

# Orange & Banana

OATMEAL PARFAIT



PORTION: 1 jar  
SERVES: 4

SUPERFOOD

## INGREDIENTS

4 ½ cup Water	2 ea Orange Sections
1 ½ cup Quick Oatmeal	1 Tbsp, 1 tsp Grated Orange Peel
1/2 cup Vanilla Yogurt	
1 ½ Tbsp Honey	
1 ea Medium Banana, Sliced	

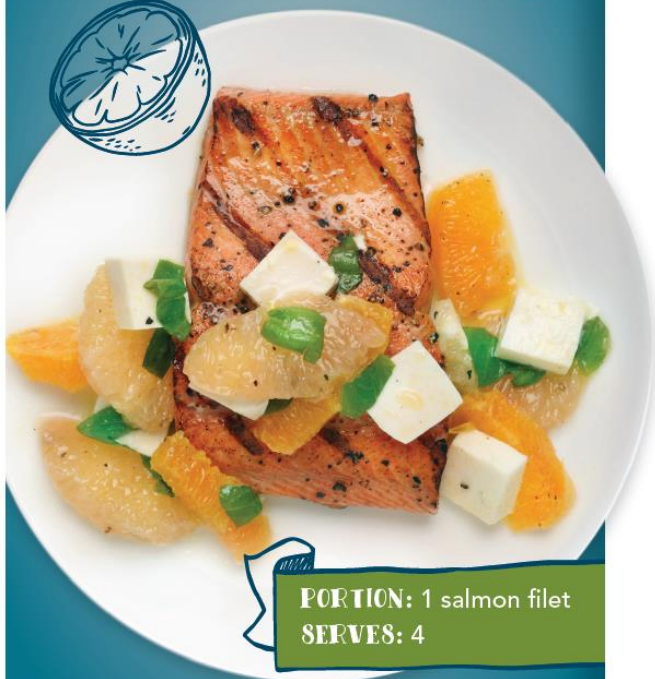
## METHOD

1. In a medium sauce pan, bring water to rapid boil. Slowly pour oatmeal into boiling water, stirring constantly. Return to a boil. Reduce heat and simmer for 8 to 10 minutes, stirring occasionally. Remove from heat and let cool.
2. Mix the oatmeal, yogurt and honey together. Chop the orange into small pieces. Divide the mixture into 4 bowls or jars. Top each parfait with 2-1/2 Tbsp each of banana and diced orange and 1 tsp orange zest. Serve cold.

## NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
140	2g	0.5g	29g	5g	3g	35mg

# GRILLED SALMON WITH Orange Grapefruit CAPRESE



PORTION: 1 salmon filet  
SERVES: 4

SUPERFOOD

## INGREDIENTS

4 ea Wild Salmon Filet, 4 oz.	2 Tbsp Extra Virgin Olive Oil
1/8 tsp Fine Ground Black Pepper	1/8 tsp Kosher Salt
1/8 tsp Kosher Salt	1/8 tsp Black Pepper
1/3 Tbsp Canola Oil	4 leaves Fresh Basil, Torn
4 oz. Mini Mozzarella Balls	
4 oz. Orange Sections	
2 oz. Grapefruit Sections	

## METHOD

For the Salmon:

1. Drizzle olive oil on the salmon and season with salt and pepper. Place salmon on a pre-heated grill and cook for approximately 3 to 4 minutes on each side. Place on a baking tray and place in the oven for 5 minutes until firm but not dried out. The internal temperature should be 145F. Remove from the oven and set aside.

For the Grapefruit Salad:

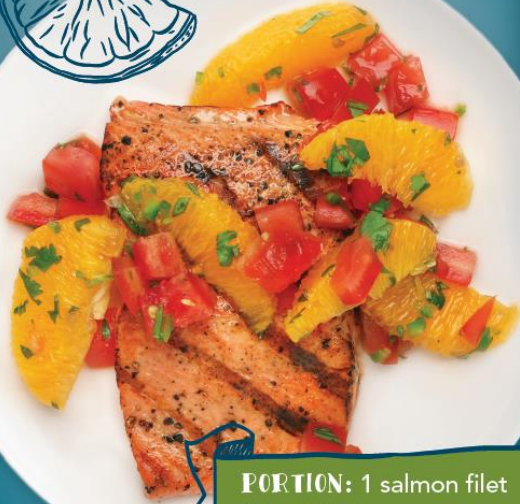
2. Use mini mozzarella balls for this recipe and cut in half. Toss mozzarella cheese, orange and grapefruit segments together and mix with olive oil, salt, freshly ground black pepper and fresh torn basil leaves.
3. Place the grapefruit salad over the salmon and serve.

## NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
320	18g	6g	4g	34g	<1g	390mg

# SUPERFOOD

## GRILLED SALMON WITH Citrus Tomato SALSA



**PORTION:** 1 salmon filet  
**SERVES:** 4

### INGREDIENTS

4 ea Wild Salmon Filet, 4 oz.	1/4 cup Cilantro
1/8 tsp Fine Ground Black Pepper	1/2 ea Jalapeño, Minced
1/8 tsp Kosher Salt	1 1/4 cup Orange Sections, Chopped
1/3 Tbsp Canola Oil	
1/2 cup Tomatoes, Chopped	
2 Tbsp Lemon Sections, Chopped	

### METHOD

For the Salmon:

1. Drizzle olive oil on the salmon and season with salt and pepper. Place salmon on a pre-heated grill and cook for approximately 3 to 4 minutes on each side. Place on a baking tray and place in the oven for 5 minutes until firm but not dried out. The internal temperature should be 145F. Remove from the oven and set aside.

For the Citrus Tomato Salsa:

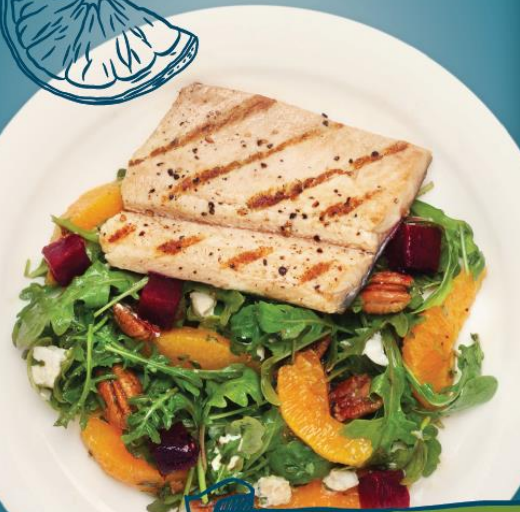
2. Chop all of the ingredients. In a bowl, mix the chopped orange segments, lemon segments, chopped cilantro and minced jalapeno. Add the diced tomato. Mix thoroughly.
3. Place the salsa over the salmon and serve.

### NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
190	6g	1g	10g	23g	2g	140mg

# SUPERFOOD

## Beet & Orange Salad with Grilled Trout AND WALNUTS



**PORTION:** 2 cups  
**SERVES:** 4

### INGREDIENTS

12 oz. Boneless Skinless Trout	2 ea Orange Segments
10 oz. (about 2) Red Beets	1/2 cup Balsamic Vinaigrette
6 cups Arugula Lettuce Leaf	
2 oz. Goat Cheese	
8 Tbsp Walnut Halves & Pieces, Chopped	
1/2 cup Tarragon, Chopped	

### METHOD

1. Preheat a char-grill or grill pan. Spray with oil to help stop the trout from sticking. Grill the trout until the internal temperature reaches 145F degrees, about 2-3 minutes on each side. Set aside.
2. Peel and section oranges and set aside. Roast or boil whole beets until cooked through and tender, about 45-60 minutes depending on size. Chill then peel skin and dice. Set aside. Toast walnuts until golden brown and fragrant. Set aside.
3. For each salad: Toss together 1/2 cup orange sections, 1-1/2 cup lettuce, 1/2 oz. crumbled goat cheese, 1/2 oz. (2 Tbsp.) walnuts, 3 oz. cooked trout, 2 Tbsp tarragon and 2 Tbsp dressing. Plate the salad.
4. In the empty bowl, add the beets and toss lightly with leftover dressing. Place beets on the salad last (this will prevent everything from turning red).

### NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
420	30g	5g	15g	25g	4g	380mg