

Oh Mega! Recipes



* Black Olive and Hemp Seed Tapenade

- 1 can pitted black olives
- 1/3c hempseed nuts
- 2 cloves garlic
- 1 Tbsp capers
- 1/2 tsp Worcestershire sauce
- 1/4 tsp red pepper flakes
- 2 sprigs fresh thyme (leaves only)
- Small handful fresh parsley
- 1/4 c Oh Mega! Oil

Place the first nine ingredients in a food processor and chop on high speed until thoroughly blended. Transfer to serving bowl and drizzle with Oh Mega! Oil. Serve with bread or crackers.

** Try with vegetarian tacos!

* Mexican Snapper

- 2 red snapper fillets
- 1 Roma tomato, diced
- 1 jalapeno pepper, or 1/4 green pepper, sliced (Wash hands after touching!)
- 1 clove garlic (optional)
- 2 green onions
- Small handful fresh cilantro or parsley, chopped
- 2 Tbsp Oh Mega! Oil
- Juice 1/2 lime

Put 1Tbsp Oh Mega! Oil in a casserole dish and spread evenly. Lay fish in single layer. Prepare all vegetables and seasonings and mix together well. Sprinkle evenly over the fish and drizzle with 1Tbsp Oh Mega! Oil. Cover and bake at 300F for 20 minutes or until flaking.

* Seafood in Foil Romance

- 1lb fresh clams
- 1lb fresh mussels
- 1lb fresh scallops
- 1lb Halibut or cod
- 1c dry white wine + 3 Tbsp Oh Mega! Oil
- Handful fresh chopped parsley
- 1 clove garlic, finely chopped
- 1/4 t red pepper flakes

With 2 large sheets of tinfoil lay one on top of the other, one vertical and one horizontal. Scrub shells and cut fish into large chunks, mix all together. Scoop up the edges of the foil to form a makeshift bowl and place the fish and shellfish inside. Measure the wine and add Oh Mega! Oil, garlic and pepper flakes to it, mixing well to combine. Pour evenly over fish and sprinkle with chopped parsley. Gather edges of foil toward the center and seal very tightly. Place into a casserole dish and bake at 300 F until you can smell the fish, stay close by it only takes about 30 minutes. Gather around to be seduced by aroma when you open the foil! Pour over cooked fresh pasta or enjoy with nice bread.

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