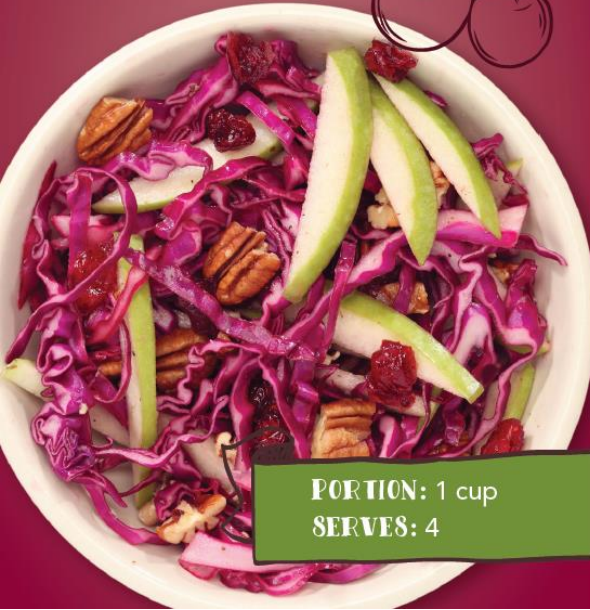


SUPERFOOD

RED CABBAGE Cran-Apple SLAW



INGREDIENTS

1 lb.	Red Cabbage, Finely Sliced	1/4 tsp	Ground Black Pepper
1/3 cup	Cranberries, Dried	2 2/3 cup	Fresh Apples, Sliced
3 1/2 Tbsp	Unseasoned Rice Wine Vinegar	2 3/4 tsp	Chopped Pecans
3 1/2 Tbsp	Granulated Sugar	1 1/4 tsp	Canola Oil
1 1/4 Tbsp	White Wine Vinegar		
1/8 tsp	Kosher Salt		

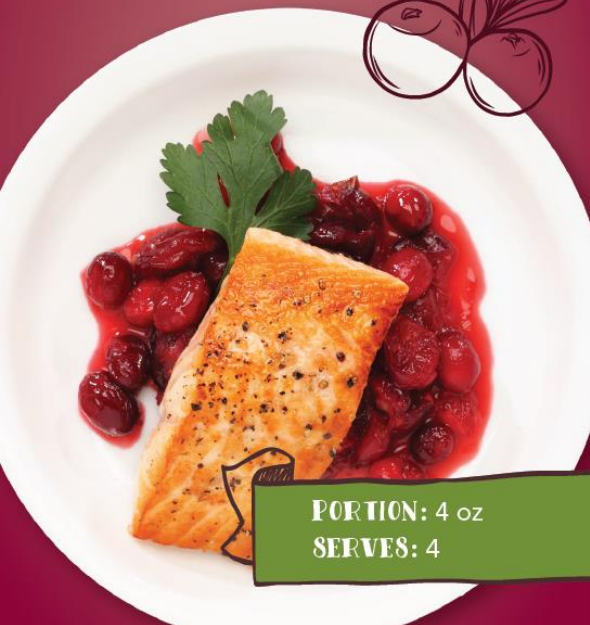
METHOD

1. Combine shredded cabbage and cranberries in a large bowl.
2. Combine rice vinegar, sugar, white wine vinegar, olive oil, salt, and pepper, stirring with a whisk. Drizzle over cabbage mixture, tossing gently to coat. Cover and chill for 2 hours.
3. Add apples and toss to combine. Sprinkle with pecans. Serve cold.

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
190	3g	0g	41g	2g	5g	110mg

SUPERFOOD

Salmon WITH CRANBERRY AND GINGER



INGREDIENTS

4 oz.	Fresh Leeks, Sliced	1 tsp	Canola Oil
1 1/4 cup	Frozen Cranberries	4 ea.	Wild Salmon Loin, 4 oz
2 Tbsp	Light Brown Sugar	<1/8 tsp	Kosher Salt
2 tsp	Fresh Ginger Root, Grated	<1/8 tsp	Ground Black Pepper
1/2 cup	Water		

METHOD

1. In a sauté pan, heat the oil and add the leeks. Sauté until softened and starting to caramelize. Add cranberries, brown sugar and ginger. Let everything simmer together for a few minutes. Add the water and let it reduce for 5-7 minutes. The cranberries will make a glaze. Set aside.
2. Next, pre-heat broiler. Place the fish on a baking tray and season with salt and pepper. Broil each side for about 5-8 minutes until an internal temperature of 145F is reached. Serve the fish with the cranberry leek sauce.

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
210	6g	1g	17g	22g	2g	105mg

Caramelized Cran-Apple STROMBOLI



PORTION: 1 each
SERVES: 4

INGREDIENTS

2 tbsp	Melted Butter	3/4 tsp	Granulated Sugar
1/4 tsp	Ground Cinnamon	1/4 tsp	Lemon Zest
1/8 tsp	Ground Nutmeg	3/4 tsp	Lemon Juice
2 1/4 tsp	Granulated Sugar	1/3 cup	Liquid Eggs
10 oz.	Apples, Sliced	1/2 tsp	Ground Cinnamon
2 Tbsp	Dried Cranberries	2 Tbsp	Granulated Sugar
4 Tbsp	Ricotta Cheese	2 ea.	6" Whole Grain Pizza Dough
1 Tbsp	Real Sour Cream		

METHOD

1. Heat 1 tbsp of butter in sauté pan. Add apples and sauté until soft. Add sugar, cranberries, cinnamon and nutmeg. Continue to sauté to melt the sugar and lightly caramelize the apples. Remove from the heat and allow to cool. In a bowl, combine ricotta, sour cream, sugar, lemon juice and zest and set aside. In a small bowl, combine cinnamon and sugar and set aside for sprinkling on top of Stromboli.
2. Using your favorite premade or frozen pizza dough, defrost and prepare dough according to package directions. Lightly flour working surface. Roll the dough into an oval shape, about 12" long and 7" wide, then cut the dough in half so you have two sides. Pour 1/4 cup apple mixture in the middle of each dough. Top with 1 tablespoon of ricotta cheese. Lightly brush the dough edges with egg wash, fold sides in and then roll to close. Gently set on a baking sheet. Next, brush with the remaining melted butter and sprinkle with cinnamon sugar. Bake in 350F preheated oven for 6 to 8 minutes.

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
260	9g	4.5g	41g	6g	3g	230mg

Cranberry BBQ Chicken SANDWICH



PORTION: 1 sandwich
SERVES: 4

INGREDIENTS

3/4 tsp	Canola Oil	1 cup	Whole Berry Cranberry Sauce
1/4 cup	Fresh Onions, Minced	2 Tbsp	Apple Cider Vinegar
1 tsp	Fresh Garlic Cloves, Minced	2 tsp	Dark Molasses
3/4 tsp	Dry Mustard	2 Tbsp, 2 tsp	Water
1/2 tsp	Chili Powder	7 oz.	Chicken Breast
1 Tbsp	Canned Tomato Paste	4 ea.	Wheat Hamburger Bun

METHOD

1. Fill a medium pot 3/4 of the way with water. Place over a medium-high flame. Bring the water to a boil. Carefully add chicken breasts to boiling water, return to just a simmer, cover and remove from heat. Chicken will poach in the hot liquid, for about 4 to 8 minutes or until an internal temperature of 165F degrees is reached. Remove chicken from water and dice it. Set aside.
2. In a separate pot, heat oil over medium-high heat; add onions and sauté for 2 minutes. Mix in garlic, mustard and chili powder and continue cooking for 1-2 minutes. Add paste and cook for 1 minute. Add cranberry sauce, vinegar, molasses and water. Bring to a simmer, whisking often until mixture becomes thick, about 30 minutes.
3. Next, place the chicken into the pot and toss with sauce. Heat the chicken through completely. For each serving place 1/2 cup BBQ chicken on the bun. Serve with your favorite side.

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
380	7g	1g	59g	20g	3g	390mg