

DINNER TONIGHT

GRILLED SALMON WITH
BLACK BEANS AND PIMENT
D'ESPELETTE MAYONNAISE

4 SERVINGS PLUS LEFTOVERS For the sandwiches (see recipe), cool, wrap, and chill two of the grilled fillets. The mildly spicy piment d'Espelette is France's very own chili powder. It's available at specialty foods stores and from zingermans.com.

CALORIES 660 FAT 37 g FIBER 7 g

1/2 cup plus 3 tablespoons olive oil
5 garlic cloves; 2 pressed, 3 minced
1 tablespoon finely grated lemon peel
1 tablespoon chopped fresh thyme
1/2 teaspoon coarse sea salt plus
 additional for seasoning
6 7-ounce salmon fillets with skin
1/2 cup finely chopped red onion
1/2 cup finely chopped celery
1/2 cup chopped plum tomatoes
2 tablespoons (scant) chopped jalapeño chiles with seeds
2 15-ounce cans black beans,
 rinsed, drained
1 teaspoon ground cumin
 Freshly ground black pepper
 Nonstick vegetable oil spray
1/4 cup chopped fresh cilantro
 plus leaves for garnish
 Piment d'Espelette Mayonnaise
 (see recipe)

Whisk **1/2** cup olive oil, pressed garlic, lemon peel, thyme, and **1/2** teaspoon sea salt in small bowl. Place fish, skin side down, in 13x9x2-inch glass baking dish. Brush marinade over top and sides of fish. Cover; chill at least 2 hours and up to 4 hours.

Heat 3 tablespoons olive oil in heavy large skillet over medium-high heat. Add onion, celery, tomatoes, chiles, and minced garlic. Sauté until vegetables are just soft, about 5 minutes. Mix in black beans and cumin. Reduce heat to medium and cook until flavors blend, stirring occasionally, about 5 minutes. Season to taste with sea salt and pepper. **DO AHEAD** Can be made 2

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FOR DESSERT

Try a CHOCOLATE MINT SUNDAE: To your favorite CHOCOLATE SAUCE, add 10 drops of PEPPERMINT EXTRACT. Serve with VANILLA ICE

CREAM, whipped cream, and toasted HAZELNUTS. / With the sandwiches, offer sliced STRAWBERRIES topped with sugar and grated LEMON PEEL; add a mix of COOKIES on the side.

hours ahead; let stand at room temperature.

Spray grill rack with nonstick spray and prepare barbecue (medium-high heat). Arrange fish, skin side up, on rack; spray skin. Grill fish 4 to 5 minutes; turn over. Grill until fish is just opaque in center, about 3 minutes longer, depending on thickness.

Rewarm beans with **1/4** cup water over medium heat; mix in chopped cilantro. Place **1/2** cup beans on each plate; top with fish and dollop of Piment d'Espelette Mayonnaise; garnish with cilantro leaves.

PIMENT D'ESPELETTE
MAYONNAISE

MAKES 1 CUP This subtly spicy mayo is great on fish and sandwiches—and on fries, too.

PER TABLESPOON: CALORIES 101
 FAT 11 g FIBER 0.1 g

1 1/2 tablespoons finely chopped shallot
2 teaspoons fresh lemon juice
2 teaspoons Sherry wine vinegar
1 1/2 teaspoons finely grated lime peel
1 cup mayonnaise
1 teaspoon piment d'Espelette
 Coarse sea salt
 Freshly ground black pepper

Combine shallot, lemon juice, vinegar, and lime peel in medium bowl. Cover; let stand 30 minutes. Whisk in mayonnaise and piment d'Espelette. Season with salt and pepper. Cover; chill 2 hours. **DO AHEAD** Can be made 1 day ahead. Keep chilled.

SPRING VEGETABLE AND
QUINOA PILAF

4 SERVINGS Quinoa, a grain with a texture like that of couscous, is sold at natural foods stores. Serve this side dish with lime wedges.

CALORIES 304 FAT 14 g FIBER 6 g

1 1/4 cups low-salt chicken broth
1/2 teaspoon coarse sea salt plus
 additional for seasoning
1 cup quinoa, rinsed and
 drained 3 times
6 baby golden beets, peeled,
 cut into **1/3**-inch cubes
3 tablespoons olive oil
2 garlic cloves, minced
1 cup **1/2**-inch pieces orange
 bell peppers

1 cup **1/2**-inch pieces red bell peppers
1/2 pound asparagus, trimmed, cut on
 diagonal into **3/4**-inch pieces
1 cup **1/2**-inch pieces trimmed baby
 zucchini (about 6 ounces)
 Freshly ground black pepper
4 green onions, thinly sliced
1 tablespoon chopped fresh
 Italian parsley

Bring broth and **1/2** teaspoon sea salt to boil in medium saucepan; add quinoa. Cover, reduce heat to low, and simmer until quinoa is tender and broth is absorbed, about 15 minutes. Remove from heat; fluff with fork. Cover and reserve.

Meanwhile, bring **1 1/4** cups water to boil in large nonstick skillet over medium heat. Add beets. Cover and cook until beets are tender, about 8 minutes. Uncover; cook until any water in skillet evaporates. Increase heat to medium-high. Add olive oil and garlic; sauté 30 seconds. Add all bell peppers, asparagus, and zucchini. Sprinkle with sea salt and black pepper. Sauté until just tender, about 8 minutes. Add cooked quinoa, green onions, and parsley to vegetables in skillet; toss to combine. Season with sea salt and pepper.

LATER IN THE WEEK

SALMON SALAD SANDWICHES
ON CIABATTA

MAKES 4 Leftovers are best a day after cooking the fish. For a photo, turn to page 8.

CALORIES 567 FAT 35 g FIBER 2 g

2 grilled salmon fillets (about 7 ounces each), skin removed, fish flaked
2 green onions, finely chopped
1 tablespoon fresh lemon juice
1 teaspoon finely grated lemon peel
1/2 cup (about) Piment d'Espelette
 Mayonnaise (see recipe)
4 4-inch squares ciabatta or focaccia
 Arugula

Place first 4 ingredients in medium bowl; stir in mayonnaise to taste. Season with salt and pepper. Halve each bread square horizontally. Top 4 pieces with arugula, then salmon; cover with remaining bread.

Lora Zarubin is the author of the cookbook *I Am Almost Always Hungry*.