

Sauteed Fish with Tomato Caper Sauce

1 tablespoon olive oil
1 mahi fillet
½ small onion, diced
1 clove garlic, sliced
1 teaspoon Italian seasoning
½ cup cherry tomatoes, cut in half
½ cup vegetable stock
¼ cup roasted red peppers, sliced
¼ cup kalamata olive, pitted and halved
½ teaspoon capers, roughly chopped
Fresh chives, minced
Salt and pepper

- Bring a skillet to medium heat and add the oil. Season chicken with salt and pepper.
- Cook fish, turning once, until golden brown and just cooked through; remove from the pan.
- Add onion, garlic, herbs and crushed red peppers; cook until onion is translucent, about 1 minute. Add cherry tomatoes; sauté until softened.
- Add wine and bring to a boil; reduce heat to a simmer and cook until reduced by half.
- Add vegetable stock, honey and roasted red pepper; bring to a simmer and cook until thickened.
- Stir in olives and capers; cook until heated through. Season with chives, salt and pepper.

Chicken and Sausage Gumbo

1 tablespoon vegetable oil
1 chicken breast or 2 thighs, cubed
¼ pound smoked sausage, cut into pieces
1 small white onion, diced
½ green bell pepper, diced
1 stalk celery, diced
2 cloves garlic, minced
2 tablespoons flour
1 teaspoon Cajun seasoning
¼ cup diced tomatoes, canned
½ cup chicken stock
Fresh parsley, minced
Salt and pepper

- Bring a saucepan to medium heat and add the oil.
- Cook the chicken and sausage, stirring occasionally, until nicely browned.
- Add onion, peppers and celery; cook until softened. Add garlic; cook 2 minutes more.
- Add the flour and Cajun seasoning; cook 1 minute.
- Add the tomatoes and stock, bring to a simmer and cook until chicken is done through.
- Season with parsley, salt and pepper; serve over rice.



Chocolate Cupcakes with Chocolate Sauce

¾ cup all-purpose flour
¾ cup granulated sugar
1/3 cup unsweetened cocoa powder
1 teaspoon baking soda
½ teaspoon baking powder
¼ teaspoon salt
1 large egg
1 cup whole milk
2 tablespoons vegetable oil
½ teaspoon vanilla extract
¼ cup M&Ms or chopped walnuts (optional)

- Preheat oven to 325 degrees.
- Line a 12-cup muffin tin with cupcake liners.
- Mix together flour, sugar, cocoa, baking soda, baking powder, and salt in a bowl until combined.
- In a small bowl, whisk together eggs, milk, oil, and vanilla.
- Add to dry ingredients. Mix with a spatula, scraping down sides, until smooth (do not overmix).
- Fold in M&Ms.
- Fill each cupcake 2/3 full.
- Bake for 20-22 minutes until the cupcakes or until a cake tester comes out smooth.
- Remove from tins and cool completely.

Chocolate Sauce

½ cup bittersweet chocolate
¼ cup heavy cream
¼ cup milk
2 tablespoons butter

- Place chocolate in a stainless mixing bowl.
- Heat cream and milk in a small saucepan over medium heat until just below simmer.
- Pour hot cream over chocolate; let stand 5 minutes. Gently stir until smooth.
- Stir in butter.