

# DISTRESS OR DE-STRESS

## KEEP CALM AND EAT ON

Too little **magnesium** may trigger fatigue and headaches compounding the effects of stress. Salmon is a rich source of magnesium. It is also high in **vitamin B6**, which is needed to produce the sleep-inducing hormone melatonin.

### Salmon Roasted in Cilantro Salsa

6 servings

#### Ingredients

- 1 poblano pepper
- 1/3 cup fresh lime juice
- 2 green onions, sliced
- 1 cup packed fresh cilantro leaves, chopped
- 1 tsp sunflower or safflower oil
- 1/2 tsp sea salt
- 1 18-oz. salmon-fillet, skinned

#### Directions

1. Preheat oven to 350°F.
2. Roast pepper until charred and blackened all over. Place in a bag and let steam until cool to the touch. Under running water, rub off blackened skin. Pat pepper dry with paper towel, then slit open. Scrape out seeds and interior ribs and pull off stem. Cut pepper into thin strips.
3. In a blender, combine pepper strips, lime juice, onions, cilantro, oil and salt. Puree.
4. Pour cilantro salsa over salmon, turning fish to coat on both sides.
5. Bake (uncovered) to your liking (approx. 20 – 25 min.).
6. To serve, slice fillet into pieces and spoon salsa over top of each portion.

Nutrition Per Serving: Cal 180 | Fat 8g | Carb 3g | Pro 22g | Sod 210mg



Magnesium plays an important role in many processes in the body and has a number of health benefits – including help with stress and anxiety. Research shows that magnesium may help to regulate the pituitary and adrenal glands which are responsible for your response to stress.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6024559/>