



With healthy, delicious, immune-boosting nutrition.

Immune-Boosting Nutrients in This Recipe

Over the years, research has shown that healthy dietary patterns can reduce risk of high blood pressure, heart disease, diabetes and certain cancers. Dietary patterns, such as the DASH (Dietary Approaches to Stop Hypertension) diet and the Mediterranean diet, which are mostly plant-based, have demonstrated significant health benefits and reduction of chronic disease. There are a few “superfoods” that offer important nutrients that can power-pack meals and snacks and further enhance a healthy eating pattern, including leafy greens, nuts and olive oil.

Spinach – Contains vitamin K, vitamin A, vitamin C and folate as well as being a good source of manganese, magnesium, iron and vitamin B2.

- Vitamin K is important for maintaining bone health
- It is difficult to find vegetables richer in vitamin K than spinach

Almonds – Contain healthy fats, fiber, protein, magnesium and vitamin E.

- Health benefits include lower blood sugar levels, reduced blood pressure and lower cholesterol levels
- They can also reduce hunger and promote weight loss

Olive oil – Contains large amounts of antioxidants

- Has strong anti-inflammatory properties

- Helps in preventing strokes and controlling weight gain and obesity

Paprika – Boosts immune system

- Has vitamin A, capsaicin and carotenoid antioxidants – substances that may help prevent inflammation and improve your cholesterol, eye health and blood sugar levels

Strawberries – These potent little packages protect your heart, increase HDL (good) cholesterol, lower your blood pressure and guard against cancer

- Packed with vitamins, fiber and particularly high levels of antioxidants known as polyphenols, strawberries are a sodium-free, fat-free, cholesterol-free, low-calorie food

Salmon – Rich in a protective antioxidant, astaxanthin

- An excellent source of high-quality protein, vitamins and minerals, including potassium, selenium and vitamin B12
- It is the content of omega-3 fatty acids in salmon that receives the most attention: Omega-3s can fight auto-immune diseases, fight inflammation and improve risk factors for heart disease

Spinach Salad with Strawberries, Almonds, and Grilled Salmon

SERVES 4

Ingredients

Spinach Salad

1 pound fresh baby spinach
1 pound fresh strawberries
4 TBSP slivered almonds

Grilled Salmon

4 – 4 oz salmon fillets, grilled
Black pepper – to taste
Garlic powder – to taste
1 TBSP margarine or olive oil –
3 TBSP+ 2 ¼ tsp water
3 TBSP white wine
4 each lemon slices

Sesame Vinaigrette Dressing:

2 ¼ tsp sesame seeds, toasted
¼ tsp poppy seeds
3 TBSP + 1 ¾ tsp
white granulated sugar
1 TBSP + 1 ¾ tsp olive oil
1 TBSP + 1 ½ tsp
apple cider vinegar
Pinch paprika
1 tsp minced red onion
Salt and pepper to taste

Instructions

Prepare dressing: Whisk all ingredients – sesame seeds, poppy seeds, sugar, oil, vinegar, paprika and onions. Cover and refrigerate until serving

Wash spinach, drain and set aside

Clean and slice strawberries

Assemble: Place ½ cup spinach on chilled salad plate, top with ¼ cup sliced strawberries and 1 tbs almonds. Place salmon filet on top, drizzle 1 ½ tbs of prepared dressing

Top salmon with a thin slice of lemon

ENJOY!

Nutrition

Calories: 491kcal
Protein: 6mg
Carbohydrates: 42.9mg
Dietary fiber: 6.23
Fat: 35.2mg
Sodium 62.9mg
Vitamin C: 110.3mg