

# HEALTHY EATING

## TASTY RECIPES

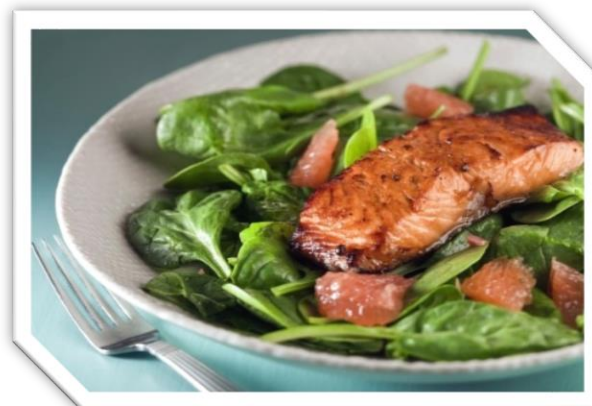


### Salmon Spinach Salad with Warm Mustard Vinaigrette

Makes 4 servings

#### Ingredients

- 4 salmon fillets (3oz each)
- 1/2 tsp pepper
- 1/4 tsp salt
- 3 tbsp extra-virgin olive oil
- 1/2 small red onion, thinly sliced
- 2 tbsp grainy mustard
- 2 tbsp white wine vinegar
- 1 pkg (10oz) fresh spinach
- Fruits and vegetables of choice



#### Directions

1. Season the salmon with half of the pepper and salt. In a large skillet, heat 1 tbsp of the oil over medium-high heat. Add salmon to the pan, skin-side down. Cover and cook, turning once, until fish flakes easily when tested (about 12 minutes). Transfer to a plate and keep warm.
2. To make the vinaigrette, heat the remaining oil over low heat in the same skillet (after draining any fat). Add onion and cook until softened (about 3 minutes). Whisk in mustard, vinegar, and remaining salt and pepper.
3. Add spinach, fruits, and vegetables to a bowl and toss with the vinaigrette.
4. Divide the salad among 4 plates and top with a salmon fillet.

Nutrition Info Per Serving: Cal 241 | Carbohydrates 5g | Fat 18g (Sat 3g) | Protein 16g | Fibre 2g | Sodium 330mg

### Orange Booster Flax Smoothie

Makes 2 servings (1½ cup each)

#### Ingredients

- 2 cups frozen peach slices
- 2 tbsp ground flaxseed
- 1 cup carrot juice
- 1 tbsp chopped fresh ginger
- 1 cup orange juice



#### Directions

Combine all ingredients in a blender and blend until smooth. Serve immediately.

Nutrition Info Per Serving: Cal 209 | Carbohydrates 41g | Fat 4g (Sat 0g) | Protein 5g | Fibre 6g | Sodium 38mg

# HEALTHY EATING

## TASTY RECIPES

### Berry Almond Quick Bread

Makes 12 servings

#### Ingredients

1½ cups whole-wheat flour	2 tbsp canola oil
1 cup all-purpose flour	1 tsp vanilla extract
1½ tsp baking powder	1/2 tsp almond extract (optional)
1 tsp ground cinnamon	2 cups fresh or frozen blackberries and/or blueberries
1/2 tsp baking soda	1/2 cup chopped toasted sliced almonds, plus more for topping (optional)
1/4 tsp salt	
2 large eggs	
1 cup nonfat buttermilk*	
2/3 cup brown sugar	
2 tbsp butter, melted	



#### Directions

1. Preheat the oven to 400°F for muffins and mini loaves and mini Bundt cakes, or 375°F for a large loaf. Coat the pan(s) with cooking spray.
2. Whisk whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda, and salt in a large bowl. Set aside.
3. Whisk eggs, buttermilk, brown sugar, butter, oil, vanilla, and almond extract in another large bowl until well combined.
4. Make a well in the centre of the dry ingredients. Pour the wet ingredients into the well and stir until just combined. Add berries and almonds and fold to combine. Do not overmix. Pour the batter to the prepared pan(s). Top with additional almonds, if desired.
5. Bake until golden brown and a toothpick inserted into the centre comes out clean. (See tips for approximate baking times.) Let cool in the pan(s) for 10 minutes, then turn out onto a wire rack and cool completely.

#### Tips

- Don't have buttermilk? Mix 1 tbsp of lemon juice into 1 cup of milk and let stand for a few minutes.
- Approximate bake times: 22 to 25 minutes for muffins or mini Bundt cakes, 35 minutes for mini loaves, and 1 hour and 10 minutes for a large loaf.

Nutrition Info Per Serving: Cal 220 | Carbohydrates 33g | Fat 7g (Sat 2g) | Protein 6g | Fibre 3g | Sodium 183mg

Sources: [eatingwell.com](http://eatingwell.com), [canadianliving.com](http://canadianliving.com)