



MASSACHUSETTS

WORKING *on* WELLNESS

Partnering for a healthy workforce

Thank You For Coming Today!

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

Working on Wellness is a program of the Massachusetts Department of Public Health, developed and managed in partnership with Health Resources in Action and Advancing Wellness. Funding is provided by the Prevention and Wellness Trust Fund as established by Chapter 224 of the Acts of 2012. SBRSD received a WoW grant for 2017.



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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 qts

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 6oz-ladle. Garnish the soup with chives.

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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 Coulis

4.5 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.

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Vinaigrette

Ingredients:

- 1 tbsp Dijon Mustard
- 1.5 fl oz Fresh Lemon Juice
- 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)
- 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.

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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

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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

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Tomato Coulis

Ingredients:

- 1/2 fl oz Olive Oil
- 13 oz Minced Onions*
- 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 ingredients and simmer until the mixture is dry, about 30 minutes. Puree the mixture until smooth. Strain through a large holed sieve.

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