

INSIDE THE SANDWICH

The Super Natural Salmon Sandwich is part of a menu collection that focuses on the use of 'super foods' at Metz Culinary Management's college, B&I and healthcare accounts.

"We were looking at whole, fresh, minimally processed ingredients, so we said, 'Let's take all this goodness and put it into the perennial powerhouses of our business: Sandwiches,'" says

Ryan McNulty, CEC, director of culinary development at Metz.

The Spinach Pesto Spread makes use of pureed avocados, "nutrient dense with 'good fats,'" McNulty says. "Plus, it's a bright, beautiful spread."

The sandwich "sold like crazy" on a test run at the Wyoming Seminary in Kingston, PA.



SANDWICH
of the
MONTH

THE SUPER NATURAL SALMON SANDWICH YIELD: 1 sandwich

- 2 oz. spinach pesto spread (see recipe)
- 2 slices 12-grain bread, char-grilled
- 6 oz. salmon, marinated and poached (see Salmon Salad recipe)
- 1 oz. red onion, grilled
- 2 leaves Romaine lettuce, heart
- 3 slices tomato
- 2 oz. prepared red pepper relish

1. Spread spinach avocado spread on bottom of sandwich slice. Layer the Romaine, tomato, onions, salmon salad and red pepper relish.

2. Top with the other slice of bread.

FOR THE SALMON SALAD:

- 6 oz. salmon, poached
- ½ Tbsp. garlic, minced
- ½ Tbsp. shallot, minced
- juice from ½ a lime
- 1 oz. extra virgin olive oil
- 1 Tbsp. honey

- 1 ½ tsp. cumin, ground, toasted
- 1 Tbsp. sambal oelek (chile paste)
- 1 Tbsp. cilantro, chopped
- salt and pepper, to taste

Combine all ingredients except salmon to create marinade in a mixing bowl. Flake salmon into large pieces and marinate in cooler for 1 hour.

FOR THE SPINACH PESTO SPREAD:

- ½ oz. baby spinach
- 1 tsp. minced garlic
- ½ avocado, pit removed
- ¼ Tbsp. lemon juice
- ½ Tbsp. extra virgin olive oil
- salt and pepper to taste

In a food processor, blend spinach and avocado very well. Add remaining ingredients and blend thoroughly.

Photo and recipe: Metz Culinary Management

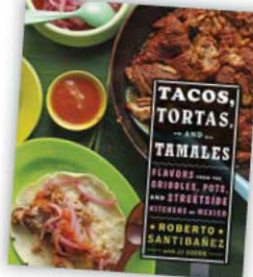
BOOK SHELF

Tacos, Tortas and Tamales

By Roberto Santibanez
Wiley Hardcover, October 2012

"You'll love tamales filled with my short-cut mole, but perhaps you'll choose to fill yours instead with leftover rotisserie chicken and canned pickled jalapenos."

—Roberto Santibanez



BERRY GOOD PROMOTION

At UMass Dining's "Here Come the Strawberries" week, students, faculty and staff tried Spinach Salad with Strawberries, Pork Medallions with Strawberry-Herb Sauce and the highly interactive (and addictive) berry fondue station.



DRISCOLL'S

DESSERTS



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See a photo gallery of 16 amazing Asian- and Latin-inspired desserts at <http://bit.ly/12nRQ4H>