

After a dental procedure, such as an extraction or a root canal, you may be advised to stick to a “soft diet” for a few days to allow for proper healing. I don’t know about you, but when I hear the term soft diet, my mind goes to jello and mashed potatoes. Nothing against these two, but I like to vary my diet a bit more and enjoy what I eat, even if my diet has to be modified for a bit. In this spirit, I would like to share with you a couple of easy recipes you can make ahead, make yourself, or have a friend or family member help you with in the days following your dental procedure. Please feel free to ask me if you have any questions about any of these recipes!

Roasted Butternut Squash Soup



Ingredients:

- 1 butternut squash, cubed (can purchase a package of chopped butternut squash, or peel and chop squash into 1 inch cubes)
- 1 sprig of rosemary
- 2 sprigs thyme
- ¼ cup Olive Oil
- 1 tsp kosher salt
- 1 tsp pepper
- 3-4 cups of chicken stock (depending on size of butternut squash and desired consistency of soup)
- ½ cup of half and half (optional)

Directions:

Preheat oven to 425 deg F. On a sheet pan lined with non-stick foil, spread cubed butternut squash into a single layer. Coat with olive oil and sprinkle with salt and pepper. Remove leaves from rosemary and thyme sprigs and sprinkle over the squash. Toss to thoroughly coat the butternut squash and ensure it is spread evenly on the sheet pan. Roast for 20 minutes, or until butternut squash is fork-tender.

Remove from oven and allow to cool for 5-10 minutes. Combine roasted squash with 3 cups chicken stock in a blender. Puree on high until squash is fully incorporated. Taste and add salt and pepper to taste. Add more stock for a thinner soup. Finish with half and half, and blend until incorporated.

This soup can be made ahead of time and kept in the refrigerator for 3 days or packaged and frozen for up to a month!

Coconut Lime Salmon



Ingredients:

- 2 filets of salmon (I like skin on because I like to crisp it up- the skin is full of flavor and, if cooked right, adds a great crispy textural component to your dish!)
- 2 tsp coconut oil
- 2 tsp cornstarch
- Salt
- Pepper
- Lime



Directions:

Pat your salmon dry. Liberally season the (non-skin) side with salt and pepper. Squeeze a bit of lime over the top of the filets. Sprinkle the cornstarch over the filets to lightly coat the top. This cornstarch coating helps the salmon crisp up nicely while cooking.

Heat up your pan with a tsp of coconut oil to med-hi heat. Once the pan is hot, place your salmon seasoned-side-down. This should cook for about 2-3 minutes. While the flesh side of the salmon is cooking up, salt and pepper the skin. Add the other tsp of coconut oil to the pan and flip your salmon. Cook it for another 2-3 minutes. (** cooking times vary according to salmon thickness. This is for an inch thick piece. Just keep an eye on your fish and flip once the cooked line comes up to about a third of the side).

Once your fish is cooked, squeeze a bit of lime over the top, and you're ready to serve!

Coconut Rice

Ingredients:

- 1 cup white long-grain rice
- 2 cups chicken stock
- 1 tbsp coconut oil
- 1/2 tsp salt
- 1/3 cup shredded carrot
- 2 tbsp chopped scallion
- 1 tbsp chopped cilantro
- zest of half a lime

Directions:

Set the chicken stock, coconut oil, and salt to boil. Once boiling, stir in the rice and reduce the heat to med-low to bring the pot to a simmer. Let it cook for about 15 minutes. (I cooked the salmon during this time!)

Once the rice is cooked, place about a tsp of coconut oil in a pan (I used the pan I just cooked my salmon in, which already had some residual coconut oil), and cook the carrots, lime zest, and scallions for a minute or two over med-high heat. Add in the rice and stir until combined. Finish with a sprinkle of cilantro, and the rice is ready to be served!