



Lindsay Mendez's Elphie Healthy Power Meal

Kale Chips and Honey Dijon Salmon

Eating before a show can be a very delicate balance - especially when your show is insanely physical. You need to eat something that gives you enough energy to get through the show, but not enough to make you vomit when you're defying gravity 20 feet in the air. So this became Lindsay's go to meal when she was playing Elphaba. It's healthy, full of protein and oh so tasty.

Ingredients

For Kale

- 1 bunch kale, washed and dried with thick stems and ribs removed, cut into small pieces
- 1 tablespoon olive oil (more to taste)
- juice of 1 lemon
- ½ salt
- ¼ crushed red pepper

For Salmon

- 2 salmon filets
- 2 tablespoons dijon
- 2 teaspoons honey
- 1/2 teaspoon white wine vinegar
- ½ teaspoon dill
- Splash of water

Preparation

Preheat oven to 350° and line a cookie sheet with parchment paper or greased aluminum foil. Put kale in a large bowl and add the oil, salt and crushed red pepper. Massage the kale with your hands so that the ingredients are all nicely combined. Spread on cookie sheet and cook for 10-12 minutes. Rotate pan and cook for another 10 minutes or until edges are brown and crispy.

For salmon

Turn the oven on broil. Lightly grease a casserole dish and place your two salmon fillets in it. Mix the mustard, honey, vinegar and add a splash of water to thin it out. Sprinkle in the dill and spoon half the sauce over the salmon and brush on. Careful here. Don't cross contaminate. :)

Place the salmon under the broiler for 7 minutes. Take it out, flip it, brush it with a little more sauce (remember no cross-contamination) and stick it back under the broiler for 5 minutes until the flesh is flaky. Spoon the remaining sauce over the salmon. Serve with kale chips. And....

Five, six, seven, EAT!!