CITRUS GINGER HONEY GLAZED SALMON WITH WHOLE GRAIN RICE & SUGAR SNAP PEAS

Ingredients

- 1/2 tsp. fresh ginger, peeled, grated OR raw
- 1 tsp. dried ginger
- 1 clove fresh garlic, minced OR raw
- 2 tsp. vegetable oil
- 2 tsp. low-sodium soy sauce
- 1 tsp. honey
- 2 tsp. fresh or jarred lemon juice (about ½ lemon)
- 2 Tbsp. fresh chopped basil (or 6-8 leaves
- 1 Tbsp. dried basil
- 1 lb. boneless, skinless salmon cut into 4 - 4 oz. filets
- 1 cup uncooked brown rice
- 2 cup fresh sugar snap peas
- 8 lemons, thinly sliced

Instructions

- Preheat oven to 450° F. In a large bowl, combine ginger, garlic, vegetable oil, soy sauce, honey, lemon juice and basil and add fish. Marinate in refrigerator for 10 minutes.
- Prepare rice according to instructions on package, excluding any salt or oil.
- Cut 8 pieces of aluminum foil; wide enough to fit one piece of salmon and ½ cup of snap peas.
- Remove fish from marinade and discard remaining marinade. Arrange lemon slices on top and bottom of fish filet. Place one fish filet and half of snap peas together on one piece of parchment. Cover with another piece of foil and tightly fold together top and bottom edges of foil to create a seal to the steaming pouch. Repeat for second portion. Place on baking sheet and bake for 12 minutes.
- Carefully cut open pouch and remove contents. Put salmon and snap peas over rice and serve.

BANANA SPLIT BERRY FROZEN YOGURT PARFAITS

Ingredients

- 2 6 - oz. packaged, fat-free pineapple yogurt
- 1 cup sliced strawberries
- 1 cup mixed berries
- 1 large banana
- 1 Tbsp. cocoa unsweetened
- 1 Tbsp. confectioner's sugar
- 2 tsp. hot water

Instructions

- To assemble parfaits, in small dish, layer about 1/3 cup yogurt, 1/4 cup sliced strawberries, 1/4 cup sliced bananas and sprinkle with 1 tbsp of granola.
- In small cup, stir together cocoa, confectioner's sugar and hot water until smooth. Drizzle 1 teaspoon over each parfait.

Additional Tips

Keep It Healthy: Yogurt can be a delicious, healthier substitute for ice cream or whipped cream in any recipe.

Tips:

1 Instead of fresh berries you can substitute 1 cup frozen mixed berries, thawed.
2 Substitute any flavor of nonfat yogurt you enjoy.