

Baked Salmon, Chef Sivan Drost



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LIVE

Ingredients

- 1 lb wild salmon
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon paprika
- 2 cloves garlic peeled and minced

Additional chopped fresh herbs such as basil, thyme, parsley, dill, or green onion (optional)

Instructions

- Remove the salmon from the refrigerator and let stand at room temperature for 10 minutes while you prepare the other ingredients. Heat oven to 375 degrees F. Line a large baking dish or rimmed baking sheet with aluminum foil.
- Whisk the juice from one lemon with the salt, pepper, paprika and garlic. Drizzle over the salmon and rub to coat evenly. Slice the other lemon into thin slices and lay them on top of the fillet.
- Bake the salmon for 15-20 minutes, until the salmon is almost completely cooked through at the thickest part. The cooking time will vary based on the thickness of your salmon. If your fillet is thinner (around 1-inch thick) check several minutes early to ensure your salmon does not overcook. If your piece is very thick (1 1/2 inches or more), it may need longer.

To serve, cut the salmon into portions. Sprinkle with additional fresh herbs or top with an extra squeeze of lemon as desired.

Roasted Broccoli, Chef Sivan Drost

Ingredients

- 1 pound broccoli florets
- 3 tablespoons extra virgin olive oil
- 2 teaspoons paprika
- 2-3 garlic cloves, minced
- Salt
- Black pepper

Instructions

- Preheat oven to 425°F
- Toss broccoli in a bowl with olive oil, paprika, salt & pepper
- Arrange florets in a single layer on baking sheet lined with parchment
- Roast at 425°F for 16-20 minutes until cooked through (check by poking with a fork, should be fork tender) and lightly browned. The browned bits are the best! So don't worry if you see some charring.

Balsamic Carrots, Chef Sivan Drost



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Ingredients

- 2 tablespoons balsamic vinegar
- ½ teaspoon cumin
- 2 tablespoons olive oil, divided
- 1 lb. carrots, peeled
- ¼ teaspoon salt
- ¼ teaspoon pepper

Instructions

- Preheat oven to 400 degrees F. Whisk vinegar, spices and 1 tablespoon oil in a small bowl; set aside
- Combine carrots with the spices, and oil
- Roast the carrots until starting to brown and almost tender but not completely cooked through, 16 to 18 minutes. Drizzle the balsamic mixture over the carrots, and, using a spatula, toss to coat completely. Continue roasting until the carrots are tender and glazed, about 5 minutes more

Arugula & Sweet Potato Salad, Chef Sivan Drost

- 3 cups diced sweet potato, cut into 1"-inch cubes
- 3 tablespoons olive oil, divided, 2 & 1
- Kosher salt
- Black pepper
- ¼ teaspoon cinnamon
- 1 tablespoon balsamic vinegar
- 1 tablespoon lemon juice
- Salt and pepper
- 5 ounces baby arugula
- 1 cup cubed avocado
- ¼ cup chopped nuts or seeds of choice
- ¼ cup crumbled feta cheese

Instructions

- Preheat the oven to 400 degrees. Toss sweet potato cubes in a bowl with 2 Tbs olive oil, salt, pepper & cinnamon. Spread the potatoes in an even layer on a baking sheet lined with parchment. Roast the potatoes for 20 to 25 minutes, or until they are fork tender. Remove them from the oven and cool them in the pan while you prepare the rest of the salad.
- In a small bowl, whisk the balsamic, and lemon juice with 1 tablespoons of olive oil until combined. Season the dressing with a generous pinch of salt and a pinch of pepper.
- In a large bowl, toss the arugula, avocado, and potatoes together. Add the dressing to the bowl and gently toss it with the greens until they are evenly coated. Divide the salad between two plates and garnish with the nuts/seeds and feta cheese.