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## Dinner


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# Sheet Pan Salmon & Asparagus with Potatoes

Lecremedela Crumb

 4 serving

 50 minutes

## INGREDIENTS

4 salmon fillets

1 pound asparagus - ends trimmed

2 pounds baby red or gold potatoes - quartered

3 tablespoons olive oil

salt and pepper to taste

2 teaspoons Italian herb blend - see note

1 teaspoon garlic powder

2 tablespoons butter - melted

2 tablespoons honey

1 teaspoon dijon mustard

½ teaspoon Italian herb blend

½ lemon - thinly sliced



## INSTRUCTIONS

1. Preheat oven to 400 degrees. Toss potatoes with 2 tablespoons olive oil, salt and pepper to taste, garlic powder, and 2 teaspoons Italian herb blend. Arrange on a large sheet pan and bake in preheated oven for 10 minutes.
2. Arrange salmon fillets and asparagus on the sheet pan. Whisk together melted butter, honey, dijon mustard, and 1/2 teaspoon remaining Italian herb blend. Brush onto salmon fillets.
3. Drizzle asparagus with remaining 1 tablespoon olive oil, season with salt and pepper to taste and place lemon slices between the asparagus spears.
4. Bake for 15 minutes until asparagus and potatoes are fork-tender and salmon is cooked through. Serve immediately.

### NUTRITIONAL INFORMATION

Calories 500

Fat 22g

Protein 41g

Sugars 13g

Carbohydrates: 54g

# Spicy Fish Taco

Modern Proper



6 servings



40 minutes

## INGREDIENTS

1 lb white fish (halibut or tilapia)

1/2 cup Tony's Creole Style Seafood Marinade

1 tbsp canola oil

1 cup panko

Slaw

- 1 cup mayonnaise
- 1/4 cup fresh squeezed lime juice
- 1 tbsp Tony's Original Creole Seasoning
- 2 cups shredded cabbage
- 1 jalapeno, seeded and diced
- 1/4 cup fresh cilantro, minced
- 1/4 cup green onions, minced

Toppings

- tortillas
- avocado
- lime
- cilantro
- green onions



## INSTRUCTIONS

1. Cut halibut into 2-3" pieces. In a medium-sized bowl, toss fish with Tony's Creole Style Seafood Marinade. Refrigerate for 30 minutes.
2. In a small bowl combine mayo, lime and Tony's Original Creole Seasoning. Mix until smooth.
3. In a medium-sized bowl, toss together cabbage, jalapeños, cilantro, onions and 1/2 of the spicy mayo dressing. Set aside.
4. Preheat oven to 375°F
5. In a large bowl, mix together 1 tbsp Tony's Original Creole Seasoning with 1 cup of panko. Working in small batches, dip the marinated fish into the panko mixture until coated and arrange on a large rimmed baking sheet. Continue with remaining fish. Bake on center rack for 10 minutes.
6. Serve a few chunks of the fish on warm tortillas along with a pile of slaw, avocado, fresh cilantro and a drizzle of the remaining spicy mayo.

### NUTRITIONAL INFORMATION

Calories 358

Fat 31g

Protein 15g

Sugars 2g

Carbohydrates: 11g

# Bang Bang Shrimp Pasta

Modern Proper



6 serving



25 minutes

## INGREDIENTS

12 oz pasta (fettuccine or spaghetti), cooked al dente according to package directions

2 Tbsp coconut oil or butter

1 lb medium shrimp, peeled and deveined, about 30

1 cup heavy whipping cream

¾ cup Thai sweet chili sauce

1 Tbsp garlic, minced

1 Tbsp fresh ginger, minced

1-2 tsp Sriracha sauce

½ tsp salt

1 Tbsp lime juice

Crushed peanuts, optional for serving

Toasted coconut, optional for serving

Green onions, thinly sliced optional for serving



## INSTRUCTIONS

1. Bring a large pot of salted water to a boil and cook pasta al dente according to the pasta package.
2. In a large skillet set over medium-heat, melt the coconut oil or butter. Add shrimp and cook about 1 to 2 minutes per side, or until just cooked through. They will turn from grey to pink. Do not over cook. Set the cooked shrimp aside onto a plate.
3. Add the whipping cream, Thai chili sauce, garlic, ginger, Sriracha and salt to the skillet and whisk until fully combined. Bring to a boil then reduce the heat to keep a heavy simmer until the sauce has thickened slightly, about 5 minutes.
4. Drain the pasta and add it to the pan with the sauce.
5. Add the shrimp to the pan and drizzle it with the lime juice. Toss it all together and serve topped with peanuts, coconut flakes and green onions.

### NUTRITIONAL INFORMATION

Calories 493

Fat 18g

Protein 17g

Sugars 17g

Carbohydrates: 63g

# Moroccan Salmon w/ Quinoa Salad

Feasting At Home



2 serving



20 minutes

## INGREDIENTS

2 (thick) salmon filets 4- 6 ounces each

½ teaspoon cinnamon

½ teaspoon cumin

½ teaspoon salt

¾ teaspoon sugar (or brown sugar)

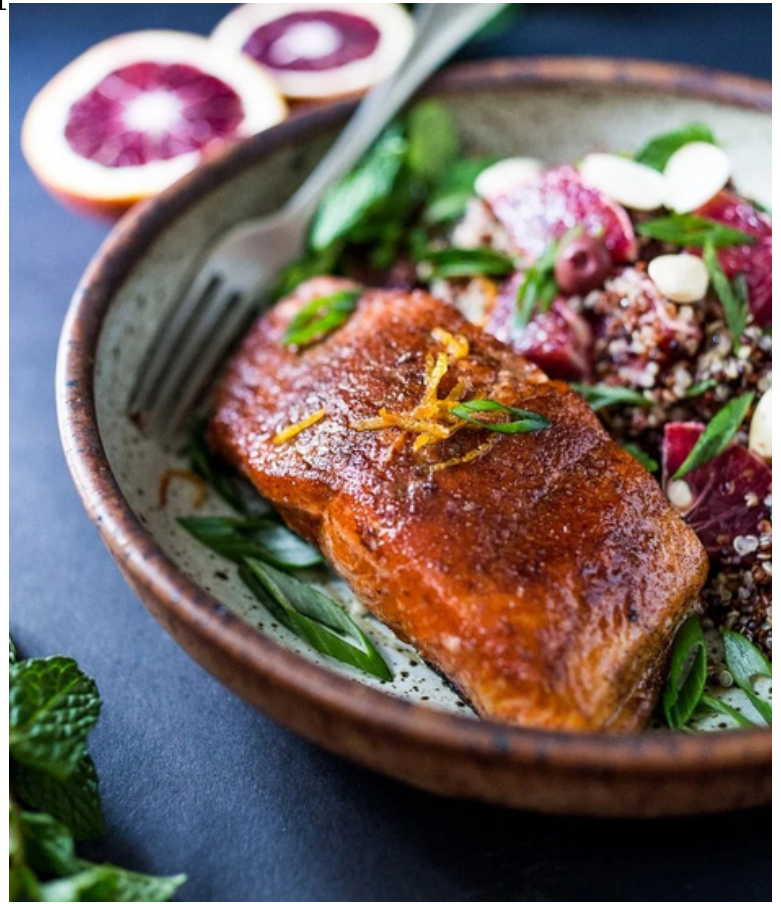
pinch cayenne or smoked paprika

1 tablespoon oil for searing

Garnish- orange zest

### Salad

- 1 cup rinsed quinoa
- 1 ¾ cups water
- pinch salt
- 2 green onions, sliced diagonally
- ¼ cup thinly sliced Kalamata olives
- 3 blood oranges- divided (or regular oranges)
- ¼ cup olive oil
- 1 tablespoon red wine vinegar (optional)
- 1 teaspoon honey, maple or sugar
- cracked pepper and salt to taste
- ¼ cup toasted slivered almonds
- 12 fresh mint leaves, torn



## INSTRUCTIONS

1. Preheat oven to 350F
2. Salad: Bring quinoa and water and pinch salt to a boil in a medium pot on the stove. Once boiling, cover and lower heat to low and cook 15 minutes.
  - a. In a medium bowl, add sliced green onions, sliced olives, and 2 oranges.
  - b. When quinoa is done, fluff with a fork and toss in the bowl with the oranges. Dress with 3-4 tablespoons olive oil, the zest and juice of the remaining orange and 1 teaspoon honey. Stir and taste. Add salt and pepper to taste.
  - c. Scatter with toasted slivered almonds and fresh torn mint leaves. Serve this warm, room temp or chilled.
3. In a small bowl, combine cinnamon, cumin, salt, sugar and cayenne.
4. Sprinkle over both sides of the salmon.
5. Heat oil in an oven-proof skillet (cast iron) over medium-high heat. Sear salmon on both sides 2 minutes on each side then place in the warm oven to finish for 5 minutes or to desired doneness.
6. Garnish with orange zest

### NUTRITIONAL INFORMATION

Calories 297

Fat 15.3g

Protein 38.2g

Sugars 1.7g

Carbohydrates: 3.2g

(not including salad)

# Baked Cod with Garlic & Lemon

Feasting At Home



4 serving



40 minutes

## INGREDIENTS

- 1 1/2 lbs cod – or sub black cod, halibut, sea bass... etc.
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon pepper
- 2 teaspoons fresh thyme
- zest from one lemon
- 2 tablespoons olive oil
- 1 large fennel bulb, cored and thinly sliced ( or sub celery and more asparagus)
- 1 large leek, white and light green parts, thinly sliced into half moons
- 4 cloves garlic, rough chopped
- 2 tablespoons lemon zest
- 1 tablespoons fresh thyme
- 1/2 cup chicken or veggie broth/ stock, more as needed
- 1/2 cup white wine (or sub more broth and a squeeze of lemon)
- generous pinch salt and pepper
- 1 large bunch asparagus, cut into 1–2 inch pieces, tough ends removed



## INSTRUCTIONS

1. Preheat oven 400F
2. Cut cod into 4 pieces and pat dry. Place in a bowl, drizzle with olive oil and sprinkle with salt and pepper, thyme and zest and toss to coat well. Set aside.
3. Heat 2 tablespoons olive oil over medium heat in an oven-proof skillet, cast iron skillet or dutch oven. Add fennel and saute 5-7 minutes, stirring, cooking until just tender. Add leeks and garlic and continue cooking, stirring until leeks are golden and tender. Add lemon zest, fresh thyme, broth and white wine. Stir in salt and pepper, simmer on medium-low heat until liquid has reduced by half, and fennel is nice and tender, about 5 minutes.
4. If fennel needs a bit longer, add another splash of broth and cover pan for a few minutes, letting it steam and get tender. Once fennel is tender, add the asparagus, give a stir and cook for 2 more minutes- until asparagus turns bright green. If the mixture seems dry, add another splash of broth- you want this slightly wet ( 1/4-inch liquid in the bottom of the pan).
5. Nestle in the fish in the pan, scraping out any excess marinade over the fish. Bake in the oven until fish is cooked through 10-15 minutes, depending on thickness.
6. Divide among four bowls. Top with a sprig of thyme and lemon wedge.

### NUTRITIONAL INFORMATION

Calories 266

Fat 11.5g

Protein 28.5g

Sugars 5.2g

Carbohydrates: 14.6g