Jerk Salmon & Rice

Cook yellow rice and set aside

Season Salmon on both sides with jerk, salt, pepper, and old bay on both sides.

Place salmon skin down in the skillet, let salmon sear for 4 to 5 mins,

Flip Salmon and sear for 2 to 3 mins

Add Fresh Veggies Broccoli, spinach, chopped onions, sliced red peppers and mushrooms

continue to cook until vegetables are done

chop salmon and mix all together in the skillet

top with mozzarella cheese and cheddar cheese

let cheese melt

top with fresh chop tomatoes

let chill and serve

Ingredients:

1 pc pink Salmon

2oz Yellow Rice

Fresh

-1/2 Tomatoes

-1 cup Spinach

-1/2 cup Mushrooms

-1/2 cup Onions

-1/3 cup Red peppers

-1/4 cupMozzarella Cheese

-1/4 cup Cheddar Cheese

-2 teaspoons Salt

-1 1/2 tablespoon Jerk seasoning

-2 teaspoons Black pepper

- 1 tablespoon

Summer Seafood Salad

Cook pasta and set aside

Chop celery and crab

Combine all ingredients, chill and serve

Ingredients:

-1 tablespoon butter

-1 teaspoon parsley

-1 teaspoon paprika

-1 tablespoon parsley

- 2 cups tri- color pasta

-1/4 cup celery

-1/2 cup lump and claw crab

-3/4 cupgreen peas

-1/4 sugar

-1 teaspoon vinegar

-1 tablespoon black pepper

-1/4 cup mayo

- 1 tablespoon old bay

Money Pie

Yields 1 pie

2 people per pie

Ingredients:

1 graham cracker crust

1 can Crushed pineapples,

1 can condensed milk,

1 tablespoon maraschino cherry juice,

1 cup sweetened flaked coconut,

1/2 cup pecans,

1 cup maraschino cherries and

5 tablespoons lemon juice

Directions:

1) Mix crushed pineapples, condensed milk, maraschino cherry juice, shaved coconut, pecans, maraschino cherries and lemon juice.

2) Fold Whipped Topping into mixture.

3) Add all mixture to the pie crush and decorate with more whipped topping and cherries.

Refrigerate for 45mins to 1Hour