



Immunity Booster Salad

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

Ingredients

	4 oz <i>cubed</i>	Watermelon
	4 oz <i>halved</i>	Cherry tomatoes
	4 oz	Chickpeas
	4 oz <i>1/2" cubes</i>	Avocado
	4 oz <i>1/2" cubes</i>	Cucumbers
	4 oz <i>1/2" cubes</i>	Sweet potato, roasted
	4 oz <i>1/2" pieces</i>	Asparagus
	4 oz	Pumpkin seeds, toasted
	4 oz <i>portions</i>	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



4 oz **Organic apple cider vinegar**



4 oz **Whole garlic, *peeled***
halved



4 oz **Fresh ginger, *peeled***



4 oz **Fresh serrano chilies**
1/2" cubes



1 tsp **Salt**



1 tsp **Sugar**

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.