

Pistachio Encrusted Salmon with Cool Cilantro Sauce

Ingredients-Salmon:

4 Fresh salmon filets, 3-ounces each
Pistachio nuts, 8 tsp, crushed
Olive oil, 4 tsp

Method of Preparation:

In a plastic bag, crush pistachio nuts into fine pieces using a small mallet (or other kitchen tool such as a rolling pin). Transfer pistachios on to a plate, press top of salmon into pistachios ensuring top of fillet is completely covered. Place a sauté pan on medium heat; pour in 4 teaspoons of olive oil. When Sauté pan is hot, place salmon, pistachio side down, into pan. Allow salmon to cook for 3 minutes or until a light brown crust is formed over the nut mixture. Using cooking tongs, flip salmon, cook on low heat for approximately 8 minutes, or until an internal temperature of 145° F is reached.

Ingredients-Sauce:

Nonfat plain yogurt, 4 ounces
Fresh dill, chopped, 2 tsp
Fresh cilantro, chopped, 2 tsp
Dijon mustard, ½ tsp
Juice from one lemon

Method of Preparation:

Mix all 5 ingredients by hand and chill. Drizzle over 4 cooked salmon.

Serves 4.

Nutrition information per serving for salmon: 230 Calories, 15g Fat, 3g Carbohydrates, 22 Protein, 55mg Sodium, 1g Fiber

Nutrition information per serving for sauce: 20 Calories, 0g Fat, 3g Carbohydrates, 2g Protein, 40mg Sodium, 0g Fiber

Wilted Rainbow Swiss Chard with Caramelized Onions

Ingredients:

1 Large yellow onion, sliced into rings
Water, 1 cup
1 Bunch (about a pound) of rainbow Swiss chard
1 Medium fresh tomato, diced
Balsamic Vinegar, 3 Tablespoons

Method of Preparation:

Wash chard, trim ½ inch from the bottom of the stalk. Cut chard to ½ inch pieces. Peel and slice onion to ½ inch thick rings. Using a large sauté pan on medium heat, add onion and half the water. On medium heat, cook the onions until soft. Add balsamic vinegar to onions and cook until vinegar is reduced by half. Add tomatoes, chard and remaining water. Cook until chard is about half the original size and water is almost gone.

Serves 4.

Nutrition information per serving: 50 Calories, 0g Fat, 11g Carbohydrates, 3g Protein, 230mg Sodium, 3g Fiber

Mediterranean Style Quinoa

Ingredients:

Quinoa, 1 cup
Water, 2 Cups
Fresh garlic, chopped, 1 tsp
Parmesan cheese, shredded, 1 Tablespoon
Sundried tomatoes, julienne, ¼ cup
Fresh basil, chopped, 1 Tablespoon
Fresh oregano, chopped, 1 Tablespoon

Method of Preparation:

In a medium sized sauce pan, bring two cups of water to a boil. Rinse quinoa under warm water and then drain. Pour quinoa into boiling water, reduce heat to a simmer, leave uncovered. Cook until all water is absorbed, stirring occasionally, about 15 minutes. Add sliced sundried tomatoes, parmesan cheese and garlic and cook for an additional 2 minutes. Remove from heat. Add basil, oregano, and gently mix.

Serves 4.

Nutrition information per serving: 180 Calories, 3g Fat, 30g Carbohydrates, 7g Protein, 105mg Sodium, 4g Fiber

Key-Lime Parfait

Ingredients:

Vanilla yogurt, low fat, 32 ounces
Key limes, 6 (or 3 large regular limes)
Kiwi fruit, 4, peeled, cut into slices
Graham crackers, 8-2x2 squares
Banana, 1, peeled, sliced into 12 slices

Method of Preparation:

Juice limes and remove seeds if necessary. Mix vanilla yogurt with lime juice. In a separate bowl, crush graham crackers into coarse crumbs. Line each side of four bowls with sliced kiwi. Place half the graham cracker crumbs on the bottom of each bowl. Pour half the yogurt over graham crackers. Top with remaining crumbs, then top with remaining yogurt. Peel banana and slice on a bias. Garnish each dish with slices of banana.

Serves 4.

Nutrition information per serving: 240 Calories, 6g Fat, 35g Carbohydrates, 14g Protein, 160mg Sodium, 3g Fiber