

Honey Mustard Salmon with Vegetables

Ingredients

for 4 servings

- 1 yellow squash or zucchini, thinly sliced
- 1 red onion, sliced
- 1 red bell pepper, seeds removed and cut into strips
- 1 lb asparagus spears, ends trimmed & cut into 2" pieces OR 1 lb broccoli florets
- 4 6oz salmon fillets, skin removed

Honey Ginger Marinade

- ¼ cup honey
- 2 tablespoons low sodium soy sauce or tamari sauce
- 2 tablespoons fresh ginger, minced
- 2 garlic cloves, peeled & finely chopped
- Salt and pepper to taste

Preparation

Preheat the oven to 425°F.

In a small bowl, mix together the honey, soy sauce, ginger, garlic, salt, and pepper until combined. Set aside.

Place the salmon in a baking dish or pan and pour the marinade over the fish. Let it rest for 5 minutes, then turn over and marinate the other side for another 5 minutes.

On a parchment-lined baking sheet, arrange the cut vegetables in an even layer, leaving room for the salmon, and drizzle with olive oil. Season with salt and pepper.

Add the salmon fillets to the pan with the vegetables.

Bake for 15 minutes, until the salmon is cooked and the veggies have softened slightly. If you want your vegetables to be a bit more golden, remove the salmon from the tray and continue cooking for another 7 minutes or so.

Plate salmon with veggies on the side and serve.

Pork Chops, Sweet Potatoes & Apples with Raspberry Ketchup

Serves 4

INGREDIENTS

1 cup unsalted butter, melted
1 tablespoon thinly sliced fresh sage leaves
1 teaspoon salt and freshly ground pepper
2 medium sweet potatoes, rinsed and cut into large cubes
2 medium Gala apples, cored and quartered, and cut into 2" pieces
1 medium sweet onion, cut into 1-inch pieces
4 1" thick bone-in pork chops, about 2 pounds
4 cups green beans

Sauce

3 cups frozen raspberries
¼ cup honey
1 tablespoon chopped fresh shallot
1 tablespoon red wine vinegar

INSTRUCTIONS

Arrange oven racks evenly spaced in upper and lower thirds of the oven. Set one sheet pan in the oven to preheat it. Preheat the oven to 425 degrees F.

In a large bowl, mix melted butter, sage, salt and pepper. Add sweet potatoes, apples and onion; toss to coat. Using tongs or slotted spoon, transfer to pan in a single layer. Add pork chops to the bowl used for the vegetables, and toss to coat. Set seasoned pork chops aside.

Roast potatoes for 25 minutes, tossing about halfway through the cooking time.

Toss the green beans with 2 teaspoons oil and salt and pepper to taste in a large bowl. When the timer has 15 minutes remaining, remove the preheated pan from the oven and spread the green beans on one side and the pork chops on the other. Immediately transfer to the oven. Roast until an instant read thermometer inserted into the thickest part of the pork, near the bone registers 145 degrees, 16 to 19 minutes.

Meanwhile, bring raspberries, honey, shallot, vinegar and ½ teaspoon salt to a simmer in a saucepan over medium high heat, stirring often. Reduce heat and simmer until thick, 5 to 8 minutes. Strain out the seeds by pressing through a fine-mesh sieve and set aside.

Serve the pork chops, potatoes and green beans hot, drizzled with the raspberry sauce.

Chicken Fajitas in a Pan

Serves 4

- 1 pound boneless, skinless chicken breasts
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chili powder (or chipotle powder for some smokiness)
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 2 garlic cloves, peeled and sliced thin
- $\frac{3}{4}$ teaspoon salt
- 1 large red bell pepper, seeds removed and sliced into strips
- 1 large yellow bell pepper, seeds removed and sliced into strips
- 2 medium poblano pepper, seeds removed and sliced into strips
- 2 cups sliced yellow onion (about 1 large)
- 1 tablespoon lime juice

- 8 corn tortillas, warmed
- Lime wedges, cilantro, sour cream, avocado and/or pico de gallo for serving

Instructions

- Preheat the oven to 400 degrees F. Coat a large rimmed baking sheet with cooking spray.
- Measure out the dry ingredients and prepare all the vegetables.
- Cut chicken breasts in half horizontally, then slice crosswise into strips. Combine oil, chili powder (or chipotle powder), cumin, garlic powder and salt in a large bowl. Add the chicken and stir to coat with the spice mixture. Add all of the peppers and onion and stir to combine. Transfer the chicken and vegetables to the prepared baking sheet and spread in an even layer.
- Roast on the middle rack for 15 minutes. Leave the pan there and turn the broiler to high. Broil until the chicken is cooked through and the vegetables are browning in spots, about 5 minutes more. Remove from the oven. Stir in lime juice.
- Serve the chicken and vegetables in warmed tortillas accompanied by lime wedges and topped with cilantro, sour cream, avocado and/or pico de gallo, if desired.

