

## Seared Salmon

**Yield:** 1 - 6 oz filet

**Ingredients:**

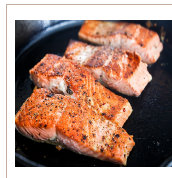
6 oz Salmon Filet

As needed Kosher Salt or Sea Salt

As needed Granulated Sugar

As needed Black Pepper

1 Tbsp Canola Oil



**Nutrition Info  
(per 6 oz):**

Calories: 375

Fat: 25 g

Mono Fat: 15 g

Sat Fat: 5 g

Protein: 34 g

## Minted Lentil Salad with Feta

**Yield:** 6 - 1/2 cup portions

**Ingredients:**

5 oz Dry Beluga Lentils                      1/2 cup Red Bell Pepper, Small Dice

2 Cups Water                                      1/4 cup Scallion, Bias Sliced

1 Tbsp Extra Virgin Olive Oil              1 1/4 oz Feta Cheese

1 1/2 Tbsp Red Wine Vinegar              1/8 tsp Kosher Salt

1/4 cup Fresh Mint, Chopped              1/8 tsp Black Pepper

1/2 tsp Fresh Garlic, Minced



**Nutrition Info  
(per 1/2 cup):**

Calories: 97

Fat: 4 g

Carb: 10

Fiber: 5 g

Protein: 5

## Arugula Pesto

**Yield:** 2 Cups

**Ingredients:**

1 1/2 Cup Arugula                                      3 Tbsp Parmesan Cheese

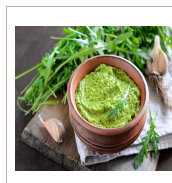
3/4 Cup Fresh Basil, Chopped              Salt to Taste

3/4 Cup Walnuts, Toasted                      Pepper to Taste

1/2 Cup Extra Virgin Olive Oil

1 Lemon, Juiced and Zested

2 Cloves Garlic



**Nutrition Info  
(per 1 Tbsp):**

Calories: 48

Fat: 5 g

Mono. Fat: 3 g

Sat Fat: 1 g



**Instructions:**

1. Coat all sides of the Filet with a thin even layer of Salt, repeat the same with the Sugar and let sit for exactly 5 minutes
2. Rinse with water to remove the salt and sugar, and pat dry with a plain white or brown paper towel
3. Season with Black Pepper to taste
4. Preheat a nonstick skillet over medium high heat, until the oil is shimmering, but not smoking
5. Place the Salmon in the pan in a motion that will move oil away from you, and with the bloodline facing up and presentation side down
6. Sear this side for 2-3 minutes, then flip and repeat
7. For a higher desired doneness, transfer the pan to a 400 dF oven, and cook to a desired internal temperature, no higher than 145 dF



**Instructions:**

1. Cook Lentils in simmering water for about 25 minutes, or until tender
2. Cool Lentils
3. Whisk together Olive Oil, Red Wine Vinegar, Mint, and Garlic
4. Combine the remaining ingredients
5. Toss with dressing and chill

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**Instructions:**

1. Toast Walnuts in a 350 dF oven for 10 minutes
2. Add all ingredients except the Oil, Salt, and Pepper to the food processor
3. Mince Garlic
4. With the food processor running, add half the Oil, and slowly add the remaining until the desired consistency
5. Season to taste with Salt and Black Pepper, keeping in mind Arugula is bitter and the salt will counteract it
6. Refrigerate

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