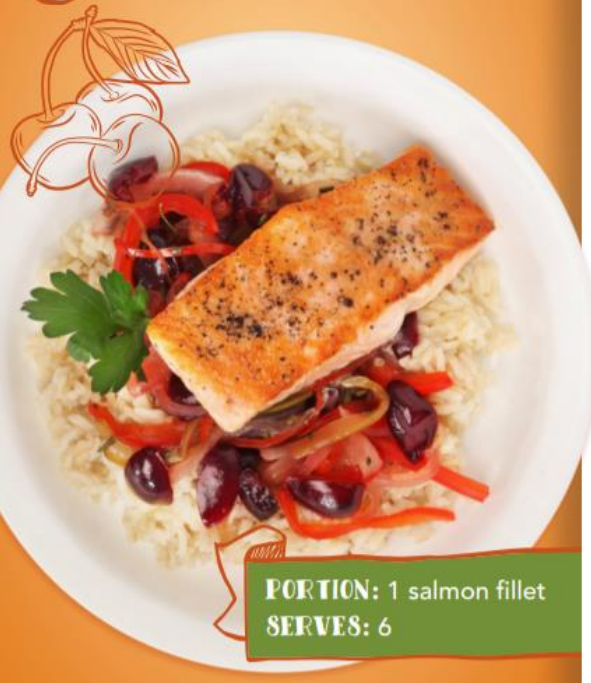


CHERRY AGRODOLCE Salmon



PORTION: 1 salmon fillet
SERVES: 6

SUPERFOOD

INGREDIENTS

- 3 cups Brown Rice, Dry
- 6 cups Water
- 6 ea Salmon Fillet
- 1/2 tsp Salt
- 1/2 tsp Ground Black Pepper
- 1 Tbsp Extra Virgin Olive Oil
- 1 lb, 4 oz Onions, Sliced
- 1/2 cup Celery, Julienne Sliced
- 1 cup Red Bell Peppers, Julienne Sliced
- 1 ea Whole Bay Leaf
- 1/2 tsp Salt
- 1/2 cup Unseasoned Rice Wine Vinegar
- 1/2 cup White Wine
- 1/4 cup Granulated Sugar
- 3 cups Fresh Cherries
- 1 tsp Fresh Rosemary, Chopped

METHOD

- Place rice in medium saucepot. Cover rice with water. Bring to a boil over medium-high heat. Reduce heat to very low simmer. Cover to steam rice for 20 minutes. Set aside.
- Soak a cedar plank in water for at least 1 hour. Season the salmon with salt and pepper. Place the salmon on the plank and then place the plank on the grill over indirect heat. Cook the salmon until the salmon has reached 145F internally. (If you wish to omit the cedar plank, grill the salmon over direct medium-high heat and cook until 165F internally).
- Wash, pit and slice the cherries in half. Set aside.
- In a pan over medium-high heat, heat the olive oil and then sweat the onion, peppers and celery. Add the bay leaf and salt to the pot. Cook until onions become translucent and fork tender. Next add the white wine, sugar and vinegar. Lower the heat and simmer for 20-25 minutes or until the liquid is reduced, syrup-like in consistency. Remove from heat and add the rosemary. While off of the heat, incorporate the cherries. Serve over the salmon.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
500	10g	1.5g	76g	23g	6g	370mg

PORK LOIN Apricot Vindaloo OVER BASMATI RICE



PORTION: 1/2 cup
SERVES: 6

SUPERFOOD

INGREDIENTS

- 2 cups Cooked Basmati Rice
- 1/2 cup Water
- Sweet & Spicy Indian BBQ Sauce:
- 2 tsp Olive Oil
- 2 ea Minced Garlic Cloves
- 1 1/2 tsp Fresh Ginger Root, Minced
- 1 Tbsp No Salt Added Tomato Paste
- 1/2 cup Apple Cider Vinegar
- 1 Tbsp, 1 tsp Dark Brown Sugar
- 3 oz Fat Free Plain Greek Yogurt
- 1/8 tsp Salt
- 1/4 Ground Black Pepper
- 1 1/2 tsp Madras Style Curry Powder
- 1/2 tsp Cayenne Pepper
- 1 1/4 tsp Garam Masala
- Apricot-Vindaloo Pork Loin:
- 1 lb Boneless Pork Loin
- 1/2 tsp Ground Black Pepper
- 1 1/2 tsp Lemon Pepper Seasoning
- 2 Tbsp Olive Oil
- 4 ea Fresh Apricots
- Spinach Chickpea Sauté:
- 1 ea Minced Garlic Cloves
- 1 1/2 tsp Canola Oil
- 3/4 tsp Fresh Thyme Leaves
- 8 oz Baby Spinach
- 1/2 cup Garbanzo Beans, Drained and Rinsed
- 1/4 tsp Salt
- 1/8 tsp Ground Black Pepper

METHOD

- Sweet & Spicy Indian BBQ Sauce: Sweat garlic and ginger in olive oil on medium flame. Allow garlic to become fragrant. Lower flame and add tomato paste. Sauté tomato paste for 5 to 6 minutes. Whisk in vinegar, brown sugar and Greek yogurt. Simmer on low heat for 10 minutes. Season sauce with salt, pepper, curry, cayenne and masala. Allow to simmer for 5 more minutes or until sauce has reduced by half.
- Apricot-Vindaloo Pork Loin: Preheat grill. Cut pork loin into 1/2" slices. Season pork with pepper, lemon pepper and olive oil. Grill each slice for 5 minutes on each side or until pork reaches an internal temperature of 165F for at least 15 seconds. Thoroughly wash apricots, deseed and cut in half. Brush apricots with olive oil and place on grill, cut side down. Grill until they are charred, about 3 minutes. Carefully flip the apricots, grill until they are bubbling around the edges and skin softens, about 2 minutes. Remove from grill and allow to cool slightly. Cut apricots into slices.
- Spinach Chickpea Sauté: In a large sauté pan, sweat garlic and thyme in oil. Add chickpeas. Sauté for a few minutes. Add spinach. Lower flame and sauté spinach until just wilted. Season with salt and pepper.
- Heat water in a large sauté pan over a high flame. After 30 seconds, add spinach and chickpea mixture. Pan steam for 30 seconds. Add grilled pork and apricots. Cover and cook for 1 minute. Remove lid.
- To serve, place spinach chickpea sauté, pork and sliced apricots on top of the rice. Top with Indian BBQ sauce. Serve immediately.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
510	21g	5g	44g	35g	5g	490mg

RICOTTA AND CINNAMON
Peach Compote
 ON WHOLE WHEAT TOAST



PORTION: 1 slice
SERVES: 4

SUPERFOOD

INGREDIENTS

4 slices Whole Wheat Bread Slices	Peach Compote:
1 tsp Ground Cinnamon	8 oz Medium Peaches
1 1/2 tsp Fresh Sage, Chopped	1/8 tsp Arrowroot Flour
4 oz Ricotta Cheese, Part Skim	1/4 cup Agave Nectar
	1/4 cup Warm Water

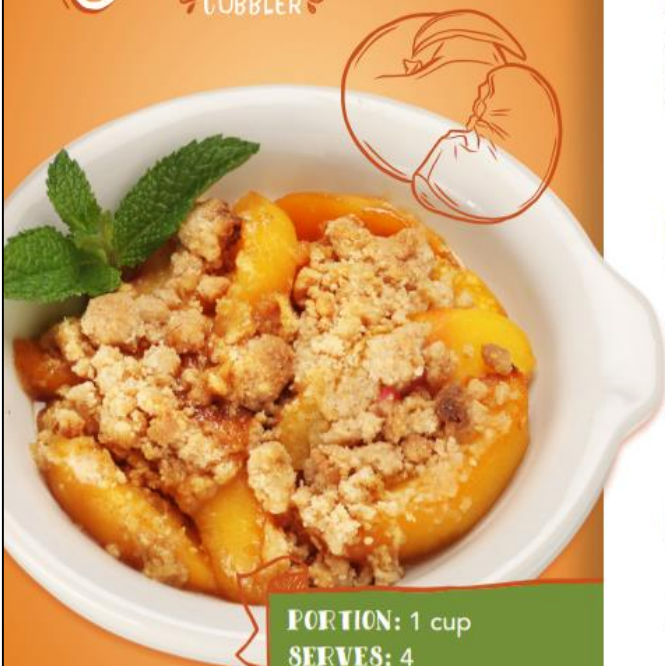
METHOD

1. Make the compote: Peel, deseed and dice the peaches into bite sized pieces. Combine all of the compote ingredients in a saucepan and cook over medium-high heat until the liquid has reduced and the peaches are softened (12-15 minutes). Stir occasionally. Remove from heat and let cool. Store any leftover compote in the fridge.
2. If possible, use artisanal whole wheat loaves, sliced to about 1 inch thick. Toast the bread. Spread 2 Tbsp of ricotta on the toast, sprinkle 1/8 Tbsp of cinnamon and finish with 1/4 cup of peach compote. Sprinkle with sage.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
260	5g	2g	48g	8g	5g	23mg

OLD FASHIONED
Stone Fruit
 COBBLER



PORTION: 1 cup
SERVES: 4

SUPERFOOD

INGREDIENTS

2 1/3 cup Frozen Sliced Peaches	6 1/2 oz Yellow Cake Mix
3 Tbsp Dark Brown Sugar	1/2 tsp Ground Cinnamon
2 1/2 tsp Lemon Juice	2 1/2 Tbsp Melted Butter

METHOD

1. Defrost and drain peaches. Toss with brown sugar and lemon juice and place in a baking pan.
2. Mix together cake mix and ground cinnamon. Pour melted butter in and mix with a fork until crumbly to make the streusel. Spread streusel evenly over fruit. Bake at 350F for 45-60 minutes, or until streusel is cooked through and golden brown.
3. Serve warm or chill and keep leftovers in the fridge.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
320	9g	5g	59g	3g	2g	390mg