



HEALTHY Recipes

Salmon in Parchment with a Citrus Beurre Blanc

Bake 6oz. Salmon at 350 degrees for 5 minutes.

Sautee baby spinach with pinch of fresh chopped garlic, salt, and pepper in extra virgin olive oil

Diagonally place salmon on a 4x4" cut of Puff Pastry that is at room temperature (not frozen)

Top Salmon with the sautéed spinach and crab meat

Fold corners of the pastry over the Salmon

Paint the pastry with an egg wash and bake again at 350 degrees for 5-7 minutes or until golden brown or flakey

Citrus Beurre Blanc

Reduce 1 cup of White wine by half

Reduce 2 cups of Heavy Cream by half

Reduce 1 cup of Orange juice until thick like syrup

Combine all three and whisk in 8oz. unsalted butter

Season with thyme, salt, and pepper

Grilled Whole Fish

*(Bronzino, Striped Bass,
or Red Snapper)*

**Scale and gut whole fish
with head on**

**Stuff the stomach cavity with
herbs, extra virgin
olive oil, and garlic cloves**

**Season whole fish with salt,
pepper, and paprika**
(brush with extra virgin olive oil first, to hold the seasoning)

Carve three bypass cuts on both sides of the fish

**Be sure the grill is well seasoned and brushed with
oil to ensure non-sticking**

Grill 3 minutes on each side

Coat baking sheet for non-sticking

**Finish in oven with a drizzle of white wine
and place lemon slices on top**

**The fish can be cooked rare to well, depending
on preference**

(The flavors on this dish require freshness. Grilled Vegetables and white rice are great complements for this dish, as well as a nice Chardonnay.)