**Immunity Booster Salad**

yield: 4 salads  |  portions: 8 oz salad + 4 oz salmon

### Ingredients

- **4 oz cubed** Watermelon
- **4 oz halved** Cherry tomatoes
- **4 oz** Chickpeas
- **4 oz 1/2" cubes** Avocado
- **4 oz 1/2" cubes** Cucumbers
- **4 oz 1/2" cubes** Sweet potato, roasted
- **4 oz 1/2" pieces** Asparagus
- **4 oz** Pumpkin seeds, toasted
- **4 oz portions** Salmon, skin off
- **2 oz** Greek yogurt
- **4 oz** Strawberries
- **1 oz** Fresh mint, chiffonade
- **1/2 oz** Fresh basil, chopped
- **4 oz** Pickled garlic, ginger & vinegar
- **2 oz** Olive oil
- **1 tsp** Kosher salt
- **1 tsp** Black pepper, ground

### Preparation

1. Cut sweet potato into 1/2 inch cubes, toss in olive oil, salt and pepper, and roast in a 450° F oven for 12 minutes. Remove and cool.

2. Blend the yogurt with 4 ounces of strawberries, 1 ounce of apple cider vinegar from the pickled garlic, 1/2 teaspoon of pickled ginger and garlic, and salt and pepper to taste. Set aside.

3. Cut the tomatoes in half, place on a sheet pan cut side up, drizzle with olive oil, sprinkle chopped basil and salt, and bake at 450° F for 8-10 minutes. Remove and cool.

4. Heat saute pan, add oil, and saute asparagus over medium heat for 2 minutes keeping asparagus with a firm texture and a bright green color.

5. Pan sear salmon until golden brown, finishing it in the oven until internal temperature of 145° F is reached.

6. Dice cucumbers, watermelon, and avocado into 1/2 inch cubes and place in a bowl along with sauteed asparagus, roasted sweet potatoes, drained and rinsed chickpeas, and oven-roasted tomatoes.

7. Finely chop 1 teaspoon of pickled ginger, garlic, and chilies (optional), chiffonade of mint and add to mixing bowl with 1 teaspoon of oil, 1 tablespoon of pickling vinegar, salt and pepper, and mix gently together. Plate 8 ounces of the mixed salad in the center of a bowl.

8. Place pan-seared salmon on top of the salad in the bowl, drizzle with the strawberry yogurt sauce, and garnish with a sprig of mint.
Pickled Garlic & Ginger

yield: 2 cups | portions: 8 - 2 oz

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 oz</td>
<td>Organic apple cider vinegar</td>
</tr>
<tr>
<td>4 oz</td>
<td>Whole garlic, peeled</td>
</tr>
<tr>
<td>4 oz</td>
<td>Fresh ginger, peeled</td>
</tr>
<tr>
<td>4 oz</td>
<td>Fresh serrano chilies, 1/2&quot; cubes</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Salt</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Sugar</td>
</tr>
</tbody>
</table>

Preparation

1. Combine vinegar, salt, and sugar in a saucepot and bring to a boil.
2. Cut chilies lengthwise.
3. Layer the garlic, 1 inch ginger pieces, and the chilies in a sealable bottle or glass container.
4. When the vinegar mixture has cooled a little, pour over garlic and ginger to cover by at least 1 inch.
5. When cooled, seal and refrigerate for up to 1 week.