

### **Pineapple Matcha Smoothie**

½ c pineapple  
½ an orange, juiced  
¼ c blueberries  
2 Tbsp local honey  
2 tsp matcha powder  
½ c greek yogurt  
½ banana  
1 cup ice

Blend all in a blender until smooth.

### **Beet and Turnip Salad**

2 small beets, washed  
1 small bunch lacinato kale  
1 small turnip

¼ cup apple cider vinegar  
¾ c olive oil  
1 lemon, juiced, to taste  
2 Tbsp honey  
1 tsp poppy seeds  
Salt and pepper, as needed

Optional toppings:

Toasted quinoa  
Goat, feta or parmesan cheese

1. Wash beets.
2. Place in foil, drizzle with olive oil and salt.
3. Roast at 350 degrees until a fork is easily inserted, about 1 hour.
4. Meanwhile, wash kale and strip off of the stem. Tear or cut into bite sized pieces and place in a large mixing bowl.
5. Peel the turnip, and very carefully slice on a mandolin. Add to the kale.
6. When the beets are tender, allow to slightly cool and remove the peel by gently rubbing with a side towel. Cut into bite sized pieces. Add to kale mix.
7. In a separate bowl combine the apple cider vinegar, oil, poppy seeds, lemon juice, salt, pepper and honey.
8. Toss the kale mixture with salad dressing to taste. Top the salad with optional toppings.

### **Salmon en Papillote**

6 oz portion of salmon  
¼ head fennel  
¼ red onion  
¼ bok choy  
½ lemon, juiced  
¼ cup white wine, chardonnay preferably  
1 Tbsp local honey  
1 sprig dill  
1 tsp fennel pollen, optional

1. Slice the fennel into thin strips and place onto a sheet of parchment paper.
2. Do the same for the red onion and bok choy.
3. Squeeze the lemon over the vegetables and drizzle over the wine.
4. Top the vegetables with the salmon, skin side down if applicable.
5. Season the salmon with salt and honey. Top with the dill and fennel pollen, if using.
6. Fold the paper around the salmon and vegetables and crimp the edges to make a pouch.
7. Place the pouch on a sheet tray.
8. Cook in a preheated oven, at 350 degrees, for about 10 minutes, until the pouch is puffed and the fish is cooked through.
9. Carefully open the pouch, being mindful of the steam, and serve immediately with a starch of your choosing.