



## *Resort Style* Retirement Condominiums

### As Seen On Breakfast Television...

Tuesday, December 1<sup>st</sup>, 2009.

Prepared by Hearthstone by the Bay's Food & Beverage Manager,  
Laura Tarver.

#### Grilled Salmon with Citrus Yogurt Sauce

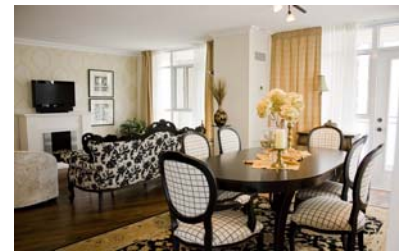
##### Ingredients

##### For salmon

- 1 (3-lb) piece salmon fillet with skin (1 inch thick at thickest part; preferably center cut)
- .5 teaspoon salt
- 1/4 teaspoon black pepper

##### For sauce

- 1 cup low-fat plain Greek yogurt or plain whole-milk yogurt
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons water
- 1 teaspoon finely grated fresh lime zest
- 1 tablespoon fresh lime juice
- 1/2 teaspoon finely grated fresh orange zest
- 1 teaspoon fresh orange juice
- 3/4 teaspoon salt
- 1/2 teaspoon honey
- Accompaniment: lime wedges



Hearthstone by the Bay model suite



Hearthstone by the Bay foyer

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## **Preparation**

Preheat grill pan with a little oil on a medium high heat.

Sprinkle fish with salt and pepper and grill for approximately 4 minutes on each side.

Whisk together all sauce ingredients in a bowl until combined.

Serve salmon with sauce.

## **Raw broccoli Salad**

- ¼ cup of coleslaw dressing
- ½ cup of shredded carrots
- ½ cup broccoli florets (mildly steamed)
- 1 cup cooked black quinoa
- .5 tablespoon red onion finely diced
- ¼ cup of cheddar cheese
- 1 tablespoon bacon crumbled
- 2 tablespoon dried cranberries
- 2 tablespoons almond slivers

Toss all ingredients together and serve.

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