

Fast & fresh

Recipes from our kitchen and yours, in 30 minutes or less

Grilled chicken Greek salad

Elena Burgeno-Berman, CARDIFF-BY-THE-SEA, CA
SERVES 4 | 30 MINUTES

3 tbsp. lemon juice, divided
3 tbsp. olive oil, divided
1 tbsp. minced garlic, divided
1 tsp. each kosher salt and pepper, divided
1½ tsp. ground cumin, divided
2 boned, skinned chicken breast halves (1 lb. total)
2 tbsp. tahini (sesame paste)
2 cans (15 oz. each) chickpeas, drained and rinsed
2 tomatoes, chopped
½ red onion, thinly sliced
½ sliced red bell pepper
1 cup flat-leaf parsley
6 oz. crumbled goat's-milk feta cheese

1. Heat grill to high (450° to 550°). Mix 1 tbsp. each lemon juice and oil, 1 tsp. garlic, and ½ tsp. each salt, pepper, and cumin in a medium bowl. Add chicken and turn to coat.
2. Grill chicken, turning once, until cooked through and browned, about 10 minutes. Let rest, covered, 5 minutes.
3. Whisk together remaining 2 tbsp. each lemon juice and oil, 2 tsp. garlic, ½ tsp. each salt and pepper, and 1 tsp. cumin with the tahini in a large bowl. Add chickpeas, tomatoes, onion, and bell pepper and toss to coat. Divide among 4 plates. Slice chicken and set on top. Sprinkle salads with parsley and cheese.

PER SERVING 503 CAL., 51% (258 CAL.) FROM FAT; 29 G PROTEIN; 29 G FAT (8.9 G SAT.); 32 G CARBO (8.3 G FIBER); 1,175 MG SODIUM; 76 MG CHOL.



Jalapeño corn cakes

Louise Galen, WEST HOLLYWOOD
SERVES 6 | 30 MINUTES

1 large egg
1 cup milk
¾ cup medium-grind cornmeal, preferably stone-ground*
½ cup flour
½ tsp. kosher salt
2 tsp. baking powder
1 tsp. chopped fresh marjoram leaves
3 green onions, chopped, plus sliced onions for garnish
1 jalapeño chile, seeded and chopped
2 cups fresh corn kernels
¼ cup vegetable oil
Sour cream or Greek yogurt

1. Whisk egg and milk together in a medium bowl. Add cornmeal, flour, salt, baking powder, and marjoram, stirring to combine. Fold in chopped onions, jalapeño, and corn.
2. Heat 2 tbsp. oil in a large nonstick frying pan over medium heat. Scoop ¼-cup portions of batter into pan. Cook, turning once, until puffed and browned, about 6 minutes total. Repeat with remaining batter, adding more oil between batches. Serve with sour cream and sliced onions.

*Buy in a well-stocked grocery store or natural-food store.

PER 2-CAKE SERVING 259 CAL., 42% (110 CAL.) FROM FAT; 6.3 G PROTEIN; 13 G FAT (2.1 G SAT.); 32 G CARBO (2.9 G FIBER); 348 MG SODIUM; 39 MG CHOL. >92



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The weeknight challenge

This time, the task was **sustainable fish** for dinner in 45 minutes or less. The winner is ...

TAKE THE
DECEMBER
CHALLENGE!
SEE PAGE 12

Hazelnut-crusted halibut with apple salsa

Jamie Burrell, CARNATION, WA
SERVES 4 | 40 MINUTES

HAZELNUT CRUST

3/4 cup toasted, skinned hazelnuts
1/8 tsp. dry mustard
1/2 tsp. kosher salt
1/4 tsp. cayenne
1 tbsp. lemon zest
1 tsp. fresh thyme leaves

FISH AND SALSA

4 Pacific halibut fillets, about 6 oz. each
3 tbsp. melted unsalted butter
3 tbsp. roasted hazelnut oil
2 tbsp. minced shallots
1 3/4 cups chopped apple such as Fuji
2 tbsp. lemon juice
2 tsp. Dijon mustard
1/2 tsp. chopped fresh thyme leaves, plus
leaves for garnish
1/4 tsp. each kosher salt and pepper
Pinch of cayenne

1. Preheat oven to 425°. Make crust: Whirl ingredients in a food processor until nuts are finely chopped.

2. Make fish: Brush halibut with butter, pat nut mixture all over fish, and set on a greased baking sheet. Cook just until fish is opaque in center, 10 to 15 minutes.

3. Make salsa: Heat oil in a medium frying pan over medium-low heat, add shallots and apple, and cook until slightly softened, about 2 minutes; remove from heat. In a small bowl, whisk together lemon juice and remaining ingredients; stir into apple mixture. Serve halibut with apple salsa and sprinkle with a little more thyme.

PER SERVING 495 CAL., 63% (312 CAL.) FROM FAT;
35 G PROTEIN; 35 G FAT (7.9 G SAT.); 14 G CARBO
(3.8 G FIBER); 456 MG SODIUM; 106 MG CHOL. ■

GRAND
PRIZE
\$500



"My dad has a cabin in Alaska, so we actually catch the halibut ourselves. If we're having people over, we make the salsa a day ahead to save time" —JAMIE BURRELL



WHAT IS SUSTAINABLE FISH? LEARN MORE: sunset.com/sustainableseafood