

Parsley

Peach and Walnut Quinoa Salad

- 3 cups of cooked quinoa
- 1 cup parsley, finely chopped
- ½ cup walnuts, chopped
- 2 peaches, peeled and diced
- ½ red bell pepper diced
- 1 tbsp olive oil
- 2 tbsp lime juice
- 2 tbsp red wine vinegar
- 1/3 cup orange juice
- 2 garlic cloves, minced
- ½ tsp chili powder
- ½ tsp sea salt
- ½ tsp black pepper
- ½ cup feta cheese



Cook quinoa as directed, toss quinoa with parsley, walnuts, peaches and peppers.

In a small bowl, blend oil, lime juice red wine vinegar, orange juice, garlic, chili powder, pepper and salt. Toss with quinoa mixture. Top with feta cheese and drizzle with more red wine vinegar.

Grilled Vegetable Salad

- Asparagus
- Mushrooms
- Onions
- Zucchini
- Cherry tomatoes
- Spinach
- Parsley
- French Baggett
- ¼ cup balsamic vinegar
- ½ cup olive oil
- Minced garlic
- Minced shallot
- Dijon mustard
- S and P

Cut up vegetables, coat with olive oil and salt and pepper. Roast or grill vegetables (except spinach). Brush French Baggett with olive oil and garlic, toast. Line bowl with spinach, and torn and washed parsley. Mix vinaigrette and set aside. After the vegetables are roasted, let cool for 10 min. Cut up toasted Baggett into cubes. Add cooled vegetables and Baggett cubes to the spinach and parsley, toss with vinaigrette, let it sit to absorb a few minutes and serve

Salsa Verde and Seared Salmon

- 1 bunch Flat leaf parsley
- 1 garlic clove
- ¼ onion
- 5 tbsp white vinegar
- 5 tbsp water
- 1 tsp of coarse salt
- ½ tsp of dried thyme
- ½ tsp pepper
- ½ cup olive oil

Chop parsley and garlic in a food processor, add onion, vinegar, water, salt, thyme, black pepper then oil. Pulse till combined

Seared Salmon

Coat salmon with olive oil, and sprinkle with salt and pepper, both sides. Heat pan to smoking point and place salmon in pan skin side up. Sear for 3 to 4 minutes, flip over and sear on that side for 3-4 minutes.

Top seared salmon with the Salsa Verde.