

Nutritional Corner

Simple meal for entertaining:
Barley Salad with Herbs
Salmon with Cucumber Radish Relish
Roasted Asparagus
Fresh Fruit & Sorbet

Barley Salad with Herbs

Serves 6

1 1/2 C. pearl barley (not quick cooking)
1 medium shallot finely chopped
1 TBSP Dijon mustard
1/4 C. Extra virgin olive oil
3/4 C. roughly chopped fresh herbs

Bring barley & 3 C. of water to a boil. Add 1/2 tsp. salt, reduce heat and simmer until barley is tender, about 40 min. Drain any leftover liquid and discard. Meanwhile place chopped shallots in large bowl & whisk in mustard, oil, 3/4 tsp. salt & 1/2 tsp. pepper. Stir in barley & herbs. Serve warm or at room temp. (Leftovers are great over salad greens for a simple lunch)

Salmon with Cucumber Radish Relish

Serves 6

1 side of salmon (preferably wild) skinned
1 TBSP Extra virgin olive oil
1/4 C. diced radish
1/2 C. diced English cucumber
1 TBSP. prepared horseradish
3 TBSP thinly sliced scallions (about 2)
S & P to taste

Preheat oven to 425. Place salmon on a parchment-lined baking sheet and drizzle with 2 tsp. oil. Season with S&P and roast until just cooked through and opaque around edges, 8-10 min. Meanwhile stir together radish, cucumber, horseradish, scallions and remaining oil and season to taste. Serve with salmon.

Roasted Asparagus

Serves 6

2 lbs. asparagus, trimmed
1 TBSP Extra virgin olive oil
1 TBSP unsalted butter melted (substitute your favorite healthy spread) melted
1/2 lemon, juice & zest
Preheat oven to 425. Spread asparagus on a rimmed baking sheet and drizzle with oil. Season with 1/2 tsp. salt and 1/4 tsp. pepper
Roast 18-20 min. or till tender
Arrange on serving platter drizzle with melted butter, lemon juice & zest