



Seared Salmon with Watercress and Orzo Salad

Seared Salmon

ingredients

- 1 lb. Salmon Fillets - *cut into 4 portions*
- 2 tbsp Olive Oil
- ½ tsp Salt
- ¼ tsp Pepper
- 1 lemon - *optional*

directions

1. You may remove the skin if desired. Season salmon fillets with salt and pepper.
2. In a sauté pan over medium-high heat, heat 2 tbsp olive oil and add salmon fillets. Cook for 2-3 minutes - until golden brown.
3. Turn fillets over and continue cooking for about 4 to 5 minutes until an internal temperature reaches 145F. Serve with lemon wedges if desired.

Watercress & Orzo Salad

ingredients

- 1 bunch Watercress – *stems removed*
- 1 cup Orzo – *uncooked*
- 2 tbsp Fresh Dill - *chopped*
- 1 Red Bell Pepper – *diced small*
- 1 cup Grape Tomatoes – *cut in half*
- ½ cup Olive Oil
- 3 tbsp Red Wine Vinegar
- 1 tsp Lemon Juice
- 1 tsp Dijon Mustard
- ½ tsp Salt
- ½ tsp Pepper

directions

1. In a stockpot over high heat, bring 1-2 pints of water to boil. Add orzo. Stir. Return to a boil.
2. Boil until al dente, 8 to 10 minutes. Drain. Rinse with cold water. Drain.
3. Prepare vinaigrette. In a bowl, combine olive oil, red wine vinegar, lemon juice, Dijon mustard, salt and pepper and mix well.
4. Combine the orzo, olive oil mixture and remaining ingredients and taste for salt and pepper if needed.
5. Cover and chill.





PREP TIME: 10 MIN.



COOK TIME: 20 MIN.



Rice Pudding with Strawberry and Rhubarb Compote

Rice Pudding

ingredients

- 4 cups Oat Milk – *you may also use Soy or Almond*
- 1 cup Basmati Rice
- ¼ cup Agave Syrup or Maple Syrup
- 2 tsp Vanilla Extract
- ½ tsp Ground Cinnamon
- ¼ tsp Nutmeg

directions

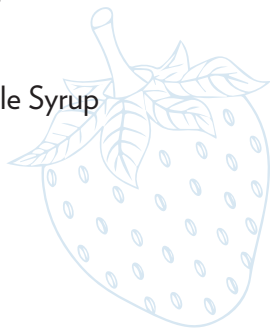
1. In stockpot over medium heat, bring rice, syrup, vanilla, cinnamon, and nutmeg to a simmer. Reduce heat to low.
2. Stirring occasionally, cook, until mixture is thickened, about 18 – 20 minutes.



Strawberry & Rhubarb Compote

ingredients

- 1 tbsp Smart Balance Butter
- 1 ½ cup Rhubarb – *chopped*
- ½ cup Strawberries – *sliced*
- ¼ cup Agave Syrup or maple Syrup
- 1 tsp Vanilla Extract



directions

1. Combine all ingredients into a saucepan. Bring mixture to simmer and cook until thickened – about 10 -12 minutes.
2. Once finished, add the mix on top of the cooked rice pudding and chill before serving.

