



Summer Newsletter 2016

HEALTHY SUMMER RECIPES

Over the summer months (which can feel far to short in Canada!) we tend to over indulge in patio cocktails and some not so healthy BBQ meals. Here are a few of my favorite tasty HEALTHY summer recipes that you can enjoy without the guilt!



LIME TEQUILA COCKTAIL

2 Limes, freshly squeezed
1oz quality tequila
2oz soda water
Dash of cayenne pepper



CEDAR PLANK BBQ WILD SALMON WITH DILL AND ONION

Soak cedar plank for at least 2 hours.
1 cup finely chopped fresh Dill (thoroughly washed).
1 cup finely chopped Vidalia onion.
Combine Dill and Onion with 1/3 cup avocado oil.
Season with Salt & Pepper.
Bring BBQ up to medium heat.
Place wild salmon, skin down on cedar plank.
Top with dill onion mix.
Cook on BBQ (15-45 minutes depending on thickness).



MIXED GREENS & GRILLED PEACHES SALAD

Cut peaches in half and remove pit.
Brush with melted coconut oil.
Grill on Medium high heat BBQ 15 minutes (flat side down).
Let peaches cool then chop into bite sized pieces (if desired).

Dressing

Whisk or blend 1/3 cup olive oil, 1/4 cup balsamic vinegar,
1 tbsp Dijon mustard, 1 tbsp maple syrup.

Place greens in salad bowl, lightly coat with dressing.
Top with peaches and sliced almonds. Drizzle dressing on top.