

# Broiled Salmon with Tomato and Zucchini Salsa

SERVINGS: 4



## Ingredients

- 16 oz raw salmon filets
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1 tbsp scallions, sliced thin
- 1 tbsp cilantro, chopped
- 1 tsp garlic, minced
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp Paprika
- 1/2 tsp salt
- 1/2 tsp ground pepper
- 1/8 tsp saffron

## Directions

1. Prepare Two Color Tomato Salsa and Grilled Zucchini Salsa according to recipes.
2. Combine lemon juice, olive oil, chili powder, garlic, scallions, cumin, paprika, cilantro, salt, pepper, and saffron. Mix until well-combined.
3. Place salmon in a non-reactive container and pour marinade over fish. Cover and refrigerate for 2 hours to marinate. Drain and discard excess marinade.
4. Place salmon on preheated grill, skin side up. Grill 3 to 4 minutes per side. Remove from grill. Top each fillet with 2 oz of each salsa. Serve immediately.

## Two Color Cherry Tomato Salsa

### Ingredients

- 1/3 cup cherry tomatoes, halved
- 1/3 cup yellow pear cherry tomatoes, halved
- 1/3 cup red onions, diced
- 1/3 cup green peppers, diced
- 1 tsp garlic, minced
- 1 tsp chives, chopped
- 1 tsp malt vinegar
- 2 tsp olive oil
- 1/2 tsp salt
- 1/2 tsp ground pepper

### Directions

1. Combine all ingredients. Mix gently until well-combined.



## Grilled Zucchini & Pine Nut Salsa

### Ingredients

- 1 zucchini, sliced 1/4" lengthwise
- 2 tbsp + 2 tsp pine nuts
- 4 tsp lemon juice
- 2 tsp live oil
- 2 tsp mint
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/2 tsp ground pepper



### Directions

1. Preheat grill to medium-high. Place sliced zucchini on grill and grill until golden brown, approximately 3 minutes per side. Remove from grill.
2. Dice zucchini into 1/4" dice. Combine diced zucchini with remaining ingredients. Mix gently until well-combined.

# Sautéed Quinoa and Kale



## Ingredients

- 1/3 cup vegetable stock
- 1/3 cup quinoa, raw
- 3/4 cup water
- 1/2 tsp oil
- Pinch of ground pepper
- 1/8 tsp salt
- 5 1/3 oz kale
- 2 tbsp + 2 tsp blanched almonds, sliced
- 2 tsp olive oil
- 2 tbsp onions, diced
- 2 tbsp dried cranberries
- 1/3 tsp salt
- 1/8 tsp pepper

## Directions

1. Rinse quinoa under cold water until water runs clear. Place quinoa in a 2" full size hotel pan. Cover with listed hot tap water. Cover pan with foil. Bake in a 350 degree F. convection (375 degree F. standard) oven for 12 to 20 minutes or until liquid is absorbed and grains are tender.
2. Let rest for 5 minutes. Stir in olive oil, 1st listed salt and pepper.
3. While quinoa is cooking, clean and trim kale. Rough chop.
4. Place almonds in a single layer on sheet pan. Bake in a 350 degree F. convection (375 degree F. standard) oven for 4 to 6 minutes or until toasted. Set aside.
5. In a large skillet, heat 2nd listed oil.
6. Add onions. Sweat for 1 minute.
7. Add kale. Continue to cook until just barely wilted.
8. Add cooked quinoa and stock. Heat through.
9. Remove from heat. Stir in almonds, cranberries, 2nd listed salt and pepper.

# Cranberry Pear Crumble

## Smartsweet

### Ingredients

- 2 tbsp quick oats
- 2 tbsp margarine
- 1/8 tsp cinnamon
- 3/4 tsp brown sugar, light
- 1 tbsp apple juice
- 1 1/4 lbs pear halves, drained, reserve juice
- 2 tbsp dried cranberries
- 2 tbsp fresh ginger root, minced
- 1 1/3 tbsp whipped topping
- 1/4 tsp allspice



### Directions

1. In a mixing bowl, toss together oatmeal, margarine, cinnamon, brown sugar and apple juice.
2. Line baking sheet with parchment paper. Spray lightly with vegetable oil spray.
3. Spread crumble onto the baking sheet. Cover. Bake in a 375 degree F. convection (425 degree F. standard) oven for 5 minutes. Uncover. Bake an 5 minutes or until golden brown
4. Drain pears, and reserve juice.
5. Heat 1 cup of reserved pear juice in a saucepan over medium-low heat.
6. Add dried cranberries. Simmer for 1 to 2 minutes or until plump. Remove from heat and drain.
7. Heat 1/2 cup remaining reserved pear juice in a saucepan over medium-low heat. Simmer with minced ginger for 1 to 2 minutes. Remove from heat. Drain mixture through a fine sieve or cheesecloth, press to extract all juice.
8. To serve, add 3 oz pears to a serving dish. Top with 1 1/2 Tbsp cranberries, 2 tsp ginger infused pear juice, 1 Tbsp crumble topping, 1 tsp whipped topping and 1/16th tsp allspice.