

Creamy Chicken Salad with Blueberry and Long Pepper

1/2 cup thinly sliced red onion
1/3 cup celery, diced
1/8 cup fresh mint, chiffonade
12 oz shredded chicken (about 3 cups)
1/2 tsp kosher salt, divided
1/2 cup plain Greek yogurt
2 1/2 Tbsp lemon juice, divided
1 Tbsp honey, or to taste
OR 1/4 tsp vanilla extract
2 cups fresh blueberries
1 (5-ounce) package spring greens
1 1/2 tsp macadamia oil
can substitute olive oil
1/2 -2 tsp freshly ground long pepper, divided

Combine first 4 ingredients into a bowl with 1/4 tsp salt. In separate bowl, whisk together yogurt, 1 T lemon juice, 1/2 tsp long pepper, and honey or extract. Taste; add more pepper if desired. Add to chicken mixture; toss to coat. Gently stir in blueberries.

Toss greens with oil, 1/4 t salt, 1 1/2 Tbsp lemon juice, and long pepper to taste. Divide among plates; spoon chicken mixture on top and serve.



Simple Pan-Seared Salmon with Long Pepper

4 (6 oz) salmon fillets
2 Tbsp olive oil or grapeseed oil
2 Tbsp capers
1/2 tsp kosher salt
1-1 1/2 tsp freshly ground long pepper
Lemon slices, for garnish

Preheat a large skillet over medium heat for 3 minutes.

Coat salmon in olive oil. Increase heat to high and place fillets in skillet. Cook for 3 minutes. Sprinkle with capers, salt, and a generous amount of long pepper. Turn salmon over; cook for 5 more minutes. Salmon is done when it reaches 145* F and flakes easily with a fork.

Garnish with lemon. Very tasty served with brown rice and roasted asparagus or sautéed green beans.



Parmesan Potatoes with Long Pepper

3 lb red potatoes, halved or quartered
½ c grapeseed or olive oil
Kosher salt
Freshly ground long pepper
4 oz grated Parmesan cheese
¾ cup chopped flat-leaf parsley
1 tsp finely shredded lemon zest
1 T lemon juice

Preheat oven to 400°F with rack on upper half of oven. Place potatoes in a large bowl; toss with oil, salt, and pepper. Don't be stingy with the salt and pepper. Place on a rimmed baking sheet lined with foil and bake for 30-35 minutes or until cooked through. Sprinkle with Parmesan cheese; bake until cheese is brown and crispy. Toss potatoes in the same bowl with parsley, zest, lemon juice, and more pepper to taste.



Salt-and-Pepper Shrimp

5 long pepper catkins, ground (about 2 tsp)
2 lb shrimp, shells on
2 tsp kosher salt, divided
2 Tbsp peanut oil
(can substitute vegetable oil)
4 cloves garlic, minced
1 cup cilantro leaves, roughly chopped

In a large bowl, toss shrimp with half the pepper and 1 tsp salt, set aside.

Heat a large non-stick skillet or wok over high heat. Add oil, garlic, remaining long pepper, and salt. Cook, stirring constantly, until fragrant (about 1 minute).

Add shrimp and cook, stirring constantly, until cooked through (about 3-4 minutes). Add cilantro, turn off the heat, and toss to combine. Serve immediately.

