



... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Slow Baked Orange Glazed Salmon & Red Risotto

Most of the diet advice posted on the web, promoted by celebrities, and published in magazines encourages you to eat less of, or avoid, one or more types of food. Qualified health experts, however, advise Americans to eat more of certain foods like fruits and vegetables. This is because fruits and vegetables are some of the most nutrient dense foods that have been proven to have numerous health benefits.

Most have known since childhood that they should be eating more fruits and vegetables because they are good for overall health. Yet, studies still show that less than 30% of Americans are meeting the minimum recommendation of 5 servings per day. This means that 7 out of 10 Americans are not consuming the bare minimum of fruits and vegetables to meet their needs. This is truly concerning! How can we get Americans to aim for the 8 servings of fruits and vegetables to promote optimal health and performance when most don't even eat 5 servings per day?

Two main reasons Americans report their low intake are, "It's too expensive" and "It's too time consuming." Yet, Americans spend billions of dollars a year on face creams and supplements that market special antioxidant, anti-aging formulations. Many Americans have settled into daily and nightly rituals of lathering on creams, lotions, serums, etc., all to fight Mother Time. Perhaps, many have forgotten the old saying, "You are what you eat!" It is scientifically true! Fruits and vegetables are loaded with antioxidants, vitamins, minerals, and water, which are the very same "high-powered, high results" ingredients that beauty companies are selling to you in pricy jars of face cream. Consuming at least 8 servings of a variety of fruits and vegetables a day to nourish yourself from within is truly an effective tool for glowing, youthful skin. Although there isn't a fountain of youth, a nutrient rich diet is the closest thing!

Regarding the price of a diet full of fresh fruits and vegetables, it's still less expensive than many processed items, take-out, and high-sugar, high sodium snack foods. All your fruit and vegetable intake doesn't have to be fresh produce. Canned and frozen produce have been shown to be nearly, if not just as, nutritious as fresh produce and can be used to keep the expense and preparation time down. Just be sure to avoid items that have added salt and sugar by reviewing the ingredients on the package label. Use a mix of fresh, frozen and canned to get your 8 servings.

Nourish your skin and body. Fill your plate with fruits and vegetables at meals and choose them as snacks. It's easy when you break it down to 2 servings at each meal and then 2 snacks. Even a few strawberries dipped in dark chocolate counts! Eating 8 servings may also help with your waistline, as well as promote feeling more energetic. For an optimal nutrient dense diet, aim to get your 8 and go lean with protein; choose whole grain products; include healthy fats; and, be sure to limit both sodium and added sugar.

This meal shows that canned fruits and vegetables can be used to meet your daily intake goals, while also using them to add great flavor to every day favorites.



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Directions: Preheat oven to 275°F

Serves: 4

- 1) Drain 1- 11oz. can of mandarin oranges. Pour the orange segments in a small sauce pan and add ¼ cup of brown sugar and 1 tbsp. of Dijon mustard. Stir the mixture and bring to a boil. Cook for 1 minute.
- 2) Drain 1- 8.25 oz. can of beets and then finely chop. Peel and finely dice a medium onion. Set both aside.
- 3) In a large saucepan, heat ¼ cup of olive oil over medium-high heat and add the diced onion along with ¼ tsp of salt and ¼ tsp of pepper. Stir and cook the onion until it is nearly clear. Gently stir in the beets and cook for an additional minute.
- 4) Add 3 cups of low sodium chicken broth, 1 tbsp. of balsamic vinegar and 1 cup of long-grain white rice (not instant). Bring the mixture to a boil and then reduce the heat to medium low. Simmer uncovered for about 15-20 minutes stirring occasionally,

until the rice is tender and the liquid is absorbed. (If desired, sprinkle ½ cup of grated Parmesan cheese; don't stir.) Cover and set aside.

- 5) Line a baking sheet with foil. Lightly spray the foil with non-stick cooking spray. Place 4- 6oz. thawed or fresh salmon fillets on the foil, in a single layer. (If the fillets have skin, place them skin down.) Top each fillet evenly with the orange glaze.
- 6) Bake uncovered for 20-22 minutes or until the salmon is firm but still pink in the center.
- 7) Serve by placing ¼ of the beet risotto in a bowl, topped with one salmon fillet and ½ cup of arugula.

Tips: To shorten baking time, bake the fillets in a 425°F oven for 10-12 minutes. The texture may be a little flakier.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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