

PORTION SIZE

RECIPE SERVES 4, 3 OZ PORTIONS



INGREDIENTS

2-1/4 OZ	WATERMELON RADISH, FRESH, SLICED 1/8"
5-1/4 OZ	RAINBOW CARROTS, FRESH, WITH TOPS (JUMBO ORANGE, PURPLE AND YELLOW)
3-1/4 OZ	HONEY CRISP APPLE
1-1/8 OZ	PUMPKIN SEEDS, HULLED
1/4 OZ	SHALLOTS, FRESH, PEELED, MINCED
1/2 EA	FRESH LIME
1-1/8 OZ	RICE WINE VINEGAR, SEASONED
2 TBSP + 3/4 TSP	CANOLA OIL
2 TBSP + 3/4 TSP	OLIVE OIL
1/4 TSP	KOSHER SALT
1/8 TSP	GROUND BLACK PEPPER

WASTE NOT RAINBOW CARROT SALAD

RECIPE BY JOE BALL, REGIONAL EXECUTIVE CHEF, CULINARY GROUP

METHOD

1. SCRUB, PEEL AND SPIRALIZE JUMBO ORANGE CARROTS.
2. SCRUB, PEEL AND SPIRALIZE PURPLE CARROTS, SAVE TOPS.
3. SCRUB, PEEL AND SPIRALIZE YELLOW CARROTS, SAVE TOPS.
4. WASH AND THINLY SLICE WATERMELON RADISH AND HONEY CRISP APPLES. RESERVE APPLE SCRAPS.
5. COVER ALL CUT FRUIT WITH COLD WATER AND RESERVE IN REFRIGERATOR WHILE YOU PREPARE THE VINAIGRETTE.
6. DRAIN ALL FRUITS AND VEGETABLES WELL. ADD PUMPKIN SEEDS.
7. ADD THE VINAIGRETTE TO THE CHOPPED FRUIT AND VEGETABLES.
8. TOSS WELL TO COMBINE. SERVE IMMEDIATELY.

VINAIGRETTE

1. IN A BLENDER, ADD APPLE SCRAPS, CARROT TOPS (WASHED AND CHOPPED), MINCED SHALLOTS, ZEST AND JUICE OF LIME, SEASONED RICE VINEGAR.
2. PUREE UNTIL SMOOTH.
3. SLOWLY DRIZZLE CANOLA AND OLIVE OILS UNTIL EMULSIFIED.
4. SEASON WITH SALT AND PEPPER.



STOP FOOD WASTE
Day 

ENERGY K(CAL)	PROTEIN (G)	CARB (G)	TOTAL FAT (G)	SATURATES (G)	CHOLESTEROL (MG)	SODIUM (G)
220	3	10	20	2.5	0	210

PORTION SIZE

RECIPE SERVES 4, 13 OZ PORTIONS



INGREDIENTS

SALMON:

1 TSP	GROUND BLACK PEPPER
1 LB	WILD ATLANTIC SALMON FILLET, FRESH
1 TBSP + 1 TSP	MINCED GARLIC, FRESH
8 EA	LEEKS, FRESH
1/4 CUP	OLIVE OIL

LEEK GREEN BROCCOLI STEM SLAW:

1/2 TSP	KOSHER SALT
1 LB	BROCCOLI, FRESH
1 CUP	SHREDDED RED CABBAGE
1 TBSP + 1 TSP	FAT FREE PLAIN GREEK YOGURT
1 TSP	APPLE CIDER VINEGAR
1 TSP	HONEY
1 TSP	OLIVE OIL
1/2 TSP	GROUND BLACK PEPPER

CRISPY BROCCOLI FLORETS:

4 EA	EGGS, FRESH, BEATEN
1/2 TSP	KOSHER SALT
1/2 TSP	GROUND BLACK PEPPER
1 CUP	ALL PURPOSE FLOUR
	CANOLA OR VEGETABLE OIL FOR FRYING

GARLIC LEEK ROASTED SALMON WITH CRISPY BROCCOLI FLORETS AND LEEK GREEN BROCCOLI STEM SLAW

RECIPE BY PETER KLEIN, DIRECTOR CULINARY DEVELOPMENT, CULINARY GROUP

METHOD

SALMON

1. MINCE THE WHITE ENDS OF THE LEEKS. ADD THEM TO A CONTAINER WITH OLIVE OIL, GARLIC AND BLACK PEPPER.
2. MARINATE SALMON IN THE MIXTURE FOR AT LEAST 20 MINUTES, REFRIGERATED.

LEEK GREEN BROCCOLI STEM SLAW

1. CUT THE STEMS OFF THE BROCCOLI. SLICE INTO LONG STRIPS. RESERVE THE FLORETS.
2. SLICE THE LEEK GREENS VERTICALLY.
3. ADD BROCCOLI STEMS, SLICED LEEK GREENS AND RED CABBAGE TO A LARGE BOWL.
4. WHISK TOGETHER GREEK YOGURT, APPLE CIDER VINEGAR, HONEY, OLIVE OIL, SALT AND PEPPER. POUR INTO THE BOWL WITH THE STEMS, LEEK GREENS AND CABBAGE.
5. TOSS TO COMBINE. COVER AND REFRIGERATE.

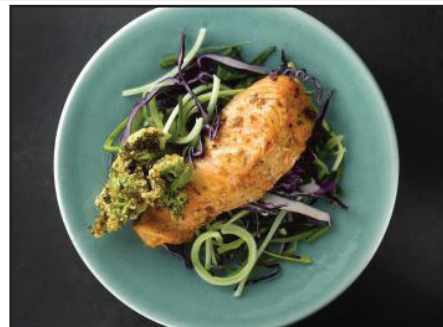
CRISPY BROCCOLI FLORETS

1. PREHEAT OIL FOR FRYING TO 325 DEGREES F.
2. IN A BOWL, TOSS FLORETS WITH SALT, PEPPER AND BEATEN EGGS UNTIL FULLY COATED.
3. ADD FLOUR. TOSS UNTIL FLORETS ARE FULLY COATED IN FLOUR.
4. FRY BROCCOLI FOR 2-5 MINS OR UNTIL BROCCOLI DEVELOPS GOLDEN COLOR.
5. REMOVE FROM FRYER AND HOLD HOT.

GARLIC LEEK SALMON

1. PREHEAT LARGE HEAVY SKILLET OVER MEDIUM HEAT.
2. PLACE MARINATED SALMON IN SKILLET AND INCREASE HEAT TO HIGH.
3. COOK FOR ABOUT 3 MINUTES ON EACH SIDE, OR UNTIL INTERNAL TEMP REACHES 145 DEGREES F.

SERVE SALMON OVER LEEK GREEN BROCCOLI STEM SLAW WITH CRISPY BROCCOLI FLORETS ON THE SIDE.



STOP FOOD WASTE
Day 

ENERGY (KCAL)	PROTEIN (G)	CARB (G)	TOTAL FAT (G)	SATURATES (G)	CHOLESTEROL (MG)	SODIUM (G)
550	35	42	27	2.5	225	620