

Recipes

Healthy & Delicious



Halibut Steak with Pineapple Salsa

4 Halibut Steaks
Extra Virgin Olive Oil
Salt Free Seafood Seasoning (I like Trader Joe's.)

Pineapple Salsa

1 c. diced pineapple
2 t. lime juice
1 t. minced garlic (or 1 clove)
1 T. chopped red onion
2 T. diced cilantro
1 t. diced jalapeño
1/2 c. diced cucumber (optional)

Spray halibut steaks w/ a little EVOO. Top with salt free seafood seasoning. Broil or grill for 4 minutes until fish flakes easily. Top with fresh pineapple salsa.

Green Beans with Tomato, Shitake and Basil

Fresh Green Beans
Grape Tomatoes
Shitake Mushrooms, coarsely chopped
Fresh Basil
Toasted Sesame Oil

Boil Green Beans for 3 min. Drain. Add 1 T. toasted sesame oil, mushrooms, tomatoes and basil. Sauté over Med. high heat for 1 min. and serve.

Greek Yogurt Dessert

1/2 c. Greek style yogurt (we use the 2% fat)
Lemon zest
1 T. honey
4 whole pecans
Mint leaves

Top yogurt w/ lemon zest, honey, pecans and mint leaves. Enjoy!

Smoked Salmon Crisps

4 Wasa Crackers
1/4 c. Greek yogurt
1 T. grated horseradish (not horseradish cream)
4 oz. Smoked Salmon (thinly sliced)
Red onion, thinly sliced
Capers

Mix yogurt and horseradish and spread evenly on Wasa crackers. Top with 1 oz. smoked salmon, red onion slices and capers. Makes a great snack!