

FLAX SEED CRUSTED SALMON WITH FENNEL AND ONION

Serves 6



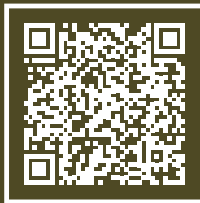
INGREDIENTS

- 1/4 lb. Fresh Fennel
- 1/2 Fresh Spanish Onion, sliced
- 1/2 tsp. Kosher Salt
- 1/2 tsp. Ground Black Pepper
- 3/4 cup Ground Flax Seeds
- 24 oz. Wild Salmon, 4 oz. fillets
- 1/4 cup White Wine
- 2 Tbsp. Canola Oil

INSTRUCTIONS

1. Wash all produce and pre-heat the oven to 375° F. Cut the green off the fennel and reserve for another use. Cut the white fennel bulb in half so you are cutting the core. Cut out the core and thinly slice the fennel. Cut the onion in half and thinly slice. Place both in a bowl and add first amount of salt and pepper. Mix well and set aside.
2. Place flax seeds onto a large clean plate. Sprinkle the salmon with remaining salt and pepper. With the skin side up, firmly press each fillet into the flax seed to form a crust.
3. Line a baking sheet with parchment paper. Evenly lay out the fennel and onion mixture onto a sheet pan. Evenly place salmon on top of the vegetables and drizzle with wine and oil. Bake for 15 minutes or until internal temperature reaches 140° F and fish is cooked through. If vegetables need a little more time, remove salmon, hold hot, and bake vegetables until lightly golden brown. Plate the salmon and garnish each with the fennel and onion. Enjoy!

SCAN TO ORDER
YOUR INGREDIENTS



SEEDS

EVERYDAY SUPERFOODS

CHOCOLATE CHIA SEED PUDDING WITH FRESH RASPBERRIES AND TOASTED COCONUT

Serves 8



INGREDIENTS

- 4 Pitted Dates, Chopped
- 1 1/2 cup Boiling Water
- 2 3/4 cup Plain Soy Milk
- 1/2 cup Chia Seeds
- 5 Tbsp. Cocoa Powder
- 5 Tbsp. Agave Nectar
- 1/2 tsp. Vanilla Extract
- 1/4 tsp. Kosher Salt
- 1/2 cup Unsweetened Shaved Coconut
- 1 cup Fresh Raspberries

INSTRUCTIONS

1. Place dates in a bowl. Pour boiling water over dates and allow to sit for about 10 minutes. Discard excess water.
2. In a blender, combine soy milk, chia seeds, cocoa powder, agave, vanilla, salt and dates. Blend until smooth.
3. Transfer mix to a bowl and place in the refrigerator. Allow to set for at least 3 hours or overnight.
4. On a sheet pan, toast the shaved coconut in a 350° F oven for 8-10 minutes or until golden brown. Let cool and set aside.
5. Cut raspberries in half.
6. Scoop 1/2 cup set pudding mixture into a bowl. Top with 2 Tbsp. of raspberries and 1 Tbsp. of toasted coconut.

SCAN TO ORDER
YOUR INGREDIENTS



CHILI-LIME PUMPKIN SEEDS

Serves 5



INGREDIENTS

- 1 1/2 tsp. Canola Oil
- 1 1/4 Pumpkin Seeds, hulled
- 1 tsp. Chili Powder
- 1 tsp. Fresh Lime Juice
- 1/2 tsp. Fresh Lime Zest, grated
- 1 pinch Salt

INSTRUCTIONS

In a bowl, toss the pumpkin seeds in the oil. Next, add the chili powder, lime zest, salt and lime juice and mix thoroughly. Spread evenly on a parchment lined sheet tray. Bake on sheet pan at 325° F for 5 minutes, or until fragrant.

SCAN TO ORDER
YOUR INGREDIENTS



CHIA & FLAXSEED BUTTERMILK PANCAKES

Serves 4



INGREDIENTS

- 1 cup All Purpose Flour
- 1/2 cup Whole Wheat Flour
- 3 Tbsp. Whole Flax Seeds
- 3 Tbsp. Chia Seeds
- 2 Tbsp. Granulated Sugar
- 1 1/2 tsp. Baking Powder
- 1/2 tsp. Baking Soda
- 3/4 tsp. Kosher Salt
- 1 3/4 cup Buttermilk
- 1/2 cup Maple Syrup
- 12 sprays Cooking Spray

INSTRUCTIONS

1. Grind flaxseed so it is still crunchy but not flour.
2. Combine all dry ingredients and mix well. Combine eggs and buttermilk in a separate bowl and whisk to incorporate well. Combine dry and wet, mix well but do not overmix. A couple small lumps are ok.
3. Heat griddle and spray. Using a ladle, make equal 8 pancakes and let cook until bubbles form on top, about 3 minutes. Flip and cook about 2 more minutes. Serve warm with maple syrup or toppings of choice.

SCAN TO ORDER
YOUR INGREDIENTS

