

# One-Pan Salmon

Cook Time: 30 minutes

Total Time: 40 minutes

Servings: 4

Serving Size: 3 ounces salmon, ½ cup potatoes, ½ cup Brussel sprouts

***What's good:** Salmon is rich in omega-3 fatty acids which promote heart health by reducing inflammation.*

## Ingredients:

- 6-8 medium red potatoes
- 1 pound Brussel sprouts
- Cooking spray
- Balsamic vinegar
- Garlic powder
- Black pepper
- 16 ounces (1 pound) salmon
- 1-2 lemons
- 4 sprigs of fresh or 4 teaspoons dried rosemary
- Foil

## Directions:

1. Preheat oven to 400° F.
2. Wash and quarter potatoes. Spread potatoes out on 1/3 of a rimmed baking sheet. Spray a 1-second spray of cooking spray on ½ of potatoes, then 1-second spray on second half. Sprinkle with garlic powder and pepper and toss to coat.
3. Wash and quarter Brussel sprouts. Spread Brussel sprouts out on 1/3 of the baking sheet. Spray a 1-second spray of cooking spray on ½ of Brussel sprouts, then 1-second spray on second half. Drizzle balsamic vinegar over Brussel sprouts.
4. Cut salmon into 4 evenly-sized portions (approximately 4 ounces each).
5. Slice lemon into discs. Place salmon in center of a piece of foil, place two lemon slices on top and add sprig of rosemary. Bring foil around salmon, fold the sides together to create a pouch. Place on baking sheet with potatoes and Brussel sprouts.
6. Cook for 25-30 minutes or until salmon reaches an internal temperature of 145° F and vegetables are tender.

**Dietitian Tip:**  
A food steamer makes this a one-pot dinner that's done in under 30 minutes...without having to pre-heat the oven!

# Chia Pudding with Strawberries

Taken from *Forks Over Knives* ([www.forksoverknives.com](http://www.forksoverknives.com))

Cook Time: 5 minutes

Total Time: 65 minutes

Servings: 4

Serving Size: ½ cup

## Ingredients:

- 1 cup unsweetened almond milk
- ¼ cup chia seeds
- 2 tablespoons pure maple syrup or agave nectar
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 1 cup sliced strawberries

## Directions:

1. In a blender or food processor, combining the almond milk, chia seeds, syrup, cinnamon and vanilla. Blend for one minute then transfer to a bowl. Cover and chill for 1 hour.
2. To serve, stir pudding and serve topped with strawberries.

### *What's good:*

Chia seeds contain fat, most of which are heart healthy omega-3 fatty acids. They are also rich in fiber which has the ability to reduce heart risks.

Word of caution- they contain fat which means the calories from these add up fast!)

### **Dietitian Tip:**

If you don't like strawberries, top this with any berry or even bananas. You could even add a little cocoa powder when blending to give it a hint of chocolate flavor.