



Hazelwood – Stepping Up For Health

Smoothie

2 cups spinach

1 cup kale

1/3 cup blueberries

1/3 cup raspberries

1/3 cup strawberries

1-2 tablespoons olive oil

(optional)

¼ banana if needed to sweeten more

Fresh mint leave

Cinnamon (dash)

Spinach Salad with Raspberry Vinaigrette

Toss ingredients below in large bowl and serve cold

2-3 cups spinach

¼ cup mandarin oranges

2 fresh strawberries (sliced)

Sliced red onions to taste

¼ cup walnuts (chopped)

Classic Raspberry Dressing

Blend all ingredients below with wire whip or electric blender until mixture is smooth

¾ cups olive oil

¼ cups balsamic vinegar

¼ cup fresh raspberries

¼ teaspoon garlic (minced)

½ teaspoon of Dijon mustard

Dash of salt and pepper

Mediterranean Style Salmon

2 4oz. Salmon filets

½ cup olive oil

¼ cup diced onions

½ teaspoon garlic (minced)

White wine (optional)

Chicken base (to taste)

Salt and pepper (to taste)

Chopped basil, rosemary, or thyme (to taste)

½ cup Broccoli (bite size)

½ cup Cauliflower (bite size)

¼ cup Red-Yellow-Green Peppers (bite size)

¼ cup Kalamata olive (sliced)

½ Mushroom (sliced)

4 to 6 Cherry Tomatoes (halved)

Cooking directions

Pour olive oil and onions into skillet and heat to medium

Place salmon in skillet skin side down if you want to crisp it

Sautee salmon 4-5 minutes per side (be careful not to overcook)

Remove salmon from skillet and allow to rest

With skillet on medium heat

Add ¼ cup of olive oil to skillet with garlic

Add Chicken base (to taste)

Chopped basil, rosemary, or thyme (to taste)

Next put all your vegetables in the skillet and sauté until desired texture is reach

While sautéing Add ¼ cup of white wine (optional)

Place vegetable on plate or into bowl and place salmon atop the vegetable drizzle with olive oil and enjoy