



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

February 10th, 2014 Cooking Class

Featuring

Eli Albano

of Rust Belt Bar and Grill

Grilled Salmon and Shrimp with Spicy Plum Glaze

Serves 4

Ingredients:

4 salmon fillets, about 3-4 oz. each

8 large shrimp

For Glaze:

3 red or black plums, chopped with pits removed

2 ½ cups water

1 scant Tbsp. sugar

1 red chili pepper

2 Tbsp. cilantro

1 Tbsp. dill

1 tsp. balsamic vinegar

Salt to taste

Directions:

- 1) In a medium saucepan, combine all the glaze ingredients and bring to a boil. Cook until sauce is reduced by half.
- 2) Brush glaze onto salmon and shrimp. Grill or bake until shrimp is opaque, remove shrimp and continue to cook salmon until the flesh is opaque and flaky.

Notes:

Nutrition Facts	
Serving Size: 1 serving (255.1g)	
Servings: 4	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 85mg	29%
Sodium 240mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	2%
Sugars 4g	
Protein 29g	
Vitamin A 8%	• Vitamin C 20%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



"Like" us on Facebook for photos from tonight's class! www.facebook.com/independenthealthfoundation



@HealthyOptBuff