

Baked Salmon & Asparagus

Time: 30 Minutes

Serves: 4

Ingredients:

- 4 Open Acres Single Portion Frozen Salmon Fillets
- 1 Bunch of Asparagus
- 1 Lemon - sliced into rounds
- 1 † Mrs. Dash Garlic & Herb Seasoning
- Tin Foil



Directions:

Cut 4 squares of tin foil. Snap ends off of asparagus and place 4-6 pieces on each tin foil square. Top asparagus with one salmon fillet (thawed or frozen). Sprinkle salmon with ¼ † of seasoning and top with two lemon slices. Wrap sides of tin foil around asparagus and salmon. Bake for time indicated on salmon package. Serve with sticky brown rice!

Sticky Brown Rice

Time: 20 Minutes

Serves: 4

Adapted from allrecpies.com

Ingredients:

- 1 ¼ C Our Family Instant Brown Rice
- 1 15 oz Can Low Sodium Chicken Broth
- ½ † Dried Parsley
- ¼ † Ground Black Pepper
- ½ T Unsalted Butter
- ½ † Lemon Juice – fresh squeezed or bottled

Directions:

Combine all ingredients in a saucepan, bring to a boil and simmer for 10 minutes or until liquid is absorbed. Let stand for 5 minutes and fluff with fork before serving.

Fish Taco's with Tropical Slaw

Time: 20 Minutes

Serves: 4

Ingredients:

- 4 Open Acres Single Portion Frozen Cod Fillets - thawed
- 4 Lime's
- 1 t Mrs. Dash Southwest Chipotle Seasoning
- Olive Oil Cooking Spray
- ½ head Purple Cabbage - shredded
- 1 bunch Green Onion
- ½ bag/5 oz Shredded Carrots
- 8 oz Canned Pineapple Tidbits
- 4-8 Whole Wheat Tortilla's



Directions:

Cut limes in half squeeze into a large bowl, add fish and set aside. Thinly slice/shred cabbage and add to large mixing bowl, dice onion (greens and whites), add to bowl with cabbage along with carrots and can of pineapple. Heat pan to medium-high, spray with cooking spray, add fish, sprinkle upside of fish with ¼ t of seasoning per filet and cover for 2-3 minutes. Remove cover, flip fish, cover and cook for another 2-3 minutes. Spoon up slaw onto tortillas, top with warm fish and serve. Optional: top with cilantro and/or avocado for garnish!

Grocery List

Produce

- 1 Bunch of Asparagus
- 1 Bunch of Green Onions
- 1-2 Lemons
- 4 Limes
- 1 Head of Purple Cabbage
- 1-10 oz Bag Shredded Carrots

Dairy

- Unsalted Butter

Other

- Tin Foil

Meat/Seafood

- 1 Bag of Frozen Open Acres Salmon Filets (4 servings)
- 1 Bag of Frozen Open Acres Cod Filets (4 servings)

Herbs/Spices

- Mrs. Dash Garlic & Herb Seasoning
- Mrs. Dash Southwest Chipotle Seasoning
- Dried Parsley
- Black Pepper

Can/Jar/Box

- Our Family Instant Brown Rice
- 1- 15oz Can Low Sodium Chicken Broth
- 1- 8oz Can Pineapple Tidbits
- Olive Oil Cooking Spray

Bread

- Whole Wheat Tortilla's