

Waldorf Salad

★ 5.0 • Serves 4

INGREDIENTS

- ½ cup mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon honey
- ½ teaspoon kosher salt (such as Diamond Crystal)
- ¼ teaspoon black pepper, plus more for serving
- 2 crisp red or green apples, such as Granny Smith or Fuji, or one of each
- 1 cup seedless red grapes, halved
- 1 cup thinly sliced celery (2 to 3 ribs), plus optional leaves for serving
- 1 cup walnuts or pecans, toasted (see Tip)
- 3 tablespoons chopped fresh parsley, plus more for serving

STEPS

1. In a small bowl, whisk together the mayonnaise, lemon juice, honey, salt and pepper.
2. Core and dice the apples into ¾-inch cubes. Place in a large bowl, along with the grapes, celery, nuts and parsley.
3. Pour the dressing over the salad and toss well. Garnish with parsley and celery leaves, if using, along with a pinch of black pepper. Store, covered, in the refrigerator for up to 24 hours.

Source: <https://cooking.nytimes.com/recipes/1024821-waldorf-salad>

Baked Cod

★ 5.0 • Serves 4 • Fish

INGREDIENTS

- 4 (4- to 6-ounce) skinless cod fillets
- Salt and black pepper
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- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced fresh parsley or dill (or 1 ½ teaspoons dried)
- 1 tablespoon minced scallions or chives
- 1 medium garlic clove, minced, or ½ teaspoon garlic powder
- 1 small lemon

STEPS

1. Heat the oven to 400 degrees.
2. Pat the cod fillets dry with a paper towel and place them in a baking dish large enough to hold them without crowding. Season all over with salt and a few grinds of pepper.
3. In a small bowl, combine the olive oil, parsley, scallions and garlic. Zest the lemon over the bowl (1 to 2 teaspoons) and mix well with a fork.
4. Brush the herb mixture all over the fillets, turning to coat on both sides. Squeeze half the zested lemon over the dish, then cut the remaining lemon half into wedges.
5. Bake until the fish is cooked through and flakes easily with a fork, 14 to 18 minutes, depending on the size and thickness of the fillets. Spoon the juices over the fish and serve hot, with the lemon wedges alongside.

Source: <https://cooking.nytimes.com/recipes/1026480-baked-cod>

Strawberry Parfait

★ 4.0 • Serves 4

INGREDIENTS

- 1 pint strawberries, trimmed and sliced (about 2 cups)
- 1 lemon, zested, plus 1 tablespoon lemon juice
- ¼ cup confectioners' sugar
- ½ cup whipping cream
- 1 cup fresh ricotta

STEPS

1. Put strawberries in a bowl and add 1 tablespoon lemon juice. Toss with 2 tablespoons confectioners' sugar and set aside.
2. Make the ricotta cream: In a medium bowl, beat whipping cream with a whisk until soft peaks form. Add the remaining 2 tablespoons confectioners' sugar, then fold in ricotta and lemon zest.
3. Spoon the strawberries into 4 dessert glasses. Top with ricotta cream and smooth to cover. Refrigerate for up to 6 hours, but serve at cool room temperature.

Source: <https://cooking.nytimes.com/recipes/1024148-strawberry-parfait>

Chicken Lettuce Wraps

★ 2.5 • 30 min • Serves 2 • Chicken

INGREDIENTS

- 2 Tablespoons avocado oil
- 2 oz mushrooms, finely chopped
- 2 cloves of garlic, peeled and minced
- 1 small piece ginger, peeled and minced
- 9 oz ground chicken
- 1 teaspoon lemon juice
- 2 Tablespoons coconut aminos
- 4 large iceberg lettuce leaves
- 1 spring onion, finely sliced
- cilantro, to garnish

STEPS

1. See the source link above for full instructions.

Source: <https://www.foodista.com/recipe/8JXBKJ7Y/aip-chicken-lettuce-wraps-recipe>