



delicious Norwegian

SALMON

RECIPES

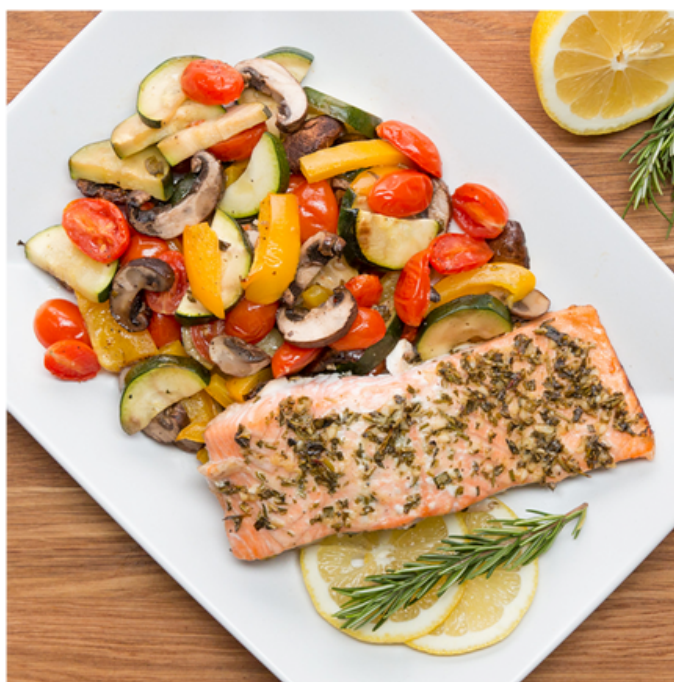


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Here are five flavorful salmon recipes that incorporate items commonly found at the Southside Farmers Market, featuring Jakana Foods.

Herb-Crusted Salmon with Roasted Vegetables

- Ingredients:
 - Salmon fillets
 - Fresh herbs (rosemary, thyme, and dill), chopped
 - Olive oil
 - Mixed vegetables (bell peppers, zucchini, cherry tomatoes)
 - Salt and pepper
- Instructions:
 - Coat salmon with chopped herbs, olive oil, salt, and pepper.
 - Roast salmon and vegetables in the oven until the salmon is cooked through and vegetables are tender.



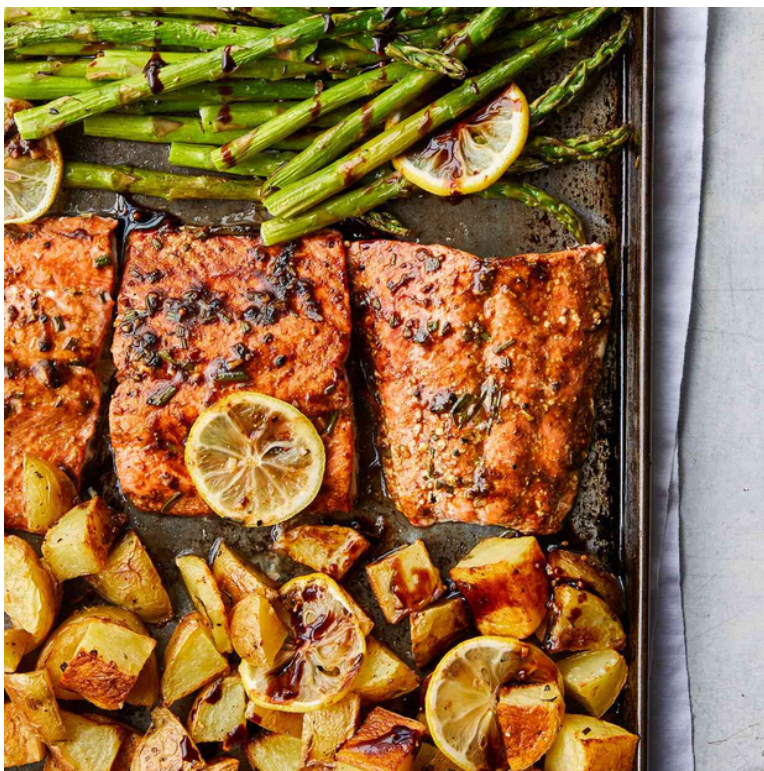
Lemon-Dill Grilled Salmon Skewers

- Ingredients:
 - Salmon cubes
 - Lemon, sliced
 - Fresh dill, chopped
 - Garlic, minced
 - Cherry tomatoes
 - Olive oil
- Instructions:
 - Thread salmon, lemon slices, and cherry tomatoes onto skewers.
 - Mix chopped dill, minced garlic, and olive oil for a marinade.
 - Grill skewers, brushing with the dill and garlic marinade.
 - Add Fresh Spinach and cooked rice to the meal.



Honey Glazed Salmon with Rosemary and Olive oil Roasted Potatoes

- Ingredients:
 - Salmon fillets
 - Honey
 - Soy sauce
 - Lemon, sliced
 - Fresh Rosemary and Fresh Garlic
 - Irish or Orange Sweet Potatoes
 - Green vegetable like Broccoli, or Brussel sprouts or Asparagus (when available)
 - Olive oil
- Instructions:
 - Mix honey and soy sauce as a glaze for salmon.
 - Roast potatoes in olive oil, garlic, rosemary and salt/pepper as desired.
 - Brush salmon with the glaze and bake until caramelized.



Pesto and Sun Dried Tomato Stuffed Salmon

- Ingredients:
 - Salmon fillets
 - Basil pesto
 - Sun-dried tomatoes, chopped
 - Fresh Spinach
 - Lemon juice
- Instructions:
 - Cut a pocket into each salmon fillet.
 - Stuff with a mixture of basil pesto, chopped sun-dried tomatoes, and spinach.
 - Drizzle with lemon juice and bake until salmon is cooked.



Cilantro-Lime Baked Salmon with Avocado Salsa

- Ingredients:
 - Salmon fillets
 - Cilantro, chopped
 - Lime juice and zest
 - Avocado, diced
 - Red onion
- Instructions:
 - Mix chopped cilantro, lime juice, lime zest, diced avocado, and finely chopped red onion for salsa.
 - Bake salmon and serve topped with the refreshing avocado salsa.



These recipes highlight the use of fresh herbs, vegetables, and other ingredients commonly found at the Southside Farmers Market, providing a local and delicious touch to your salmon dishes. Enjoy these flavorful and wholesome meals! Don't forget to come back next week and try a whole new set of recipes.

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