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INSPIRING MEALS EVERYDAY



Recipe



Inspired Fare™



Recipe Basket

## Today's Fare™ for Monday January 21, 2008

### Main Dish

#### Salmon with Brown Sugar Glaze

##### Ingredients:

salmon fillet, lemon juice, ¼ cup (50 mL) brown sugar, 2 tbsp (25 mL) Dijon mustard, 2 tbsp (25 mL) fresh dill or dried dill, salt and pepper

##### Instructions:

Preheat oven to 425°F. Sprinkle the salmon with salt and pepper and a squirt of lemon juice. Mix together the brown sugar, mustard and dill. Place salmon in a baking dish sprayed with non-stick spray and spoon the mustard mixture over top. Bake until cooked through, about ten minutes.

### Side Dish

#### Basic Brown Rice

##### Ingredients:

brown rice, butter (Optional), soy sauce (Optional)

##### Instructions:

Cook a desired amount of brown rice according to the package directions. Toss with a dab of butter or soy sauce if desired.

#### Steamed Broccoli

##### Ingredients:

2 lbs (1 kg) broccoli florets, butter

##### Instructions:

Steam broccoli until barely tender, about 5 to 10 minutes. Toss with a little butter and serve.

## Today's Fare™ for Tuesday January 22, 2008

### Main Dish

#### Roasted Squash Soup with Apple and Brie

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### Accompaniment

#### Mixed Greens with Apples and Cider Vinaigrette

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## Today's Fare™ for Wednesday January 23, 2008

### Main Dish

#### Vegetable Pizza

##### Ingredients:

1 thin pizza crust, pizza sauce, fresh spinach, onion, orange bell pepper, fresh mushroom, mozzarella cheese, Parmesan cheese

##### Instructions:

Preheat oven to 500°F. Spread desired amount of your favorite pizza sauce on top of the crust. Lay fresh spinach leaves on the pizza. Sauté onion then sprinkle it on. Add sliced bell peppers and mushrooms. Top with shredded fresh basil to your liking and freshly grated mozzarella and Parmesan cheese. Cook in the oven for about 15 minutes.

### Accompaniment

#### Green Salad with vinaigrette

##### Ingredients:

leafy lettuce, 2 - 3 green onions (Optional), cherry tomatoes (Optional), herb vinaigrette



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