

HEALTHY LIVING CHALLENGE

WELCOME TO WEEK THREE RECIPES

SALMON SPINACH SALAD *With Warm Mustard Vinaigrette*



INGREDIENTS

4 salmon fillets, (about 3 oz/ 90 g each)
½ tsp pepper
¼ tsp salt
3 tbsp extra-virgin olive oil
½ small red onion, thinly sliced
2 tbsp grainy mustard
2 tbsp white wine vinegar
1 pkg (10 oz/284 g) fresh spinach
Any additional desired fruits or vegetables

INSTRUCTIONS

Season salmon with half each of the pepper and salt. In large skillet, heat 1 tbsp (15 mL) of the oil over medium-high heat; add salmon, skin side down. Cover and fry, turning once, until fish flakes easily when tested, about 12 minutes. Transfer to plate and keep warm. Drain off fat.

In same skillet, heat remaining oil over low heat; fry onion until softened, about 3 minutes. Whisk in mustard, vinegar and remaining salt and pepper.

In bowl, toss spinach, and additional vegetables/fruit with vinaigrette. Divide among 4 plates; nestle salmon in center.

MAKES 4 SERVINGS

NURTITIONAL INFORMATION (per serving)					
Calories	241	Total Fat	18 g	Cholesterol	37 mg
Protein	16 g	Saturated Fat	3 g	Sodium	330 mg
Carbohydrate	5 g	Potassium	581 mg	Fiber	2 g

Source: <http://www.canadianliving.com/>

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BERRY ALMOND QUICK BREAD

INGREDIENTS

1 ½ cups whole-wheat pastry flour
or whole-wheat flour
1 cup all-purpose flour
1 ½ tsp baking powder
1 tsp ground cinnamon
½ tsp baking soda
¼ tsp salt
2 large eggs
1 cup nonfat buttermilk (or mix 1
tbsp lemon juice into 1 cup milk)

2/3 cup brown sugar
2 tbsp butter, melted
2 tbsp canola oil
1 tsp vanilla extract
½ tsp almond extract (optional)
2 cups fresh or frozen berries
(whole blackberries, blueberries)
½ cup chopped toasted sliced
almonds plus more for topping if
desired

INSTRUCTIONS

Preheat oven to 400°F for muffins,
mini loaves and mini Bundts or 375°F
for a large loaf. Coat pan(s) with
cooking spray.

Whisk whole-wheat flour, all-purpose
flour, baking powder, cinnamon,
baking soda and salt in a large bowl.

Whisk eggs, buttermilk, brown sugar,
butter, oil, vanilla and almond extract
in another large bowl until well
combined.

Make a well in the center of the dry
ingredients, pour in the wet
ingredients and stir until just
combined. Add berries and almonds.
Stir just to combine; do not overmix.

Transfer batter to the prepared
pan(s). Top with additional
almonds, if desired.

Bake until golden brown and a
wooden skewer inserted into the
center comes out clean, 22 to 25
minutes for muffins or mini
Bundts, 35 minutes for mini
loaves, 1 hour 10 minutes for a
large loaf. Let cool in the pan(s)
for 10 minutes, then turn out onto
a wire rack. Let muffins and mini
Bundts cool for 5 minutes more,
mini loaves for 30 minutes, large
loaves for 40 minutes.

MAKES 12 SERVINGS



NURTITIONAL INFORMATION (per serving)

Calories	220	Total Fat	7 g	Cholesterol	41 mg
Protein	6 g	Saturated Fat	2 g	Sodium	183 mg
Carbohydrate	33 g	Potassium	3 mg	Fiber	3 g

Source: <http://www.eatingwell.com/>

HEALTHY LIVING CHALLENGE

WELCOME TO WEEK THREE RECIPES

ORANGE BOOSTER FLAX SMOOTHIE



INGREDIENTS

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

INSTRUCTIONS

Combine peaches, carrot juice, orange juice, flaxseed and ginger in blender; blend until smooth. Serve immediately.

MAKES 2 SERVINGS

NUTRITIONAL INFORMATION (per serving)

Calories	209	Total Fat	4 g	Cholesterol	0 mg
Protein	5 g	Saturated Fat	0 g	Sodium	38 mg
Carbohydrate	41 g	Potassium	1 g	Fiber	6 g

Source: <http://www.eatingwell.com/>

