

SALMON BOWL

With Lemon Butter Sauce



Ingredients:

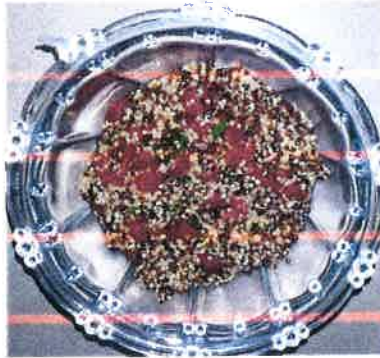
4	4-6 Ounce	Salmon Fillets, skinless
		Salt & Pepper to taste
½	Cup	Dry White Wine
½	Cup	Fresh Lemon Juice (from 3-4 lemons)
1	Tablespoon	Sweet Onion, finely minced
1	Tablespoon	Agave (or honey)
8	Tablespoons	Butter, (in 1 Tablespoon portions)

Directions:

1. Rinse and pat dry the salmon. Season both sides with salt & pepper and place on a sheet pan lined with parchment paper. Bake in an oven preheated to 400° for 12 minutes, or until an internal temperature of 140° is reached. Remove from oven, cover with foil, and let rest 4 or 5 minutes (the desired temperature of 145° will be reached as the salmon is resting).
2. While the salmon is baking bring wine, lemon juice, onion and agave (or honey) to a boil. Reduce heat and simmer until the liquid is reduced by half.
3. Whisk in butter (one tablespoon at a time) and *very gently* simmer until all butter pats are incorporated. Remove from heat.
5. Place 1½ cups Quinoa with Tomatoes and Parsley (see separate recipe) on one side of bowl, and 1½ cups Brussel Sprout & Kale Salad (see separate recipe) on other side of the bowl.
6. Place salmon fillet on top, drizzle with Lemon Butter Sauce.

QUINOA

With Tomato & Parsley



Ingredients:

1½	Cups	Quinoa
2¾	Cups	Vegetable Broth (or chicken broth, or water)
1	Teaspoon	Salt
¾	Cup	Roma Tomatoes, seeded & chopped
2	Tablespoons	Fresh Parsley, chopped

Directions:

1. Place dry quinoa in a fine mesh strainer and rinse thoroughly. Drain well.*
2. Place rinsed quinoa, broth and salt in a saucepan and bring to a boil. Reduce heat to maintain a gentle simmer. Cook until quinoa has absorbed all the water – about 14 to 16 minutes.
3. Remove from heat and stir in tomatoes and parsley. Cover and let the quinoa steam for 5 minutes, which will also heat the tomatoes. Remove lid and fluff with a fork.

*To give quinoa an extra depth of flavor, and a unique “nuttness” you can toast the quinoa by placing the rinsed quinoa in a large saute pan over medium-high heat. Stir constantly until the quinoa begins to “pop”. At this point, remove from heat and continue with the recipe.

BRUSSEL SPROUT & KALE SALAD

With a Maple Vinaigrette



Ingredients:

Salad:

2	Cups	Brussel Sprouts, shredded (about ½ pound)
2	Cups	Kale, chopped (about ⅓ pound)
½	Cup	Dried Cranberries (Craisins)
¾	Cup	Toasted Pecans, chopped

Maple Vinaigrette

½	Cup	Apple Cider Vinegar
½	Cup	Maple Syrup (not pancake syrup)
¼	Cup	Corn Oil or Vegetable Oil
1	Tablespoon	Dijon Mustard
1	Teaspoon	Salt

Directions:

1. Wash and pat dry brussel sprouts. Slice off the stem end and shred using shredder attachment of a food processor (or shred by cutting in half, slicing each half into thin ribbons). Remove from food processor and set aside.
2. Wash and pat dry the kale. Remove leaves from the stem and chop into bite-sized pieces.
3. Place brussel sprout shreds, kale, craisins and pecans in a bowl and mix thoroughly.
4. Place Vinaigrette ingredients in the food processor and emulsify. (Or you can use a blender or immersion blender.) Pour over the brussel sprout mixture and toss to coat well. Refrigerate at least 30 minutes, toss again, and serve.