

## **Honey Dijon Roasted Salmon**

**Yield:** 4 servings

### **Ingredients**

1 ¼ -pound salmon filet or 4 5-ounce salmon filets  
2 Tbsp. Dijon mustard  
2 Tbsp. honey  
Kosher salt and pepper to taste

### **Optional garnishes:**

1 fresh lemon, thinly sliced in rounds  
chopped fresh parsley

### **Directions:**

1. Preheat oven to 425° F. Line a sheet pan with parchment paper and set aside.
2. In a small mixing bowl, stir together the Dijon mustard and honey.
3. Place salmon filets on sheet pan. Lightly salt and pepper the filets, then brush the honey-mustard mixture on top.
4. Roast salmon in oven for 10-12 minutes per inch of thickness of the filets. Check for doneness after 12 minutes, then bake additional time as needed (up to 15-20 minutes total).
5. Remove from oven and transfer to a serving platter or plates. For presentation, garnish with lemon slices and/or chopped fresh parsley.

Serve immediately with vegetable sides.

## **Roasted Brussels Sprouts and Apples**

**Yield:** 4 servings

### **Ingredients**

1 pound fresh Brussels sprouts, ends trimmed and quartered  
1 tart apple, diced medium  
½ red onion, peeled and cut in wedges  
2 Tbsp. olive oil  
Kosher salt to taste  
½ orange, zested and juiced

### **Directions:**

1. Preheat oven to 425° F. Line a sheet pan with parchment paper and set aside.
2. In a medium mixing bowl, toss Brussels sprouts, apples and onions with olive oil and salt.
3. Spread mixture in a single, even layer on sheet pan.
4. Roast in oven for 15-20 minutes or until lightly golden brown, stirring once to cook

evenly.

5. Remove from oven and transfer to a serving bowl. Toss with orange zest and juice.

Serve immediately.

## **Smoky Roasted Sweet Potatoes**

**Yield:** 4 servings

### **Ingredients**

2 medium sweet potatoes, peeled

2 Tbsp. olive oil

1 tsp. smoked paprika

1/8 tsp. garlic powder

1/8 tsp. cayenne pepper

1/4 tsp. Kosher salt

1/4 tsp. freshly ground black pepper

### **Directions:**

1. Preheat oven to 425° F. Line a sheet pan with parchment paper and set aside.

2. Dice the sweet potatoes into 1-inch cubes. Place in a large mixing bowl.

3. Add the olive oil and spices and toss gently to coat.

4. Transfer the sweet potatoes to the sheet pan and spread in a single, even layer.

5. Roast in oven for 20 minutes. Remove pan, stir potatoes, and return to oven.

Continue roasting for another 20 minutes until potatoes are lightly golden brown and tender.

Serve immediately.

## **Dark Chocolate Truffles**

**Yield:** approx. 2 dozen truffles

### **Ingredients**

1/4 C. heavy whipping cream

6 Tbsp. unsalted butter, cut into small pieces

8 ounces (1 1/3 Cups) bittersweet or dark chocolate chips

### **Coating:**

1/3 C. Dutch-processed cocoa powder, sifted

OR

1/3 C. almond meal, lightly toasted in a 350-degree oven for 5 minutes

### **Directions:**

1. Place the chocolate chips in a medium stainless steel bowl.

2. Place the cream and butter in a small saucepan. Bring to a simmer over medium-high heat, just until bubbles form around the edges and steam arises from the pan. [This is called “scalding” the cream.] \*Be careful not to let the cream boil—it will spill over the edge of the pan!
3. Pour cream mixture over the chocolate chips. Cover with plastic wrap and allow to sit for 5 minutes so the chips can melt.
4. Stir with a wire whisk until completely smooth. NOTE: If chocolate does not melt completely, set the bowl over a pan of barely simmering water to create a double boiler. Continue stirring with whisk until mixture is complete smooth.
5. Remove bowl from double boiler. Cover with plastic wrap (works best when the wrap touches the surface of the chocolate directly) and refrigerate until firm, 1-2 hours.
6. Scoop and roll the mixture into 1-inch balls.
7. To coat the truffles, place the cocoa powder (or almond meal) in a small bowl. Roll each ball in the coating and transfer the truffles to a tray or container lined with waxed paper. Separate layers with additional waxed paper.
8. Cover tightly and refrigerate up to 2 weeks or freeze up to 3 months.

Note: Chocolate truffles taste best when served at room temperature. Allow them to warm to room temp. before serving.