

Salmon and Kale Frittata

yield: 8 servings

Ingredients

½ tsp	Oil
1 ½ cups	Kale, <i>chopped</i>
5	Eggs
½ cup	Heavy Whipping Cream
½ cup	1% Milk
1 tbsp	Dijon Mustard
¼ tsp	Ground Nutmeg
¼ tsp	Kosher Salt
¼ tsp	Ground Black Pepper
½ oz	Fresh Tarragon Leaves, <i>chopped</i>
1 oz	Green Onions, <i>chopped</i>
6 oz	Atlantic Salmon, <i>skinless, flaked</i>
3 oz	White Cheddar Cheese, <i>shredded</i>
½ cup	Parmesan Cheese, <i>grated</i>

Preparation

- 1** Heat oil in large pan; add kale and cook until wilted. Set aside.
- 2** In a large bowl, beat eggs, cream, milk, mustard, and spices. Set aside.
- 3** Spray a pie pan with nonstick cooking spray. Sprinkle tarragon, green onions, salmon, cheeses, and wilted kale in the bottom of the pan.
- 4** Pour the egg mixture on top without overfilling.
- 5** Bake at 350° F for 35–40 minutes until set and golden brown and internal temperature reaches 160° F.

Salad with Orange Turmeric Sauce

yield: 8 servings

Ingredients

¼ cup	80/20 Blend Canola/Olive Oil
1	Onion, <i>chopped</i>
2 tbsp	Garlic, <i>chopped</i>
2 tbsp	Fresh Ginger, <i>chopped</i>
1 tsp	Ground Turmeric
1 tsp	Ground Cumin
¼ cup	Apple Cider Vinegar
2 cups	Pure Orange Juice, <i>no pulp</i>
1 cup	Organic Baby Spinach
1 cup	Organic Baby Arugula
¾ cup	Blueberries
½ cup	Walnut Halves and Pieces
½ cup	Pumpkin Seeds (Pepitas), <i>no shell</i>

Preparation

- 1** Sauté onions in oil until translucent.
- 2** Add garlic and ginger and sauté for 2 minutes.
- 3** Add turmeric and cumin and sauté for 1 minute.
- 4** Deglaze the pan with apple cider vinegar; add the orange juice and simmer until reduced by half.
- 5** Purée the mixture using a stick blender or blender.
- 6** Season with salt and pepper to taste.
- 7** In a large bowl, toss the spinach and arugula with the orange sauce, reserving some for garnishing the plate.
- 8** Garnish the salad with the blueberries, walnuts, and pepitas.