

Beautiful Blackberry Balsamic Dressing

- 16 ounces blackberries
- 1 cup balsamic vinegar
- ¼ cup plain low-fat yogurt
- 1 teaspoon sugar (truvia)

1. Pulse blackberries and balsamic vinegar together in a blender until smooth.
2. If you choose to, strain blackberry mixture through a fine mesh strainer into a bowl. Stir yogurt and sugar into the blackberry mixture with a whisk until smooth.

Salmon baked in foil with tomato and thyme marinade

- 25 ounces salmon fillets
- 2 teaspoons virgin olive oil
- 2 tablespoons virgin olive oil
- 3 tomatoes, chopped
- 2 shallots, chopped
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme

1. Preheat oven to 400 degrees F.
2. Sprinkle salmon fillet with 2 teaspoons olive oil, salt and pepper. Stir the tomatoes, shallots, 2 tablespoons of olive oil, lemon juice, oregano, thyme salt and pepper in a medium bowl and blend.
3. Place a salmon fillet, oiled side down, atop a sheet of foil. Wrap the ends of the foil to form a spiral shape. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed. Place the foil packet on a heavy large baking sheet. Repeat until all of the salmon have been individually wrapped in foil and placed on the baking sheet. Bake until the salmon is just cooked through, about 25 minutes. Using a large metal spatula, transfer the foil packets to plates and serve.

Light Alfredo Sauce

Servings: 4

- 1 cup evaporated milk
- ½ cup fresh parsley, chopped
- ¼ cup parmesan cheese, grated
- 4 white green onion, diced
- White pepper (optional)

In a large saucepan, bring evaporated milk to a simmer over medium heat. Stir in the parmesan cheese, green onions (white part only) and parsley. As soon as it has melted and the sauce is thick and creamy, pour over cooked zucchini or pasta. Season to taste with white pepper.

