

Citrus Chicken

Prep Time:2 minutes
Cook Time:25 minutes
Serves:2

Ingredients:

1/2 tsp olive oil
dash of lemon juice
dash of lime juice
2 tsp orange juice
1 tsp crushed rosemary
2 4-6 oz skinless chicken breasts

Instructions:

In a small bowl, whisk together olive oil, lemon juice, lime juice, orange juice and rosemary. Rub the mixture onto the 2 chicken breasts and broil in an oiled pan until cooked. Serving size = 1 chicken breast

Shrimp Stuffed Mushrooms

Prep Time:10 minutes
Cook Time:25 minutes
Serves:Yields 14 Caps

Ingredients:

7-8 ounces mushrooms, chosen for broad caps
Juice of 1/2 lemon or 2 tablespoons lemon juice
1 tablespoon reduced-calorie margarine
1 small rib celery, minced
2 ounces salad shrimp, chopped
Additional few drops lemon juice
A few sprigs fresh thyme or 1/4 teaspoon dried thyme
1/8 teaspoon salt
Freshly ground pepper to taste
2 tablespoons dried bread crumbs

Instructions:

Wipe the mushrooms with a paper towel to remove dirt. Remove and mince the stems.

Bring a 2-quart saucepan half full of water with the lemon juice to a boil. Immerse cleaned mushroom caps and boil 2 minutes or just until softened. Drain on a towel, rounded side.

Cook the minced mushroom stems in the butter with celery and cook, covered, 2-3 minutes, stirring often. Add the shrimp, lemon juice, thyme, salt, pepper, and bread crumbs. Turn heat to high, cook 30 seconds more, uncovered. Remove shrimp mixture from heat. Place a heaping teaspoon on each mushroom cap. Place stuffed mushrooms on the BBQ and cook with the lid down for approx 6-8 mins.

These can be prepared ahead of time and refrigerated and taken with you and cooked on BBQ when you get to camp site

Seared Scallops with Tropical Salsa

Prep Time:20
Cook Time:10
Serves:4

Ingredients:

1/2 cup diced pineapple
1/2 cup diced mango
1/2 cup dice cucumber
1/2 cup diced red bell pepper
3 tablespoons chopped fresh cilantro
4 teaspoons fresh lime juice
1 jalapeno chile, seeded and minced
salt and ground pepper to taste

16 sea scallops, about 1 lb total weight

Instructions:

In a bowl, combine the pineapple, mango, cucumber, bell pepper, cilantro, lime juice, and chile. Toss well to form a salsa. Season to taste with salt and pepper. Set aside.

Oil a BBQ friendly griddle pan, season the scallops with salt and pepper and sear on both sides until golden. Transfer the scallops to a warmed plate. Keep warm while cooking the remaining scallops in the same way.

Divide the scallops among warmed individual plates. Spoon the salsa over the tops, dividing it evenly. Serve immediately.

Roasted Salmon Salad with Honey Mustard Vinaigrette

Prep Time:5 minutes

Cook Time:5-7 minutes

Serves:4

Ingredients:

Nonstick cooking spray

For dressing:

1/2 cup basamic vinegar:

1/2 cup water

2 tbsp dried cranberries

8 dried apricots, thinly sliced

2 tsp Dijon mustard

2 tsp honey

1 tbsp olive oil

For Salad:

1 lb. Salmon fillet, cut into 4 equal portions

1/2 tsp salt

1/4 tsp pepper

8 cups spinach leaves, washed

2 cups thinly sliced yellow squash

2 cups thinly sliced red bell pepper

4 tbsps toasted chopped pecans

Instructions:

In a small saucepan, combine balsamic vinegar, water, cranberries and apricots. Set pan over medium-high heat and bring to a boil. Simmer for 5 minutes. Strain and reserve liquid and fruit. Combine liquid with mustard, honey and oil.

Season salmon fillets with salt and pepper and broil on a BBQ friendly hot plate/griddle for 5-7 minutes, until fork-tender.

Meanwhile, place 2 cups spinach on each of 4 plates. Top each plate of spinach with 1/2 cup squash and 1/2 cup bell pepper.

Place a cooked salmon fillet atop each salad and sprinkle with 2 tsp of pecans. Top with 2 tbsp of dressing and 1 tbsp of reserved fruit.

Grilled Cod with Three-Melon Salsa

Prep Time:

Cook Time:

Serves:4

Ingredients:

1 1/2 cups diced mixed melon, such as cantaloupe, watermelon, and honeydew

1/4 cup minced red onion

2 tablespoons lime juice

1 tablespoon minced fresh coriander

2 teaspoons diced green chili pepper, or to taste

2 teaspoons sugar

1/4 teaspoon salt, or to taste

1 1/4 pounds cod

Instructions:

Combine the melons, onion, lime juice, coriander, chili pepper, sugar, and salt in a small bowl. Cover with plastic wrap and chill at least 4 hours (overnight is good). Bring to room temperature before serving. **This can be done and eaten straight away if you do not have time to prepare before you leave.**

Grill the fish over medium-hot coals for about 4 minutes on each side. After turning the fish, slather the melon salsa on the cooked side to prevent it from drying out. Pass additional salsa at the table.

Poached Salmon with Cucumber Raita

Prep Time: 20 minutes plus 3 hours for chilling

Cook Time: 15 minutes

Serves: 6

Ingredients:

2 teaspoons curry powder

6 salmon filets, about 5 oz each

1 large cucumber, peeled, seeded, and chopped

1 cup chopped red onion

1/2 cup plain nonfat yogurt

1/4 cup chopped, fresh cilantro

3 tablespoons chopped fresh mint, plus sprigs for garnish

1 teaspoon ground cumin

salt and ground pepper to taste

Instructions:

Broil the salmon in an oiled pan until fork tender and then allow to go cold.

Meanwhile, in a small bowl, stir together the remaining 1 teaspoon curry, the cucumber, red onion, yogurt, cilantro, chopped mint, and cumin. Season with salt and pepper. Cover and refrigerate until serving.

Beet hummus

Makes 2 cups

A great alternative to regular hummus.

This recipe makes a low calorie snack.

Ingredients :

3 medium beets, washed, leave the skin on

1 tsp (5 mL) olive oil

¼ cup (60 mL) diced onion

2 cloves garlic, finely chopped

1 tsp (5 mL) ground cumin

1 cup (250 mL) canned chickpeas, drained and rinsed

¼ cup (60 mL) tahini (ground sesame seeds)

¼ cup (60 mL) water

¼ cup (60 mL) lemon juice

Raw vegetables to serve

Directions

1. Cook beets in a large pot of boiling water for 40 minutes or until tender. When cooled, peel beets and roughly chop. Set aside.

Can be done 1 day in advance.

2. In a medium frypan, heat oil over medium heat. Add the onion, garlic and cumin and cook, stirring often, until onions are soft, 5-10 minutes.

3. Add beets, onion mixture, chickpeas, tahini, water and lemon juice to a food processor and puree until smooth.

4. Serve immediately or store in an air tight container in the fridge for up to 3 days.