CHEF’S GREEK SALAD
WITH OVEN DRIED TOMATOES & MARINATED CUCUMBERS

INGREDIENTS
• 1 Pint Cherry Tomatoes
• 2 Tbsp Grapeseed Oil
• 1 Seedless English Cucumber
• 1 Jar Marinated Artichokes
• 1 Hard Boiled Egg, Slightly Frozen
• 1 Cheese Grater or Microplane Utensil
• 1 C Preferred Greens (Romaine, watercress, and arugula are great choices)

400 Degree Oven
• On a foil-lined pan, drizzle cherry tomatoes with grapeseed oil. Place in the oven until roasted.
• Chop cucumbers into bite sized pieces, mix with pickled artichokes. Place over your preferred greens.
• Remember those cherry tomatoes currently turning black in your oven? Grab the beautiful tomatoes and place over your greens.
• Grate your slightly frozen hard boiled egg over your salad. The heat from the tomatoes will warm your shavings instantly for a protein-ready treat.

ORANGE BARRAMUNDI (OR ANY WHITE FISH, HALIBUT, OR COD)

INGREDIENTS
• 2 Tbsp Salted Butter (Amish preferred)
• Garlic Powder (to taste)
• Salt and White Pepper (to taste)
• 2 C Orange Juice
• 1 Sprig Rosemary

Heat Saute Pan to Medium Heat
• Add butter and orange juice, being careful to ensure that it does not brown.
• Season one side of fish, insert sprig of rosemary into side of fish.
• Sear gently on medium until you get a nice beautiful sear, golden brown.
• Place into 400 degree oven for 5 min. or until done. Take pan out and remove fish.
• Continue to cook orange/butter mixture until it becomes a glaze. Drizzle over fish.