

# SAN DIEGO RESTAURANT WEEK

# RECIPES

## Casa Sol y Mar Summer Grill

Courtesy of Casa Sol y Mar

6 oz. Grilled Chicken Breast or Salmon or \*Tri Tip

1½ oz. Olive Oil

¼ oz. \*House Seasoning

2 oz. Zucchini

2 oz. Yellow Squash

2oz. Fresh Tomatoes

1½ oz. Mushrooms

1½ oz. Iceberg Lettuce

½ oz. Red Bell Pepper-chopped (garnish)

½ oz. Fresh Squeezed Lime Juice

Sprinkle of House Seasoning (garnish on salad)

1 Cilantro Sprig (garnish)

### \*House Seasoning

Yield 2oz.

½ oz Granulated Garlic

½ oz Onion Powder

½ oz Paprika

¼ oz. Salt

1/8 oz Black Pepper

1/8 oz Dried Parsley Flakes

### Preparation

Brush chicken or salmon, squash, mushrooms and tomatoes with olive oil, sprinkle with house seasoning. Grill protein and veggies on open flame broiler, chicken 8-10 minutes, salmon or steak 6 minutes, veggies 3-4 minutes.

\*Tri tip does not require olive oil, just grill briefly first on flat griddle before putting onto broiler.

