

PARMESAN LEMON CRUSTED SALMON CAKES



SERVING SIZE
2 cakes



YIELD
2 servings



METHOD
Sauté & Bake

2 Tbsp Olive Oil
3 Tbsp Celery, finely diced
3 Tbsp Red Pepper, finely diced
3 Tbsp Red Onions, finely diced
2 X 6 oz Cans Skinless, Boneless Red Salmon, drained
1 Egg
2 Tbsp Mayonnaise
2 Tbsp Dijon Mustard
3 Tbsp Lemon Juice
3 Tbsp Parmesan Cheese, Grated
¼ Cup Panko Breadcrumbs
Pinch Salt & Pepper
1 Tbsp Cholula Hot Sauce
2 Tbsp Fresh Basil, chopped

1. In a small sauté pan heat olive oil.
2. In oil lightly sauté celery, peppers and onions. Set on side.
3. In a medium mixing bowl, combine remaining ingredients. Mix well to bind together.
4. Shape mixture into small patties. Set aside.

LEMON PARMESAN MIXTURE



SERVING SIZE
1/4 cup



YIELD
2 servings



METHOD
Mix & Bake

2 Tbsp Olive Oil
1 Tbsp Lemon Zest
¼ Cup Parmesan Cheese
¼ Cup Panko
2 Tsp Course Black Pepper

1. Combine all ingredients on a plate (except the olive oil).
2. Place patties in the lemon parmesan mixture and coat on both sides.
3. Brown patties in hot oil until the outsides are evenly browned.
4. Place salmon patties in oven for about 5 minutes at 350 degrees until patties are cooked through.
5. Set on the side before serving

TROPICAL FRUIT CHUTNEY



SERVING SIZE
2 skewers



YIELD
2 servings



METHOD
Sautee & Bake

½ Cup Cantaloupe, diced small
½ Cup Honeydew, diced small
¼ Cup Red Onion, diced small
¼ Cup Tomatoes, diced small
½ Cup Pineapple, diced small
¼ Mango Puree
2 oz Olive Oil
2 oz Lemon Juice
1 Tbsp Honey
2 Tbsp Fresh Cilantro, chopped
Salt & Pepper to taste

1. In a small bowl, combine all ingredients.
2. Season to taste.
3. Serve over Salmon Cakes.

ROASTED PANKO CAULIFLOWER



SERVING SIZE
1/2 cup



YIELD
2 servings



METHOD
Mix & Roast

½ lb Cauliflower, blanched
1 ½ Tbsp Garlic, minced
3 Tbsp Olive Oil
¼ cup Panko Breadcrumbs
¼ cup grated parmesan cheese
1 Tbsp Fresh Parsley, chopped

1. Preheat oven to 400 degrees.
2. Toss cauliflower with garlic in olive oil.
3. Add panko, parmesan and parsley and toss to coat.
4. Place on a sheet pan and roast in oven for 7 minutes until golden.
5. Remove from oven and serve