

## February 2021

**February is all about the “Heart”** (just not the candy kind), so it’s the perfect time to look our lifestyle choices and determine if we are giving our heart all the love it deserves!

With heart disease as the number one killer of both men and women in our country it's time to start showing our heart a little more love. Improving your diet is one of the most important lifestyle factors that can determine whether or not you will develop heart disease, and guess what? You are in control of what goes on your fork. This is a simple and delicious meal that is nutrient dense, easy to prepare & uses just one pan (what's not to love?).

### Here's a breakdown of the Heart Healthy benefits this recipe contains...

- **Kale**—a higher intake of leafy green vegetables is shown to reduce risk of heart disease due to the high vitamin K content
- **Salmon**—with its high Omega-3 fatty acid profile can help reduce blood pressure, triglycerides & cholesterol
- **Beans**—are shown to decrease inflammation throughout the body due to the high fiber content, thus reducing blood pressure and removing cholesterol from the body

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### This month's featured recipe:

### “KALE YEAH! SALMON & WHITE BEANS” SKILLET “ (Serves 4)

#### Ingredients

- 2 tablespoons ghee or avocado oil
- 6 cups (or more) kale, stemmed and torn into smaller pieces
- 3 cups cooked cannellini beans or 2 cans (15 oz.) cannellini beans, rinsed and drained
- Zest from on fresh lemon
- ½ teaspoon Herbs de Provence
- ½-1 cup chicken bone broth
- 4 skinless Wild Alaskan salmon fillets (4 to 6 ounces each)
- ½ teaspoon sea salt or to taste
- ½ cup fresh parsley, chopped
- Lemon juice from zested lemons



#### Directions

1. Heat the ghee in a large skillet with a lid over medium heat.
2. In a large bowl combine the kale, beans, lemon zest & Herbs de Provence, then pour into heated skillet.
3. Add bone broth and toss to coat.
4. Place salmon filets on top, season the whole pan with salt.
5. Cover the skillet and cook for about 10 minutes until salmon is to your liking.
5. Sprinkle with parsley and squeeze a bit of lemon over the top!

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