



Couscous with Cranberries, Mint and Pine Nuts

Fluffy couscous with fresh herbs, toasted pine nuts and tart cranberries

Yield: 8

1-1/2 cup	Dried Cranberries
2 Tbsp	Fresh Lemon Juice
1 Tbsp	Olive Oil
1/4 tsp	Kosher Salt
2 cup	Boiling Water
2 tsp	Ground Cinnamon
1 cup	Couscous
2 Tbsp	Chopped Fresh Mint
2 Tbsp	Fresh Chopped Parsley
1/4 cup	Pine Nuts



In a large bowl, combine couscous with cinnamon, cranberries, salt, oil and lemon juice. Add boiling water, cover bowl and let everything steam for 10-15 minutes.

Toast pine nuts until golden brown; set aside until ready for use.

Separate the couscous with a fork and fold in the fresh chopped herbs and toasted pine nuts.

Chef's Note: Pine nuts are expensive nuts so be careful when toasting them. Best is to toast in a medium hot dry skillet until golden brown and do not leave them unattended. Toasted chopped pecans are a great alternative in this dish.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
218.4	3.7	42.1	5.1	0	79.6	3.3	0.5

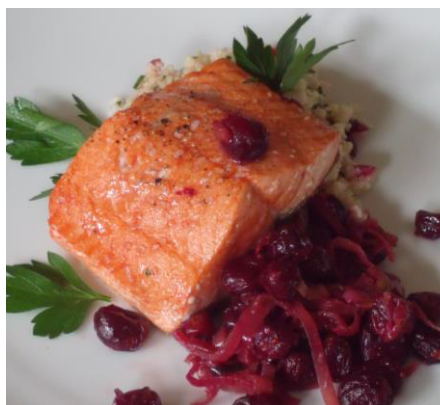


Salmon with Cranberry, Ginger and Leek

A zesty sauce with simple roasted salmon

Yield: 6

1-1/2 tsp	Olive Oil
6 oz	Sliced Leeks
10 oz	Frozen Cranberries
1/4 cup	Light Brown Sugar
1 Tbsp	Grated Ginger Root
3/4 cup	Water
6 ea ch	Wild Salmon Loin, 4 oz
1/8 tsp	Kosher Salt
<1/8 tsp	Ground Black Pepper



In a sauté pan, heat the oil and add the leeks. Sauté until softened and starting to caramelize. Add cranberries, brown sugar and ginger. Let everything simmer together for a few minutes. Add the water and let it reduce. The cranberries will make a glaze.

Pre-heat broiler. Place the fish on a baking tray and season with salt and pepper. Broil each side about 5-8 minutes until an internal temperature of 145F is reached. Serve the fish with the cranberry leek sauce.

Chef's Note: The best way to clean leeks is slice them first and then submerge and rinse in water.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
237.1	22.9	17.1	8.4	62.8	81.5	2.5	1.3