

# Recipe: Salmon

**recipe** *noun* [res-uh-pee] A set of instructions, or steps, for making a meal; usually includes a description of the final product and a detailed list of ingredients and their amounts. For example, a recipe for tea might describe how to steep a tea bag or tea leaves in water.

**For your salmon you will want to find your favorite way to season and prepare. Here is one way to prepare your salmon:**

Ingredients:

- (4) Salmon fillets or steaks (4 ounces each)
- (1) Tablespoon pure maple syrup
- (1) Tablespoon soy sauce (you can substitute low sodium soy if on a reduced sodium diet)

\*If you like your flavor with a bit of heat... add (1) Teaspoon of Garlic Chili Paste

**Instructions:**

1. Place salmon in a large, shallow glass container. In a small bowl, stir together syrup and soy sauce (along with optional garlic chili paste), and brush on both sides of salmon (or on skinless side only, if salmon has skin). Let sit for 15 minutes.
2. Place salmon directly on grate over medium-high heat for three to four minutes (skin-side down, if salmon has skin). Flip with tongs or a spatula and grill for two to three more minutes, or until salmon is no longer shiny or translucent in the middle. The flesh should be firm and just slightly flaky. Serve immediately.

\*\* Recipe shared from: <https://cocoafit.wordpress.com/grilled-maple-soy-salmon-ala-clean-eating/>

# Recipe: Chicken

**recipe** *noun* [res-uh-pee] A set of instructions, or steps, for making a meal; usually includes a description of the final product and a detailed list of ingredients and their amounts. For example, a recipe for tea might describe how to steep a tea bag or tea leaves in water.

**For your chicken you will want to find your favorite way to season and prepare. Here is one way to prepare your chicken:**

## **Ingredients**

- 2 skinless, boneless chicken breast halves
- 1 lemon
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 pinch dried oregano
- \*\* 2 sprigs fresh parsley, for garnish

## **Directions**

1. Cut lemon in half, and squeeze juice from 1/2 lemon on chicken. Season with salt to taste. Let sit while you heat oil in a small skillet over medium low heat.
2. When oil is hot, put chicken in skillet. As you saute chicken, add juice from other 1/2 lemon, pepper to taste, and oregano. Saute for 5 to 10 minutes each side, or until juices run clear. Serve with parsley for garnish.

\*\*Recipe Shared from: <http://allrecipes.com/recipe/9011/simple-lemon-herb-chicken/print/?recipeType=Recipe&servings=2>

# Recipe: Lentil Soup

**Lentils** *noun: a bushy annual plant of the legume family, a very good source of dietary fiber, copper, phosphorus and manganese and an economical source of protein (roughly 18 grams in 1 cup) Additionally, they are a good source of iron, vitamin B1, pantothenic acid, zinc, potassium and vitamin B6.*

## Ingredients

- 1 tsp vegetable oil
- 1 onion diced
- 1 carrot sliced
- 4 cups vegetable broth (no sodium is best)
- 1 cup dry lentils
- 1/4 tsp black pepper
- 1/4 tsp dried thyme
- 2 bay leaves (remove before serving)
- Dash of salt
- 1 tsp lemon

## Directions

Sautee onions and carrot in vegetable oil for 3-5 minutes until onions are clear. Add vegetable broth, lentils, pepper, thyme, bay leaves, and salt.

Reduce heat to simmer. Cover, cook until lentils are soft – about 45 minutes.

Remove bay leaves, add lemon juice before serving or squeeze lemon slices into individual bowls to taste.

\*\*Recipe Shared from: My Mommy's (Harriett Rowe's) Kitchen