SALMON COBB SALAD WITH LIME DRESSING

By: Simply Creative Chef Rob Scott

Ingredients: Yields 4 servings

Pan Seared Salmon:
1 pound salmon, boneless, skinless (preferably wild caught)
1 teaspoon sea salt
¼ teaspoon black pepper

Cobb Salad:
1 large head of romaine lettuce, chopped, rinsed, and spun dry
2 ears of corn, cooked, shucked, and cut off the cob
½ medium red onion, thinly sliced
2 large hard-boiled eggs, peeled and quartered
1 large avocado, peeled, pitted, and sliced
1 ½ cups cherry tomatoes, halved

Cilantro Lime Dressing:
3 tablespoons fresh lime juice, from 1-2 limes
3 tablespoons extra virgin olive oil
2 tablespoons cilantro, chopped
2 tablespoons dill, chopped
1 large garlic clove, finely minced
1 teaspoon sea salt
1/8 teaspoon black pepper

Directions:

- Season the salmon generously with salt and pepper
- Heat 1 tablespoon oil in a large non-stick skillet over medium-high heat
- Once oil is hot, add salmon, top side down and cook until golden and crisp on the first side (4 minutes) then flip salmon and continue cooking another 4 minutes or until cooked through, depending on thickness of salmon
- Transfer to a plate and cool to room temperature then flake salmon with forks into bite-sized pieces
- Arrange romaine lettuce on a large platter or large shallow bowl

- Arrange remaining salad ingredients in rows over the romaine lettuce, cooked corn kernels, sliced onion, quartered eggs, sliced avocado, and halved cherry tomatoes
- Top salad with salmon pieces
- Combine dressing ingredients in a measuring cup and stir to combine
- Drizzle evenly over the salad just before serving

SPRING BERRIES AND CREAM MUFFINS

with Simply Creative Chef Rob Scott

Ingredients:

- 2 cups all-purpose flour
- 1 cup sugar
- ¾ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ tsp. vanilla extract
- 1 cup fresh or frozen raspberries or blueberries
- 2 large eggs, lightly beaten
- 1 cup sour cream
- ½ cup canola oil

Directions:

1. In a large bowl, combine the flour, sugar, baking powder, baking soda and salt; add berries and toss gently. Combine the eggs, sour cream, oil and vanilla; mix well. Stir into dry ingredients just until moistened.
2. Fill greased muffin cups two-thirds full. Bake at 400 degrees for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pans to a wire rack. Serve warm.

Yield: about 1 dozen

In the kit it contains the Flour, Sugar, baking Powder, Baking Soda and Salt. Any berry can be used and it is important to use full fat Sour Cream.