

# February 2022

## FOOD FOR THOUGHT—

It has always seemed funny to me that February is “Heart Health” month and also the month in which we have a holiday that is centered around a “heart shaped” box of chocolates that contain the very thing that contributes most to heart disease...SUGAR! Most people don’t realize that fat is not the culprit leading to heart disease, it is the “added sugars” and processed/refined carbohydrates that make up our standard American diet that are getting us in trouble! Just something to think about when that special someone gives you a box of chocolates for Valentine’s Day! You might be better off getting a colorful box of fruits & veggies from them instead. Which leads me to Principle 2 from my FARM Table...Plus the recipe below is a rainbow & has heart healthy fatty acids from the salmon!

### **Principle 2:**

#### **Eat A Rainbow at Every Meal—**

the foundation to a healthy way of eating to prevent heart disease (or any other chronic disease) is to embrace a plant-rich lifestyle.

Plants contain fiber & phytonutrients that create healthy functioning in every system of the body, including the cardiovascular system.

### **Principle 1:**

#### **Use Food as Real Medicine**

### **This Month’s Recipes:**

#### **Seared Salmon & Kale Salad**

(Serves 4)

## Ingredients

- (4) 5-ounce salmon fillets (about 1-inch thick)
- 3 tablespoons fresh lemon juice
- 3 tablespoons avocado oil, divided
- Kosher salt
- 1 bunch kale, ribs removed, leaves very thinly sliced (about 6 cups)
- ¼ cup red onion, sliced
- ¼ cup dates
- 1 Honeycrisp apple
- ¼ cup finely grated pecorino Romano cheese
- 3 tablespoons toasted slivered almonds
- Freshly ground black pepper



## Instructions

1. Bring the salmon to room temperature 10 minutes before cooking.
2. Meanwhile, whisk together the lemon juice, 2 tablespoons of the avocado oil and 1/4 teaspoon salt in a large bowl. Add the kale & onions, toss to coat and let stand 10 minutes.
3. While the kale stands, cut the dates into thin slivers and the apple into matchsticks. Add the dates, apples, cheese and almonds to the kale. Season with pepper, toss well and set aside.
4. Sprinkle the salmon all over with ½ teaspoon salt and some pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-low heat. Raise the heat to medium-high. Place the salmon, skin-side up in the pan.

Cook until golden brown on one side, about 4 minutes. Turn the fish over with a spatula, and cook until it feels firm to the touch, about 3 minutes more or until your desired level of done.

Enjoy!

*Adapted from Food Network*

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