

Food is Medicine



Join our Food is Medicine cooking class to learn how to nourish your body with healing, nutrient-rich meals. Discover simple recipes that support digestion, reduce inflammation, and promote overall wellness. Make food your most powerful tool for health!

Menu: Nutrient-rich Walnut Crusted Salmon with Avocado and Coconut Quinoa; and Antioxidant-packed Dark Chocolate Berry Parfait

Shopping List

Produce

- 1 T Fresh Dill
- 1 T Fresh Chives
- 1 Lemon
- 1 Avocado
- 1 c Mixed Berries

Dry

- 4/1 c Olive Oil
- 1 c Gluten-free Panko
- 1 c Walnuts
- 2 T Horseradish
- 1 T Dijon Mustard
- 1 t Salt
- 1 T Coconut Oil
- 1 c Quinoa
- 2 T Coconut Flakes
- 2 T Cocoa Powder
- 2 T Honey or Maple Syrup
- 1 t Vanilla Extract
- 1/2 c Dark Choc
- 1/4 c Granola or Nuts
- 1 T Chia Seeds
- Dark Chocolate Shavings or Cacao Nibs

Meat

- 6 (4-oz) Salmon Filets

Dairy

- 1/2 c Parmesan
- 1 c Greek Yogurt

Other

- 2 c Coconut Milk

Equipment List

To help keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready and within reach before class begins.

- 1 Cutting Board
- 1 Chef Knife
- 2 medium Mixing Bowls
- 1 Sanitizer Towel with Sanitizer Solution (1 Tablespoon bleach mixed with 1 quart water)
- Tasting Spoons
- Measuring Cups and Spoons
- Food Processor or blender
- Soft Spatula
- Baking sheet
- Medium sauce pan

Advanced Prep List

Please have the following items prepared before class begins.

- Wash all produce items.

Walnut Crusted Salmon with Avocado



Ingredients (*Walnut Crusted Salmon with Avocado*)

Serves 6 | Prep: 15 mins | Total: 40 mins

- 1 cup Gluten-Free Panko
- 1 cup Walnuts, rough chop
- ½ cup Parmesan, grated
- 4 Tablespoons Olive Oil, divided
- 2 Tablespoons Horseradish, freshly grated
- 1 Tablespoon Dijon Mustard
- 1 Tablespoon fresh Dill, roughly chopped
- 1 Tablespoon fresh Chives, roughly chopped
- 2 teaspoons Lemon Zest
- ½ teaspoon Salt, Kosher
- 6 (4-ounce) Salmon Filets, skin removed
- 1 Avocado, cut into strips
- Pan Spray

Recipe Customization

This recipe is dairy-free, gluten-free, and FODMAP friendly.

To make it vegetarian: swap salmon for firm or extra firm tofu.

Chef tip:

Want an extra-crispy walnut crust? Lightly toast the walnuts before chopping them—this deepens their flavor and gives your salmon that perfect golden crunch.

Directions

Preheat oven to 425° Fahrenheit. Place panko, walnuts, parmesan, 2 Tablespoons olive oil, horseradish, Dijon mustard, dill, chives, lemon zest, and salt in the bowl of a food processor. Tap the pulse button 4-5 times to roughly chop and incorporate all ingredients. Should look like a coarse ground bread crumb.

Place salmon filets on a baking sheet making sure they are not touching one another. Drizzle remaining olive oil over the fish filets and sprinkle with salt. Evenly sprinkle the walnut topping over the top of the filets and lightly press to help it stick to the fish.

Place in the preheated oven and roast for 10-12 minutes or until the fish flakes easily and is cooked through. Remove salmon from the oven and place onto a plate for serving. Add sliced avocado on the side. Leave room on the plate for the Coconut Quinoa.

Coconut Quinoa



Ingredients (*Coconut Quinoa*)

Serves 4 | Prep: 5 mins | Total: 25 mins

- 1 Tablespoon Coconut Oil, unrefined and expeller pressed
- 1 cup Quinoa, rinsed
- 2 Tablespoons Coconut Flakes, unsweetened
- 2 cups Coconut Milk, unsweetened
- ½ teaspoon Salt, Kosher

Directions

Place coconut oil in a medium sauce pan and heat over medium. Add rinsed quinoa and stir to coat with the oil. Lightly toast for about 3 minutes while stirring every minute or so. Add coconut flakes and toast for another minute. Add coconut milk and salt, and bring up to a simmer. Cover the pan and adjust heat to maintain a gentle simmer. Cook for about 20 minutes or until the coconut milk is absorbed and the quinoa is tender. Taste and adjust salt as needed.

Did you know?

Quinoa is one of the few plant-based foods that's a complete protein, meaning it contains all nine essential amino acids—perfect for powering up your meals

Recipe Customization

This recipe is dairy-free, gluten-free, and vegetarian

To make it FODMAP friendly: Limit eating quinoa cooked in coconut milk to no more than 1/2 cup per serving Or swap coconut milk with a lactose-free or FODMAP-friendly alternative like almond or oat milk.

Antioxidant-packed Dark Chocolate Berry Parfait



Antioxidant-packed Dark Chocolate Berry Parfait

Serves 4 | Prep: 5 mins | Total: 15 mins

- 1 cup Greek Yogurt
- 2 Tablespoons Cocoa Powder, unsweetened
- 2 Tablespoons Honey
- 1 teaspoon Vanilla Extract
- ½ cup Dark Chocolate, 70% cacao or higher and finely chopped
- 1 cup Mixed Berries
- ¼ cup Unsweetened Granola, or chopped nuts
- 1 Tablespoon Chia Seeds
- To taste Dark Chocolate Shavings, or cacao nibs

Recipe Customization

To make it gluten-free: Use gluten-free granola or crusted nuts

To make it dairy-free: Swap Greek yogurt for dairy free alternative of choice

To make it FODMAP Friendly: Choose maple syrup over honey

Directions

In a bowl, mix the Greek yogurt, cocoa powder, honey, and vanilla extract until smooth and well combined.

To assemble the parfait, start by spooning a layer of the Chocolate Yogurt Mixture into a glass or jar, followed by a layer of mixed berries. Next, sprinkle chopped dark chocolate, granola, and chia seeds over the berries. Continue layering the yogurt, berries, chocolate, granola, and chia seeds until the glass is full. Finish by garnishing with extra berries and dark chocolate shavings.

Serve immediately or chill for 10–15 minutes for a thicker, pudding-like consistency. Enjoy!