

Sun Salutation Greek Yogurt, Marinated Fresh Berries, and Honey Pecans

Serves 4

Chef Tom Fiammetta

Eurest Mid-Atlantic Regional Chef

Recipe Ingredients

Pecans, Chopped	¼ cup
Kosher Salt	1/8 tsp
Honey	1 tsp
Granulated Sugar	2 tsp
Lemon Zest	¼ tsp
Lime Zest	¼ tsp
Fresh-squeezed lemon and lime juice	¼ each
Water	¼ cup
Pure Vanilla Extract	1/8 tsp
Strawberries, Capped and Halved	2 oz
Blueberries	2 oz
Raspberries	2 oz
Mint Sprig	4 each
Greek Yogurt, Plain, Fat-free	2 cups

Cooking Equipment



Large Bowl



Medium Skillet



Cutting Board
and Knife



Mixing Spoon



Measuring
Spoons and
Cups

Steps

1. Toast the pecans by heating sauté pan over medium heat and adding pecans to the hot pan. Gently toss for 2-4 minutes or until fragrant. Remove from heat and stir in honey. Toss to coat and sprinkle with salt. Set aside and break clumps apart once cooled.
2. In a saucepan, combine the sugar, water, zest, citrus juices, and vanilla. Simmer gently for 5 minutes or until sugar is dissolved and looks syrupy. Place berries in a large bowl and pour warm syrup over the fruit. Toss gently. Marinate in refrigerator for 30 minutes.
3. For each portion, place ½ cup yogurt in bottom of a bowl. Top with ¼ cup marinated berries and sprinkle with 2 tablespoons of pecans. Garnish with a mint sprig.

Namaste Wild Salmon with Arugula Farro Apple Salad

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Recipe Ingredients

Canola Oil	½ teaspoon
Wild Salmon Filets	(4) 4-oz. filets
Farro, Cooked	1 ¼ cup
Granny Smith Apples, Cored, Diced	2 cups
Cilantro, Fresh, Chopped	3 Tablespoons
Jalapeño, Fresh, Seeded, Diced	1 ¼ teaspoon
Red Onion, Thinly Sliced	¼ cup
Ground Cumin	1 teaspoon
Fresh Lime Juice	1 Tablespoon
Ground Black Pepper	½ teaspoon
Arugula	1 cup



Cooking Equipment



Large Bowl



Medium Skillet



Cutting Board and Knife



Mixing Spoon



Measuring Spoons and Cups

Steps

1. Rub salmon filets with canola oil and cook in skillet on medium-high heat for 5-7 minutes each side or until internal temp reaches 145F. Set aside.
2. Prepare farro according to package directions. Set aside to cool.
3. In a large bowl, combine farro, apples, cilantro, jalapeno, onion, arugula, lime juice, cumin, and black pepper. Mix gently to combine.
4. Portion 1 ½ cups farro arugula salad into individual plates and top with cooked salmon. Serve.