

Baked Cod and Shitake Mushrooms

Ingredients:

- * 2- 4 pieces of a white fish Cod or Halibut
- * 2 tablespoons sesame oil
- * 10 oz Shitake mushrooms
- * 1 tablespoons toasted sesame seeds
- * 2 green onions
- * Salt and pepper

Directions:

1. Heat oven to 450°F.
2. Clean mushrooms and put 1 tablespoon of the sesame oil over them and toss. Let sit for 5 minutes.
3. Grease the bottom of a pan with a little of the sesame oil and lay fish down. Lightly baste the top of the fish with the rest of the sesame oil.
4. Arrange the mushrooms around the fish and cook in oven for 10 minutes.

Shaved Brussels Sprout and Bacon Salad

Ingredients:

- * ½ a large naval orange
- * ⅛ cup extra virgin olive oil
- * ⅛ cup apple cider vinegar
- * ½ teaspoon poppy seeds
- * ⅓ cup sliced almonds
- * ½ cup diced green apple
- * ¼ cup dried cranberries
- * 4 cups shredded brussels sprouts
- * 4 slices applewood-smoked bacon

Directions:

1. Squeeze the juice of the orange into a small mixing bowl and add the next 3 ingredients (through poppy seeds), stirring thoroughly. Set aside to let the flavors meld.
2. In a large bowl, combine the shredded Brussels sprouts with the cranberries and diced apple.
3. In a sauté pan, cook the bacon your favorite way — I typically fry mine for about 6 minutes until it's just over the line of crispy versus chewy. Remove the bacon from the pan just before it looks done — the oils from the fat on the bacon will continue to cook for a minute or so after it's removed from the pan. Place it on a paper towel to cool.
4. Add the almonds to the same pan, cooking them for about a minute in the bacon drippings. Then add the almonds to the salad. Give the bacon a rough chop and add it, as well.
5. Dress the salad with the citrus and poppy seed vinaigrette and allow to sit for at least 10 minutes before serving.