



## Grocery and equipment list:

Parchment wrapped salmon, warm Brussels sprouts slaw, and baked sweet potato with yogurt chive topping

### PARCHMENT WRAPPED SALMON – Makes 2-3 servings

#### Fridge:

1 lemon  
1 pound salmon, skin-on  
Fresh dill  
Fresh flat-leaf parsley

#### Pantry:

Bulb of garlic  
Extra virgin olive oil  
Freshly ground black pepper  
Kosher salt  
White or yellow onion  
White wine, vegetable broth, or water (using 2 Tbsp of either)

#### Equipment:

Cutting board  
Knife  
Large skillet with lid  
Measuring cups  
Measuring spoons  
Medium bowl  
Parchment paper



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### WARM BRUSSELS SPROUTS SLAW – Makes 2 -3 servings

#### **Fridge:**

1 lemon  
3 cups fresh Brussels sprouts  
Unsalted butter

#### **Pantry:**

1 large shallot  
1/3 cup dried cranberries  
1/3 cup slivered almonds  
Extra virgin olive oil  
Freshly ground black pepper  
Kosher salt

#### **Equipment:**

Cutting board  
Food Processor with slicing blade, sharp knife, or grater (to slice the Brussels sprouts)  
Measuring cups  
Measuring spoons  
Medium skillet  
Small skillet  
Tongs



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### BAKED SWEET POTATO WITH YOGUR CHIVE TOPPING – Makes 1-2 servings

#### **Fridge:**

Fresh chives  
Plain Greek yogurt

#### **Pantry:**

1 large, sweet potato  
Freshly ground black pepper  
Kosher salt

#### **Equipment:**

Aluminum foil  
Cutting board  
Fork or sharp knife  
Small baking sheet  
Small bowl  
Whisk