



## Maple Salmon

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### INGREDIENTS:

Maple Syrup	1/4 cup
Soy Sauce	2 tbsp
Garlic, Minced	1 cloved
Garlic Salt	1/4 tsp
Ground Black Pepper	1/8 tsp
Salmon	1 lb

### INSTRUCTIONS

In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once. Preheat oven to 400 degrees F (200 degrees C). Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

### Nutritional Information: Makes 4 servings

<i>(per serving)</i>	<i>1 serving</i>
Calories (k/cal)	265
Fat (g)	12.4
Carbohydrates (g)	14.1
fiber (g)	0.1
Cholesterol (mg)	67
Protein (g)	23.2



## Salmon Avocado Salad

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### INGREDIENTS:

Salmon	2 6oz Fillets
Butter, Melted	1/4 cup
Salt and Pepper	To Taste
Fresh, Sliced Mushrooms	4 oz
Distilled White Vinegar	2 tbsp
Halved Grape Tomatoes	12
Olive Oil	2 tbsp
Leaf Lettuce, torn into bite-size pieces	8 oz
Avacado-peeled, pitted, cubed	1
Fresh Cilantro, Chopped	5 sprigs
Jalepeno Pepper, Chopped	1
Crumbled Feta Cheese	1 oz

### INSTRUCTIONS

Preheat the oven broiler. Line a baking sheet with aluminum foil. Place the salmon on the foil, and brush with 2 tablespoons melted butter. Season with salt and pepper. Broil 15 minutes, until fish is easily flaked with a fork. Melt the remaining butter in a skillet over medium heat, and saute the mushrooms until tender. Place the tomatoes in a bowl, and drizzle with 1 tablespoon olive oil. Season with salt and pepper. In a large bowl, toss together the salmon, mushrooms, tomatoes, lettuce, avocado, cilantro, and jalapeno. Drizzle with remaining olive oil and the vinegar. Season with salt and pepper, and sprinkle with feta cheese to serve.

### Nutritional Information: Makes 4 servings

<i>(per serving)</i>	<i>1 serving</i>
Calories (k/cal)	423
Fat (g)	35.6
Carbohydrates (g)	9.8