

Herbed Seafood Bruschetta

Serves 24

Ingredients:

24 Slice(s) Baguette
2 teaspoon chives
2 teaspoon fresh basil
2 teaspoon lemon juice
1 teaspoon fresh mint
1 teaspoon olive oil
1 clove garlic
¼ teaspoon salt
3 ounces frozen crabmeat
4 ounces peeled and cooked shrimp
¾ cup plum tomatoes
¼ cup onions
¼ teaspoon black pepper

Directions:

Arrange bread slices on a baking sheet. Broil 3 to 4 inches from heat 1 to 2 minutes or until toasted, turning once. Cool on wire racks.

In a medium bowl stir together chives, basil, lemon juice, mint, oil, garlic and salt. Add crabmeat, shrimp, tomatoes, and onion; toss to coat.

Arrange toasted bread on a serving platter; spoon seafood mixture on each slice. Sprinkle with pepper. Serve immediately.

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|--------------------|------------------|-----------|--------------------|-------------|
| <i>Calories 25</i> | <i>Total Fat</i> | <i>0</i> | <i>Cholesterol</i> | <i>13mg</i> |
| <i>Sodium 74mg</i> | <i>Carbs</i> | <i>3g</i> | <i>Protein</i> | <i>2g</i> |

Baked Acorn Squash with pine nuts and garlic

Serves 4

Ingredients:

2 small acorn squash, about 2 pounds total weight
3 teaspoons extra virgin olive oil
¼ teaspoon salt
8 cloves garlic, halved
1 tablespoon pine nuts
¼ teaspoon freshly ground black pepper

Directions:

Preheat oven to 400F. Coat a shallow baking dish with cooking spray.

Cut the squash crosswise into rings ½ inch thick, leaving the peel intact. Scrape the seeds out of the center of each ring and discard. Place the rings in the prepared baking dish in a single layer, allowing them to overlap slightly. Brush with 1 ½ teaspoons of the olive oil, and sprinkle with 1/8 teaspoon of the salt. Bake for 15 minutes.

Meanwhile, in a small bowl, mix the garlic and pine nuts with the remaining 1 ½ teaspoons olive oil. Sprinkle the garlic and pine nuts evenly over the squash rings and continue baking until the squash is tender and the pine nuts are lightly browned, about 10 to 15 minutes longer.

Season the squash rings with the remaining 1/8 teaspoon salt and the pepper. Serve immediately.

Calories 138

Total Fat

5g

Cholesterol

0mg

Sodium 154

Carbs

25g

Protein

3g

Roasted Salmon with Maple Glaze

Serves 6

Ingredients:

¼ cup maple syrup
1 garlic clove, minced
¼ cup balsamic vinegar
2 pounds salmon, cut into 6 equal sized fillets
¼ teaspoon kosher or sea salt
1/8 teaspoon fresh cracked black pepper
Fresh mint or parsley for garnish

Directions:

Preheat the oven to 450F. Lightly coat a baking pan with cooking spray.

In a small saucepan over low heat, mix together the maple syrup, garlic and balsamic vinegar. Heat just until hot and remove from heat. Pour half of the mixture into a small bowl to use for basting, and reserve the rest for later.

Pat the salmon dry. Place skin side down on the baking sheet. Brush the salmon with the maple syrup mixture. Bake about 10 minutes, brush again with maple syrup mixture and bake for another five minutes. Continue to baste and bake until the fish flakes easily, about 20 to 25 minutes total.

Transfer the salmon fillets to plates. Sprinkle with salt and black pepper, and top with reserved maple syrup mixture. Garnish with fresh mint or parsley and serve immediately.

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| <i>Calories 314</i> | <i>Total Fat</i> | <i>14g</i> | <i>Cholesterol</i> | <i>69mg</i> |
| <i>Sodium 152mg</i> | <i>Carbs</i> | <i>21g</i> | <i>Protein</i> | <i>25g</i> |