

Honey Glazed Salmon

INGREDIENTS

- 4 fillets salmon ~7oz per fillet

Honey Soy Glaze

- 2 tablespoon soy sauce or coconut aminos
- 3 tablespoon honey
- 1 tablespoon lime juice ~ juice of half a lime
- 3 cloves garlic minced
- ½ teaspoon black pepper
- 3 tablespoon olive oil

DIRECTIONS

1. Preheat oven to 220°C/430°F (200°C/390°F fan-forced). Prepare a baking sheet by covering in aluminum foil and piece of parchment paper on top.
2. In a small sauce pan, mix all the honey soy glaze ingredients and mix vigorously until the sauce emulsifies over medium-high heat. Bring to a boil for 1-2 min, then turn off heat and set aside.
3. Place salmon fillets on a lined baking tray with small gaps in between each fillet. Take out 1/3 of the glaze and save for later. With a large spoon, spread rest the honey soy glaze all over the salmon fillets.
4. Cover the baking tray tightly with foil and bake for 15 minutes or until the salmon is cooked. Salmon is cooked when a fork or knife is pressed on the flesh and it flakes off easily, or reaches an internal temp of 145 degrees F.
5. With a brush, brush salmon fillets with the sauce glaze on the baking tray. If you don't have a brush, a spoon will work too.
6. To serve, place salmon onto individual serving plates and top with a spoonful of remaining glaze that was set aside.

Recipe provided by Dana Mealing, RDN, LN, Tevis Center for Wellness



Warm Farro Salad

INGREDIENTS

- 1 cup farro
- 3 cups water
- 1 teaspoon sea salt
- 1 tablespoon extra virgin olive oil
- 2 shallots, chopped
- 2 cloves garlic, minced
- 1/3 cup dried cranberries
- 3 cups baby spinach
- 1/2 cup pecans or walnuts
- 1/4 cup chopped Italian parsley

DIRECTIONS

1. Rinse farro until water is clear. Bring 3 cups of fresh water and salt to a simmer.
2. Add the farro and cook until tender but still chewy, according to package directions, about 20 minutes.
3. Meanwhile, heat the oil in a large skillet over medium high heat. Add the shallots and sauté until tender, about 3 minutes. Add the garlic and cranberries and sauté another minute longer.
4. Drain the farro and add to the skillet. Remove from heat. Stir in the spinach until it just begins to wilt.
5. Transfer to a serving dish and garnish with nuts and parsley. Season to taste with salt and pepper. Serve immediately.

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