

# CRAZY Delicious Recipes!

**Crowd-pleasing Main Dish!**  
Nutrient dense, Grain-Free, Low Carb

**Nut-Nola™**

**Easy Ingredients!**  
Crunchy, Nut-crusted  
Wild-caught Salmon Cakes

**MAKE THE Nut-Nola Crusted Wild Caught Salmon Cakes.**  
**Inspiration for this recipe came from my trip to the Northwest near Seattle Washington where cold water fish live.**

**You will need a mixing bowl, cutting board, and a sharp knife.**

#### **SALMON CAKES INGREDIENTS\***

Note: 1 red onion will be used for all these recipes.

- ¼ red onion for the salmon cakes -- The remaining ¾ of the onion will be to use ½ for the gravy, and ¼ onion for the greens sauté
- 12oz. wild Alaskan salmon filets, with skin removed (I used frozen wild Alaskan salmon for this recipe)
- 2 eggs
- ¼ cup Nut-Nola for the salmon cakes mixture and enough to use as the crust coating for the cakes about ½ cup or more for all.
- Salt and pepper to taste
- Olive oil



**TO SERVE: PLACE GREENS ON PLATE, TOP WITH SALMON CAKE AND A SPOONFUL OF GRAVY!**

#### **SALMON CAKES PREPARATION**

1. Preheat oven to 350°F.
2. Place oven proof skillet or pan, on the stove at medium to medium-high heat add enough olive oil to lightly coat the bottom of the skillet.
3. Set up a plate with Nut-Nola sprinkled on the plate for coating the cakes.
4. Have a mixing bowl ready for the salmon cake ingredients to mix by hand.
5. Finely chop the salmon (small pieces work best)
6. Finely chop ¼ of the red onion.
7. Into the bowl add the two eggs, chopped onion and chopped salmon, ¼ cup Nut-Nola, salt and pepper.
8. Mix all these ingredients together to make a well-combined salmon cake mixture.
9. Divide mixture to make 6 cakes.
10. Coat each salmon cake in Nut-Nola as set up in step #3.
11. Place in prepared medium-hot skillet to brown on each side.
12. After all the cakes have a nice light brown color on both sides, place skillet into the preheated oven to finish off cooking the cakes.
13. Bake for 10 - 15 minutes or until done.

\*use organic ingredients when possible

**Makes about 6 "crazy delicious" salmon cakes. You may substitute your favorite cold water fish in this recipe using these same proportions.**

## **NUT-NOLA CRUSTED COLD WATER FISH CAKES** **FUN FISH FACTS**

### **The Benefits of Cold Water Fish**

**The main benefit is FAT! Cold water fish have more fat than its warm water counterpart. Makes sense right? The fats they contain are the omega-3 profile of fats. Omega-3 is an essential fatty acid which means we need them to survive. However, our bodies don't make them. We get these fats from the foods we eat. Several studies indicate fish oils are absorbed best from eating the fish as opposed to taking fish oil supplements.**

Fish collagen is the same type of collagen we have in our skin. They are type I and type II collagen. Studies recently have shown this specific fish collagen have a positive effect on bone density by way of remineralization of bone. This is an amazing protein source. Other super hero benefits are wound healing, anti-aging, antibacterial abilities (regarding staph specifically). **Selenium (see my September blog for more on this amazing mineral.) Added fun fact...selenium protects against mercury.**

Vitamin D the super hero of all vitamins protects against just about every modern illness we face today. In a 6 oz. portion of wild Alaskan salmon is about 1,700IU and it is not found in this quantity in many foods.

### **Fish Stock for Fish Collagen**

For access to the most amazing collagen ever...make fish stock! Collect the bones, fins, skin (scales too!), head and put them all in the pot of water, simmer with herbs, and a few stock veggies of your choice, for 1 to 5 hours. The longer you simmer the more concentration of fish ingredients. Allow it to cool down. Finally, pour your resulting stock through a sieve and either make soup or freeze portions for later use.

### **Fish List**

**The Environmental Working Group (EWG) has this list of suggested seafood (published 11/2020)**

**Best for high Omega 3s, low mercury, and sustainable:**  
**Salmon, sardines, mussels, rainbow trout, Atlantic mackerel**

**Good choices for high Omega 3s and low mercury:**  
**Oysters, pollock, herring**

**EWG says "no" to this list on a regular eating basis due to the mercury levels and not sustainable:**  
**King mackerel, marlin, orange roughy, shark, swordfish, tilefish**

(ewg.org for more information)

# CRAZY Delicious Recipes!

## **Crowd-pleasing Side Dish and Gravy!**

**Nutrient dense, Grain-Free, Low Carb**

*Nut-Nola™*

**Easy Ingredients!  
Late Season Vegetable Sauté  
and Nut-Nola Infused—  
Mushroom-Herb gravy**

### **MAKE THE Late Season Vegetable Sauté.**

**The rich color of the greens and satisfying flavor of robust mushrooms are perfect as a side for any meal and this one too.**

**You will need a cutting board, sharp knife, skillet.**

**COOKS TIP: Sauté this when the salmon cakes are in the oven  
(see “order of prep” below)**

#### **LATE SEASON VEGETABLE SAUTE’ INGREDIENTS:**

- ¼ red onion - chopped
- 1 really small organic acorn squash (skin on) - or a squash of your choosing (seeds removed) cut into thin 1-inch pieces (it cooks faster when cut thin)
- 2 small bunches organic baby bok choy - roughly chopped
- 1 small bunch organic collard greens - roughly chopped
- 1 bunch organic radishes - sliced - NOTE: If the radish tops are in good shape they may be cleaned and chopped then added to the greens sauté
- 1 bunch fresh organic oregano - finely chopped
- 1 bunch organic sage - finely chopped
- Olive oil for the pan - about 1 tablespoon
- 1 box chicken-mushroom broth (Kettle & Fire or broth/ stock of your choice)



#### **LATE SEASON VEGETABLE SAUTE’ PREPARATION:**

1. Separately prepare the squash and onion -- they go into the skillet first. Put them into a bowl.
2. Prepare the baby bok choy, collards, and radishes -- put them into a bowl.
3. Use a separate bowl for the prepared herbs.
4. Add about 1 - 1 ½ tablespoons of olive oil to the skillet and heat on medium-high heat.
5. Sauté the prepared squash and onion on medium-high heat until soft and lightly brown. USE BROTH: When the pan becomes dry and vegetables are sticking, now is the time to add the broth a couple tablespoons at a time so it adds just enough to keep the vegetables cooking without sticking. About ¼ to ½ cup is probably a good amount. It does evaporate as you sauté.

6. Add prepared baby bok choy, collards, and radishes to the squash and onion in the pan and sauté until wilted about 2- 4 more minutes.
7. Add the prepared sage and oregano to the pan then sauté another 1 or 2 minutes to combine completely
8. Turn off the heat and keep warm.



### **MAKE THE Nut-Nola Infused – Mushroom-Herb Gravy.**

**Nut-Nola is blended with the ingredients for amazing texture and taste.**

**You will need a cutting board, sharp knife, skillet, blender or food processor, and small saucepan to keep finished gravy warm.**

**COOKS TIP: Make this second after the vegetable sauté so you can use the same skillet as for the fish cakes.**

#### **GRAVY INGREDIENTS:**

- ½ red onion - roughly chopped
- 1 - 8oz. package of baby bella mushrooms - sliced
- 1 cup chicken-mushroom broth (Kettle & Fire), if you want a more or less thick gravy adjust this amount to your liking
- ¼ cup Nut-Nola
- 2 T fresh chopped fresh organic sage
- 2 T fresh chopped fresh organic oregano
- Salt and pepper to your taste



1. Add about 1 - 1 ½ tablespoons of olive oil to the skillet and heat on medium-high heat.
2. Add prepared onion and mushroom to hot skillet stir and cook until lightly browned and cooked through.
3. Add broth to the vegetables and stir for 1 - 2 minutes.
4. Add Nut-Nola, prepared herbs, salt and pepper to the skillet.
5. Stir all ingredients for another minute.
6. Blend all the gravy ingredients until smooth with a gravy thickness of your liking. NOTE: add more broth for thinner gravy. AND only blend when the ingredients are not too hot but cooled down some.
7. Transfer the gravy from the blender to the small saucepan to keep warm. Use leftover for soup!

## **TIMING AND ORDER OF ALL THREE RECIPES**

# **ORDER OF PREP**

My trip to the Seattle, Washington area in October inspired this entire meal. It came to me while watching Salmon migrate up the rushing Sol Duc River. This was an amazing sight to witness salmon work against the river's force toward their destination, giving me a new perspective on endurance and purpose. And while hiking the rich green rainforests dotted with so many varieties of mushrooms were all meditative, awesome, rejuvenating experiences.

**This is a Cook's helper.**

**Order of preparation for these 3 recipes:**

- Step 1:** MAKE THE GRAVY and put into a saucepan on the stove and keep warm. Reserve the skillet for the salmon cakes and the vegetable dish preparations.
- Step 2:** PREP THE VEGETABLES by cleaning and chopping all the vegetables here then later sauté the vegetables while the salmon cakes bake in the oven.
- Step 3:** MAKE THE SALMON CAKES
- Step 4:** SAUTE’ THE GREENS while salmon cakes are in the oven.
- Step 5:** Serve, eat and Bon Appetite!