



The “Relatives” Salad

SERVES 4

Why the name? All the vegetables are botanically related!

- 1 large garlic clove, grated
- 1/4 cup (60 mL) tahini
- 2 Tbsp (30 mL) grapeseed oil
- 2 Tbsp (30 mL) water
- Pinch of salt
- 1 cup (250 mL) broccoli florets, cut into bite-sized pieces
- 1 cup (250 mL) thinly sliced Brussels sprouts
- 1 cup (250 mL) chopped kale
- 1 cup (250 mL) shredded cabbage
- 1 cup (250 mL) thinly sliced cauliflower florets
- 1/2 cup (125 mL) cooked or canned chickpeas, drained
- 1/4 cup (60 mL) golden raisins or currants
- 1/4 cup (60 mL) pumpkin seeds (or other seeds of your choice)

In small bowl, whisk first 5 ingredients until well combined.

Place all vegetables in large serving bowl; add dressing, and stir to coat. Let stand at room temperature for 30 minutes. Add raisins and seeds, toss to combine, and serve.

EACH SERVING CONTAINS: 325 calories; 11 g protein; 22 g total fat (3 g sat. fat, 0 g trans fat); 26 g total carbohydrates (9 g sugars, 6 g fiber); 146 mg sodium



Potato Trout Salad with Golden Milk Dressing

SERVES 4

With crispy potatoes, buttery fish, and a tangy dressing, this is the antithesis of typical soupy potato salads.

SALAD

- 1 lb (450 g) new (baby) potatoes
- 3 tsp (15 mL) grapeseed or sunflower oil, divided
- 1/2 tsp (2 mL) salt, divided
- 1 large head radicchio or 2 small heads, halved, cored, and coarsely chopped
- 1 lb (450 g) rainbow trout fillet
- 1 cup (250 mL) sliced piquillo peppers or roasted red peppers
- 1 cup (250 mL) coarsely chopped parsley
- 1/3 cup (80 mL) chopped walnuts
- 1 Tbsp (15 mL) capers, drained

DRESSING

- 3/4 cup (180 mL) plain kefir
- 2 Tbsp (30 mL) cider vinegar
- 1 Tbsp (15 mL) grated fresh turmeric or 3/4 tsp (4 mL) turmeric powder
- 1 garlic clove, minced
- 2 tsp (10 mL) honey
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) black pepper
- 1/8 tsp (0.5 mL) cayenne
- 2 Tbsp (30 mL) olive oil or camelina oil

Heat oven to 400 F (200 C).

In large saucepan, place potatoes and cover with water. Bring to a boil and heat until potatoes are just slightly tender. Drain and, when cool enough to handle, slice potatoes in half.

Toss potatoes with 2 tsp (10 mL) oil and 1/4 tsp (1 mL) salt. On rimmed baking sheet, spread potatoes out, and roast in preheated oven until tender and crispy, stirring once, about 25 minutes.

Toss radicchio with 1 tsp (5 mL) oil and 1/4 tsp (1 mL) salt. Place radicchio on top of potatoes and heat until leaves have wilted and are browned in a few places, about 4 minutes.

On separate greased or parchment paper-lined baking sheet, place trout, skin side down. Season with salt and pepper. Bake trout for 12 minutes, or until just cooked through in the center. Let rest for 5 minutes and then gently break apart flesh into large chunks.

For dressing, in bowl, whisk together kefir, cider vinegar, turmeric, garlic, honey, salt, black pepper, and cayenne. Slowly drizzle in olive oil, whisking constantly.

To serve, divide potatoes, radicchio, trout, peppers, and parsley among serving plates. Spoon on kefir dressing and sprinkle walnuts and capers overtop.

EACH SERVING CONTAINS: 456 calories; 31 g protein; 23 g total fat (4 g sat. fat, 0 g trans fat); 32 g total carbohydrates (7 g sugars, 4 g fiber); 669 mg sodium



Beet Lentil Quinoa Salad with Carrot Dressing

SERVES 4

Put some spark in mealtime with this salad that offers up a riot of earthy, peppery, creamy, sweet, and salty flavors.

SALAD

- 4 medium beets, ends trimmed
- 3/4 cup (180 mL) black (beluga) lentils or French green lentils
- 1 bay leaf
- 3/4 cup (180 mL) quinoa
- 4 cups (1 L) arugula or dandelion greens
- 1 avocado, sliced
- 1/3 cup (80 mL) sliced mint or dill
- 1/2 cup (125 mL) crumbled feta
- 1/4 cup (60 mL) unsalted roasted pumpkin seeds
- 1/4 cup (60 mL) dried cherries (optional)

DRESSING

- 1 medium carrot, peeled and chopped
- 2 Tbsp (30 mL) olive oil
- 2 Tbsp (30 mL) white wine vinegar or rice vinegar
- 2 Tbsp (30 mL) white or yellow miso
- 1 Tbsp (15 mL) grated or finely chopped ginger
- 1 tsp (5 mL) toasted sesame oil (optional)

Heat oven to 400 F (200 C). In cake or casserole pan, place beets and add enough water so that it covers the bottom 1 in (2.5 cm) of beets. Cover pan with parchment paper, place in oven, and bake for 35 minutes, or until beets are fork-tender. When cool enough to handle, rub beet skins off with paper towel. Slice beets into 1 in (2.5 cm) wedges.

In medium saucepan, place lentils, bay leaf, a couple pinches of salt, and 2 cups (500 mL) water. Bring to a boil; reduce heat to medium-low and simmer, covered, until lentils are tender but still have some bite, about 25 minutes. Drain any excess liquid. Alternatively, use canned lentils (drained and rinsed).

In separate saucepan, place quinoa, a couple pinches of salt, and 1 1/2 cups (350 mL) water. Bring to a boil, reduce heat to medium-low and simmer, covered, until quinoa is tender and liquid has absorbed, about 13 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with fork.

To make dressing, place steamer basket in pot with 1 in (2.5 cm) water. Place carrot in basket, cover, and steam until carrot is fork-tender. In blender container, place carrot, 2 Tbsp (30 mL) of the carrot steaming water, olive oil, vinegar, miso, ginger, and sesame oil, if using, and blend until as smooth as possible. Add more water if needed to help with blending.

To serve, divide arugula or dandelion greens among serving plates and top with lentils, quinoa, beets, avocado, mint or dill, feta, pumpkin seeds, and dried cherries. Drizzle on carrot dressing.

EACH SERVING CONTAINS: 573 calories; 23 g protein; 25 g total fat (6 g sat. fat, 0 g trans fat); 69 g total carbohydrates (14 g sugars, 17 g fiber); 666 mg sodium

43

older adults participated in a study about goal setting for healthy

living. The researchers found that setting specific goals boosted fruit and vegetable intake. Are you looking to eat healthier in the New Year? Write it down and make it as specific as you can to boost your chances of success!



2/3

of the world's population drinks tea. This

popular beverage is thought to have a multitude of health benefits, due in part to tea's antioxidant content. From black to green, white to oolong, there are many different types to enjoy, so dive in! Just be mindful of what you add to your tea: try to avoid excess refined sugar.



2019

research shows a simple way to potentially boost digestive health: flaxseed. Commonly

available in health food stores and grocery stores, flaxseed fiber has been shown to ferment in the digestive tracts of mice. Scientists think that this may lead to increased healthy bacteria in our digestive tracts, better health, and even reduced obesity. Are you getting enough fiber in your diet?

23

studies were reviewed by scientists examining music

and stress. The researchers found that listening to music reduces stress in heart disease patients. Music has also been shown to help reduce stress in other studies, such as for people undergoing medical procedures, and in pregnant women. Next time you're feeling tense, try listening to your favorite tunes.

408

calories are burned, approximately, for

every hour of low- or light-effort cross country skiing. A more vigorous effort can bump this up to 544 calories! Cross-country skiing can be a fun and seasonal way to get a fantastic workout while enjoying beautiful winter scenery. Other winter physical activities to enjoy include skating, snowshoeing, and sledding.

