

Paella

1 tablespoon olive oil
 ¼ pound boneless skinless chicken thighs, cubed
 ¼ pound smoked sausage
 ½ small onion, diced
 1 small red pepper, diced
 2 garlic cloves, minced
 1 cup medium grain white rice
 1 teaspoon smoked paprika
 2 ½ cups vegetable stock
 ½ pound firm white fish, cubed
 ½ cup frozen peas
 Salt and pepper

- Heat olive oil in a nonstick skillet over medium heat.
- Add chicken; cook until browned. Add sausage; cook until browned.
- Add onions, peppers and garlic to pan; sauté until it begins to brown.
- Stir in rice and smoked paprika; cook, stirring, 1 minute.
- Add stock; bring to a simmer. Arrange fish in rice.
- Cook until rice is tender and liquid is absorbed, about 20 minutes.
- Remove from oven; scatter peas over top. Cover with foil and let paella stand 10 minutes.

Seared Salmon

Panko Topping

2/3 cup panko bread crumbs
 2 tablespoons minced fresh parsley
 1 teaspoon grated lemon zest
 2 tablespoons olive oil
 Salt and pepper

Salmon

1 tablespoon olive oil
 2 salmon fillets
 1 tablespoon butter
 ¼ cup minced onion
 1 clove garlic
 1 tablespoon flour
 ½ cup chicken broth
 ½ cup heavy cream
 1 tablespoon Dijon mustard

- Preheat the oven to 375 degrees. In a small bowl, mix together the panko, parsley, lemon zest. Drizzle with the olive oil and stir until the crumbs are evenly coated.
- Transfer mixture to a sheet pan; bake until light golden brown. Remove; let cool.
- Bring a saute pan to medium heat and add the oil. Season fish with salt and pepper.
- Saute salmon, turning once, until cooked through. Transfer to serving plate.
- Add butter; cook onions and garlic until translucent. Add flour; cook for 1 minute.
- Whisk in the broth, Dijon, and heavy cream. Simmer until the sauce is thickened, about 3 minutes. Salt and pepper to taste.
- Serve salmon topped with sauce; garnish with breadcrumbs.



Apple Cake

1/4 cup granulated sugar
1/4 cup brown sugar
1 egg, beaten
1/4 cup oil
1/2 teaspoon vanilla
3/4 cup flour
1/4 teaspoon salt
1/4 teaspoon baking soda
1/2 teaspoons cinnamon
1 cup diced apples

- Preheat oven to 350 degrees. Spray a 7-inch cake pan with cooking spray.
- Add sugar and eggs to a bowl. Whisk until light and sugar is dissolved.
- Add in the oil and vanilla.
- Add flour, salt, baking soda and cinnamon; stir until just combined.
- Mix in the apples. Transfer batter to a greased pans.
- Bake for 30 to 35 minutes or until a tester comes out clean.
- Remove cake from oven; let cool ten minutes; turn onto a cooling rack. Let cool completely.