

Seared Scallop & Snap Pea Salad with Mint-Coriander Vinaigrette

serves 4

for the vinaigrette:

1/3 cup fresh mint leaves

1/3 cup cilantro leaves

1 lime, zested and juiced

1 tsp honey

1/2 tsp red chili flakes

1/2 cup olive oil

salt and pepper

for the salad:

olive oil

1 lb sugar snap peas, diagonally sliced

1 lb sea scallops

salt and pepper

***** Preparation ******

For the vinaigrette:

In a blender, combine all of the vinaigrette ingredients and blend smooth. Season with salt and pepper and set aside.

For the salad:

Heat a non-stick skillet over high heat. Add a drizzle of olive oil and then the sliced snap peas. Sautee for about a minute until bright green. Remove onto a serving platter and season with salt and pepper.

Pat the scallops dry and season well with salt and pepper. In the same skillet over high heat. Add olive oil to the pan. When hot, add the scallops and cook on each side until browned. Remove and place on top of the scallops.

Drizzle with vinaigrette and serve.

Grilled Salmon with Kalamata Olive & Greek Yogurt Sauce

serves 6

6 salmon fillets
salt and pepper
olive oil

for the sauce:

1 cup pitted kalamata olives, roughly chopped
1/2 cup chopped parsley
1 lemon, zested
1 cup greek yogurt
2 scallions, chopped, whites & greens

***** Preparation ******

Preheat a grill to high (or indoor grill pan).

Pat the salmon dry and season liberally with salt and pepper. Rub salmon fillets with plenty of olive oil (don't skimp!).

Place the salmon on the grill and leave alone for about 2-3 minutes or until dark grill marks have formed and salmon can be easily turned. Turn and cook salmon on the second side.

For the sauce:

In a medium bowl, stir together all of the sauce ingredients. Add a drizzle of olive oil and season with salt and pepper.

Serve the salmon hot or at room temperature with the cold yogurt sauce.

Coconut-Lime Shrimp Ceviche with Avocado and Cucumber

serves about 4 people

- 1 cup cilantro leaves
- 1 garlic clove
- 1 tsp ground cumin
- 1 tsp ground corriander
- 1/2 cup coconut milk
- 1/2 jalapeno, seeded
- 1 limes, juiced
- salt and pepper
- 1 lb frozen cooked shrimp, defrosted, patted dry, tails removed
- 1 large avocado, firm, cut into small pieces
- 1 english cucumbers, sliced into thick, diagonal coins

***** Preparation ******

In a blender, combine the cilantro, garlic, jalapeno, cumin, corriander, coconut milk, lime juice and salt and pepper. Blend until smooth.

Chop the shrimp finely and toss with the coconut milk mixture. Gently fold in the avocado pieces.

Serve with cucumber coins for scooping.



Whole Wheat Farfalle with Smoked Salmon, Peas, Lemon and Dill

serves 3-4

1 lb whole wheat farfalle
3 scallions, thinly sliced, green & white part
2 tbl chopped dill
1-2 lemon, zested and juiced
1 cup peas
6 oz smoked salmon, chopped
salt and pepper
olive oil

***** Preparation ******

Bring a large pot of water to a rolling boil. Add a small handful of salt. Add the pasta to the water and stir. Cook according to package instructions. Drain, rinse lightly and set aside.

In a large bowl, combine the scallions, dill, peas, zest and juice of 1 lemon, chopped salmon and pasta. Toss with a little olive oil, salt and pepper. Taste and add more lemon as needed.