugar in a small bowl, stirring with a whisk. Set aside.

Combine 2 cups thinly sliced cucumber, 1 small red bell pepper (seeded and thinly sliced), 3/4 matchstick cut carrots, 2 chopped green onions and 1/4 cup chopped fresh mint in a large bowl. Pour vinegar mixture over the cucumber mixture and toss gently to coat.

Points Plus value per serving: 2

Dilled, Crunchy Sweet-Corn Salad with Buttermilk Dressing

food52.com

1 clove shallot, halved lengthwise and thinly sliced
3 ears of fresh, uncooked corn, the kernels scraped from the cobs with a sharp knife (about 2 3/4 cup)
4 cucumbers, quartered lengthwise and sliced crosswise into 1/2 inch dice
1 long red sweet pepper, seeded, ribs removed and diced
1 small handful fresh dill (about 4 smallish sprigs), minced
1/4 cup minced fresh parsley
crumbled Feta cheese, rinsed, as a garnish
1/4 cup buttermilk
2/3 cups plain European style thin yogurt, stirred
1 tablespoon white-wine vinegar
3 tablespoons minced Vidalia or other sweet onion
1 small clove garlic, minced and mashed with a pinch of salt
1/4 cup extra-virgin olive oil
salt and freshly ground pepper to taste.

Salt the shallot slices in 1/2 t. salt and allow to sit about 20 minutes to draw out any harshness. Rinse well with water and pat dry with a paper towel. In a large bowl toss the corn kernels lightly to separate them, add the shallot and the remaining salad ingredients and toss again to combine.

In a smaller bowl combine the buttermilk, vinegar, onion, yogurt, and garlic and whisk to combine. Add the oil in a slow stream, whisking, until amalgamated. Season with freshly ground pepper and salt to taste.

Serve the salad slightly chilled, garnished with the feta cheese. Pass the dressing separately

Garlic Dill Spears

Canadian Living Test Kitchen | canadianliving.com

6 lbs 3-4 inch pickling cucumbers
12 cups ice cubes
1/3 cup pickling salt
3 cups water

4 cups white vinegar
4 cups water
1/2 cup pickling salt
2 tablespoons pickling spices
3 tablespoons mustard seed
9 heads fresh dill
9 cloves peeled garlic

Scrub cucumbers. Cut 1/8 inch off ends. Layer cucumbers and ice in large deep glass or stainless steel container. Dissolve salt in water, pour over cucumbers. Add enough cold water to cover cucumbers completely. Fill resealable bags with water and place over cucumbers to keep them submerged. Refrigerate for 4 hours (max of 8 hours). Drain cucumbers, trim to 3 1/2 inches, then cut lengthwise into 4 to 6 wedges.

In large saucepan, bring vinegar, water, pickling salt and pickling spice to boil, reduce heat and simmer for 15 minutes. Strain.

Into each of the nine pint canning jars, place 1 tsp mustard seeds, 1 head dill and 1 clove garlic. Tightly pack cucumbers to within 3/4 inch of rim. Add hot pickling liquid to cover cucumbers, leaving 1/2 inch headspace. Cover with prepared lids. Screw on bands until resistance is met, then increase to fingertip tight. Boil in boiling water canner for 10 minutes. Let stand for 3 weeks before opening.

German Food Guide

The complete online guide to German food in America

Kohlrabisalat mit Gurken, Möhren, und Tomaten (Kohlrabi Salad with Cucumbers, Carrots, Tomatoes)

Number of Servings: 4

Ingredients

1 [Kohlrabi](#)
2 large Carrots
1 Cucumber
2 firm Tomatoes
2 tablespoons chopped Parsley
2 cloves Garlic, pressed
1/2 tablespoon fresh or dried Thyme
3 tablespoons Vegetable Oil
2 tablespoons Lemon Juice
Salz und Pfeffer

Instructions

Wash and peel the kohlrabi. Cut into thin strips.

Wash and peel carrots. Cut into thin strips.

Peel cucumbers. Cut into thin strips.

Wash tomatoes and cut into strips.

Add all vegetables and parsley to a large bowl and mix together.

Combine remaining ingredients into a salad dressing. Pour over salad and toss until the sauce is evenly distributed.

Open Face Cucumber Sandwiches

C. Ecarius

- 1 loaf of thin rye bread (the tiny loaf usually found at the deli - or the bread of your choice)
- 1 to 2 cucumbers
- Fresh dill
- Real mayonnaise

Spread mayo on bread and sprinkle with dill. Slice cucumbers 1/4" thick diagonally. Lay one slice on bread and sprinkle with more dill. Refrigerate for minimum of 1 hour to let flavors meld. Serve cold.

Sandy's Lemon Pepper Chicken Salad

S. Brewer

- 1 chicken breast per person (I prefer bone in, skin on for this)
- Mixed salad greens (anything fresh from the garden: romaine, spinach, swiss chard, leaf lettuce, etc)
- tomato (my favorite is Sunstream, a strawberry shaped cherry tomato)
- cucumber (my preference are small English cucumbers or pickling cucumbers)
- bell peppers (I don't eat green peppers, so in my salad these would be red, yellow or orange)
- dried pineapple (cut in bite size pieces)
- pine nuts
- cheese (I often use goat cheese crumbles)
- lemon pepper
- sea salt
- seasoned salt
- lemon juice

Preheat oven to 350.

Clean the chicken breast, season with lemon pepper, sea salt and seasoned salt. In a baking disk, add water to 1/2" and lemon juice (to taste, I generally add about 1/2 cup). Put the chicken into the pan, skin side up and bake until the skin is brown and crispy (usually around an hour to an hour and fifteen minutes)

Shred salad greens, cut tomato and cucumber and bell peppers then add to salad greens. Add pine nuts and cheese. After removing chicken from the oven, remove skin and cut off bones into chunks, then add to top of salad. Use dressing of your choice.

Shrimp Salad Lettuce Wraps

adapted from

WeightWatchers Fresh and Easy 20 Minute Meals

- 1/3 cup thinly slice green onions
- 1/4 cup light cream cheese, softened
- 1/4 cup light mayonnaise
- 1/4 cup plain fat free yogurt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried dill
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 pound cooked peeled medium shrimp, chopped
- 8 large lettuce leaves (romaine, leaf, bibb)
- 1 cup matchstick cut cucumber
- 1/2 cup matchstick cut radishes

Combine first 8 ingredients in a medium bowl, stir in shrimp. Spoon about 1//3 cup shrimp mixture down center of each lettuce leaf. Top each wrap evenly with cucumber and radishes.

To make ahead, prepare the shrimp mixture, lettuce leaves, cucumbers and radishes. Store in separate containers in the refrigerator. Assemble just before serving.

Points Plus value per serving: 5