



Southwestern Salmon Burgers

- 1 box frozen Member Mark Wild Salmon Burgers
- 1 lime juice for seasoning
- ½ tsp ground cumin & Chipotle Chile pepper
- Pam spray

Instructions: Season salmon burgers with ground cumin to hot pan. Cook 5-6 minutes on each side; do not overcook.

Nutrition Salmon burger: Serving size: 1 burger Calories 130; Total fat 6 g; Saturated fat 1 g; Cholesterol 45mg; Sodium 420mg; Total Carbohydrate 0g; Dietary Fiber 0g; Sugars 0g; Protein 21g

Southwestern Corn & Black Bean Salad

- 1 package frozen corn
- 1/3 cup pine nuts
- ¼ cup lime juice
- 2 tbs extra-virgin olive oil
- ¼ cup chopped fresh cilantro
- ½ tsp salt
- 2 15-ounce cans black beans, rinsed
- Large tomato diced
- ½ cup minced red onion
- 4 cups shredded red cabbage

Instructions: Microwave corn for approximately 3 minutes; let cool. Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring until fragrant and lightly browned, 2-4 minutes. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve. Make ahead tip: Cover and refrigerate up to 3 day.

Nutrition Salmon burger: Servings: 12; Serving size: 1 cup; Calories 90; Total fat 5g; Saturated fat <1 g; Cholesterol 0mg; Sodium 87mg; Total Carbohydrate 10g; Dietary Fiber 2g; Sugars 2g; Protein 3g

Peach Salsa

- 3 medium peaches, chopped
- ¼ cup chopped red onion
- 1 clove garlic, finely chopped
- 2 jalapenos, finely chopped (seeded and stems and ribs removed)
- ¼ cup chopped cilantro
- 1 lime juiced
- Dash of salt & pepper

Instructions: Combine all ingredients in a large bowl. Mix thoroughly. Make ahead: Cover and refrigerate up to 3 days. Serve chilled.

Nutrition: Serving size: 1/3 cup. Calories 20; Total fat 1 g; Sodium 20mg; Total Carbohydrate 5g; Dietary Fiber 1g; Sugars 3.5g; Protein 21g

Avocado Aioli

- ½ cup Greek yogurt
- 1 large ripe avocado, peeled & pitted
- 1 tbs fresh lime juice
- 1 clove garlic, quartered
- ¼ tsp salt
- 1/8 tsp pepper



Instructions: Add ingredients to blender jar in order listed and secure lid. Select “sauces.”

Nutritional information: Servings 8 Serving size 2 Tbsp. Calories 40; Fat 3g; Saturated fat 0g; Cholesterol 0mg Sodium 55mg; Carbohydrates 2g; Fiber 1g; Sugar 0g; Protein 1g

Mango Pineapple Sorbet

- 1 orange, peeled & halved
- 1 cup fresh pineapple chunks
- 2 tbs agave nectar (or your choice of sweeteners, to taste)
- 1-1/2 tsp fresh lime juice
- 2 cups frozen mango chunks

Instructions: Add ingredients to blender jar in order listed and secure lid. Select “ice cream” cycle or blend on a low speed for 15 seconds, then on a medium high speed for 30 seconds and serve.

Nutrition: Servings: 7; Serving size ½ cup. Calories 72; Fat 0g; Saturated fat 0g; Cholesterol 0mg; Sodium 0mg; Carbohydrates 19g; Fiber 2g; Sugar 19g; Protein 0.5g