

March 2009



HOT TUBS GAMES BILLIARDS

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LIVE WELL IN 2009

BIG GREEN EGG SALE

MEDIUM \$649
LARGE \$849
XLARGE \$1099

Above prices include Egg Mate, Nest,
one bag of Charcoal and an Ash Tool.



Grilled Salmon

Salmon Fillets (with skin on), 4 to 5 oz. per serving
1/2 C. Soy Sauce
1/2 C. Lemon Juice
1/3 C. Brown Sugar, packed 2 Tbsp Butter, melted
1/4 C. Vegetable Oil 2 Tbsp Maple Syrup
2 Cloves Garlic, crushed
Your favorite dry BBQ rub

-Combine soy sauce, lemon juice, brown sugar, oil and garlic in ziploc bag. Add Salmon and marinate in the refrigerator for 3-6 hours. Let salmon stand at room temperature for 30 minutes before grilling. Pat dry with a paper towel.
-Mix the butter and maple syrup and brush over entire surface of the salmon. Sprinkle with a liberal amount of BBQ rub.
-Set the EGG for direct cooking at 350°. Place the salmon on a fish grid and cook for 15 - 20 minutes. Salmon is done when a knife inserted in the fillet slides in easily with no resistance.
-Remove the salmon, brush on any remaining maple syrup and butter mixture and wrap in foil for 5 - 10 minutes before serving.

Atlanta Spa & Leisure Notes

As many of you know we purchased property on 400N in Cumming. We are anticipating opening that location by March 26, 2009. We will keep you informed of the opening date. We will be located behind the North Georgia Athletic Club at 6120 GA Hwy 400N and will have the full selection of supplies, hot tubs and game room furnishings.

*Money saving tip from Adam

"At the beginning of the week I cook a large amount of chicken on the Big Green Egg marinated in a simple KC masterpiece herb & garlic. I then have enough chicken for the week for lunches for wraps or sandwiches. My wife can also use the chicken in pastas to shorten to prep time for dinner. I end up saving almost \$40 per week on lunches and I'm eating healthier."

BARSTOOLS FROM \$149

