

Directions:

Cooking the Black Beans

- In skillet, heat olive oil and add onion, garlic, pepper, sausage. Sauté until onion is opaque.
- Add in beans and cook until well combined.

Cooking the Rice

- Follow the cooking directions on the package, but use chicken stock bought from grocery.
- Set aside when done and cover.

Cooking the Collard Greens

- Heat olive oil in skillet and quickly add in collards, then garlic and finally citrus juice.
- Sauté quickly and add more olive oil, if needed.
- Add salt and pepper to taste and keep in skillet.

Cooking the Salmon

- Marinate the salmon filet at least 30 minutes in 1 tbsp. of olive oil, 1 tbsp. citrus juice and salt / pepper to taste.
- Heat oven to 500 degrees and broil salmon, turning once on each side, until cooked through.
- Adjust seasoning and cut into pieces.

Assembly of the Platter

Use slices of orange and a fresh tomato or peach salsa (bought fresh from the grocery store) as a garnish.

- First, put rice onto the platter.
- This is followed by a circle of black beans, then collards.
- Add salmon to the center of the platter with a circle of salsa or tomato between the salmon and beans.
- Finish with a circle of orange slices that garnish the outside of the platter.