



The objective for today's workshop is to demonstrate and share a few healthy recipes. I have selected a few recipes that can be made easily and is great for a lower calorie diet.



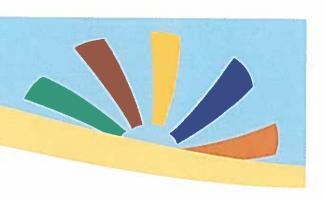
Menu of the Day

Appetizer: Butternut Squash Soup

Main Course: Seared Atlantic Salmon

Sides:

- Roasted Butternut Squash
- Toasted Almonds
- Arugula
- Tomato Coulis
- Vinaigrette





Butternut Squash Soup

Nutrition per serving: 80 calories, 2.5 g fat, 12 g total carbohydrates, 3g protein, 330 mg Sodium, 10 mg Cholesterol

2 1/2 tsp minced ginger

2 tbsp. White Wine 🛨

1 3/4 oz Diced Onion

1 3/4 oz Diced Celery

1 tsp Minced Garlic

1 1/4 pt Chicken Stock

2 1/4 lb Butternut Squash

1/3 cup Nonfat Plain Yogurt

3 tbsp Heavy Cream

1 tsp Kosher Salt

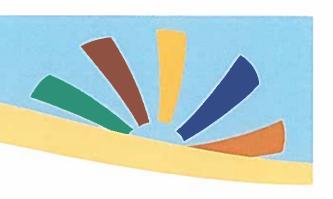
1/4 tsp Ground White Pepper

Garnish—2 tbsp Chopped Chives

Ingredients: yields 2 ats

Steps:

- 1.) Steep the Ginger in Wine for 30 minutes. Strain and Discard Ginger
- 2.) In a soup pot, sweat the Onions, Celery, and Garlic in a small amount of Stock until Translucent. Add the remain stock and Squash. Simmer until the squash is tender. Puree the soup using a immersion blender.
- 3.) Add the ginger infusion, yogurt, cream, salt and pepper.
- 4.) To service, portion the soup into a warmed bowl using a 60z ladle. Garnish the soup with chives.





Seared Atlantic Salmon

Nutrition per serving: 411 calories, 20 g fat, 32 g total carbohydrates, 26 g Protein, 509 mg Sodium, 60 mg Cholesterol

2.25 lb Salmon Filet
1 tsp kosher Salt
1/2 Tsp Ground Black Pepper
1 tbsp Chopped Chives
10 tsp chopped parsley
10 tsp Chopper Chervil

10 fl oz Yellow Tomato Coulis4.5 oz Arugula Salad.4 oz halved Cherry Tomato

Ingredients: yields 10

Steps:

- 1.) Portion the Salmon into 3.5 oz portions. Season with Salt and Pepper.
- 2.) Heat a large Saute Pan, Sear the Salmon on 1 side, flip, and finish in a 325F oven. 8-9 minutes (convection) 11 minutes (standard)
- 3.) For each portion 4.5 oz portions of Salad on a warm plate. Sprinkle the chopped herbs on the salad and place a portion of the salmon on top of Salad. Pour 2 tbsp of coulis around the salmon and garnish with cherry tomatoes.





Vinaigrette

Ingredients:

1 tosp Dijon Mustard

1.5 fl oz Fresh Lemonatuice

3/4 oz Honey

4 TBSP EVOO

1/2 Tsp Kosher Salt

1/4 tsp Black pepper

1/4 tsp Ground Black Pepper

Steps:

- 1.) Portion the Salmon into 3.5 oz portions, Season with Salt and Pepper.
- 2.) Heat a large Saute Pan, Sear the Salmon on 1 side, flip, and finish in a 325F oven. 8-9 minutes (convection) 11 minutes (standard)
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Roasted Butternut Squash

Ingredients:

1.5 # Diced Butternut Squash

3 tbsp. EVOO

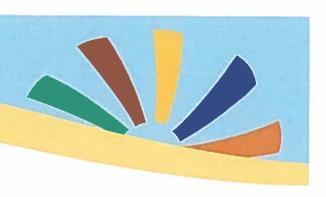


1.5 tsp Kosher Salt

1 tsp Ground Black Pepper

Steps:

- 1...) Preheat oven to 425F
- 2.) Toss Butternut Squash with EVOO, Salt, and Pepper
- 3.) Placed Mixture on top of a lined sheet pan.
- 4.) Bake until tender
- 5.) Let cool until chilled
- 6.) Toss with other components to make the Arugula Salad





Toasted Almonds Ingredients:

2 Cups Slivered Almonds
1 tbsp EVOO
1 tsp Salt

Steps:

- 1.) Preheat oven to 350F
- 2.) Toss Almonds with EVOO, Salt, and Pepper
- 3.) Place Mixture on top of a lined sheet pan spread evenly
- 4.) Bake until Lightly toast 5-7 minutes
- 5.) Let cool until chilled
- 6.) Toss with other components to make the Arugula Salad





Tomato Coulis *Ingredients:*

1/2 fl oz Olive Oil
13 oz Minced Onionsk
2 tsp Minced Garlic
3 # Quartered Tomato
1 tsp Kosher Salt
1.5 tsp Honey
3 Bay Leaves
3/4 Tabasco Sauce

Steps:

1.) Heat Oil in a large Skillet. Add the Onions and Garlic and sweat until the onions are Translucent. Add the remainder of the coulis ingfredients and simmer until the mixture is dry, about 30 minutes. Puree the mixture until smooth. Strain through a large holed sieve.