



# mix it up

The Culinary Medicine Cookbook for  
Mixing Things up in the Kitchen

## Nut Sauce - Ideas for Use

Blender salsa is very adaptable. With a little olive oil and red wine vinegar, it can become a dressing for a green salad. Or with the addition of diced cucumber, red bell pepper, and fresh tomatoes, it can become an easy variation of *gazpacho*, the beloved cold, refreshing soup enjoyed in the summer in Mexican and Spanish cuisine. See below for descriptions of these and other simple ways to use blender salsa.

### Salad Dressing for a Hearty Green Salad

To a ½ cup of blender salsa in a small bowl, add 2 tablespoons of olive oil and 2 teaspoons of red wine vinegar to prepare a simple and bright dressing for a hearty green salad. Romaine and iceberg lettuce and shredded cabbage stand up well to a thick dressing like this. Combine greens and salad dressing in a salad bowl and add in diced or shredded carrots, toasted pumpkin seeds, diced avocado, and crumbled Cotija cheese for a simple, delicious salad.



### Variation of Gazpacho

To one batch of blender salsa in a large serving bowl, add in one diced and seeded cucumber, one cored and diced red bell pepper, and one pint of halved cherry tomatoes to create a quick variation of gazpacho soup. Add water if needed to adjust to your preferred consistency. Serve cold.

### Slow Cooker Salsa Chicken

Combine one batch of blender salsa with 3 pounds of boneless, skinless chicken thighs in a slow cooker. Add additional fresh cilantro and chili powder to taste. Cook on high for 4 hours, stirring after 2 hours (if possible), until chicken is cooked through (to an internal temperature of 165°F). While still warm, shred thighs and return to cooking liquid. Serve warm as part of a taco meal with any preferred toppings.



### Fresh Corn and Black Bean Salad

To 1 cup of blender salsa in a serving bowl, add in a ½ cup of corn kernels, 2 trimmed and minced scallions, 1 14-ounce can of black beans (rinsed and drained), and 1 cored and diced red bell pepper.

### Roasted Vegetable Enchilada Casserole

In an oven-proof serving dish, layer the blender salsa with corn tortillas, roasted vegetables (e.g., cauliflower, bell peppers, red onion, sweet potato), and Monterrey Jack cheese, just like you would for lasagna. Baked uncovered for 20 to 30 minutes at 375°F, or until bubbling, and the cheese on top has melted and started to brown.



### Spicy Baked White Fish

In an oven-proof serving dish, combine 1 batch of blender salsa with 3 tablespoons of olive oil. Season four 4-6 ounce fillets of flaky white fish (e.g., cod, halibut) with salt and freshly ground black pepper. Place fillets in the dish and then surround and coat with the blender salsa and oil. Cover and bake at 375°F until the fillets are just cooked through (to an internal temperature of 145°F), approximately 10 to 15 minutes depending on thickness. Thinner white fish fillets like tilapia, snapper, or bass can also be used; note they will likely require a shorter cooking time. Top with a squeeze of lime juice and sliced avocado to serve.

This recipe follows a framework presented in the *Mix It Up* cookbook. The book presents dozens of other frameworks and various resources to equip you to use recipe frameworks to make your own delicious dishes.

