



HEART HEALTHY GRILLED SALMON & COLORFUL VEGGIE KABOBS

MACROS | SERVING SIZE
Protein 31g | Fat 15g* | Carbs 59g

% CALORIES OF MACROS | SERVING SIZE
Calories 488 | Protein 25% | Fat 27% | Carbs 48%

NUTRIENTS | SERVING SIZE
Fiber 5g | Sodium 219mg | Sat. Fat 2g

INGREDIENTS (SERVES 4)

1 lb. fresh or frozen salmon
(if frozen, thaw according to package directions)
1 green bell pepper cut up into chunks
1 yellow bell pepper cut up into chunks
1 large sweet onion cut into chunks
1 cup of fresh pineapple chunks
16 cherry tomatoes
2 cups of broccoli cut into large florets (optional)
1 tbsp. low sodium soy sauce
½ tsp. ground ginger
2 tsp. honey
1 tsp. garlic powder (divided)
2 tbsp. olive oil (divided)
1 tbsp. balsamic vinegar
2 cups instant brown rice.
Zest of ½ a lime (optional)

DIETITIAN TIP

A dark green leafy salad with a sprinkle of walnuts and a piece of grilled salmon is an excellent source of omega-3 fats that does the body good. Add some fresh strawberries for a bit of sweetness and try it for lunch once a week.

DIRECTIONS

Tear 4 pieces of foil, large enough to wrap in a single layer each fillet of salmon. Each piece of salmon should be about the size of a palm. If using wooden skewers, soak 8 of them according to package directions.

In very small container, add the ginger, lite soy sauce, honey and ½ the garlic powder and olive oil. Cover and shake. If there is no lid, then whisk until blended. In another small dish, repeat the process with the remaining spices, vinegar and oil.

Begin preheating grill to medium high. Lightly spray each piece of foil with cooking spray and place one piece of salmon skin side down (if present), brush each piece of salmon with 1/4th of the first mixture. Sprinkle the lime zest, if using equally onto each fillet. Gently wrap the oil in a single layer. (Set aside)

Make veggie kabobs, by placing, a green pepper chunk, followed by a tomato, onion, pineapple, and the yellow pepper. Repeat the pattern until the skewer is full.

Lightly brush the veggies with ¼-½ of the contents with the second sauce mixture. Place the veggies on the grill and turn ¼ rotation, every 2-3 minutes and baste with each turn. After the first turn, place the salmon packets, skin side down (if present), on the grill. Cook for 10-12 minutes. Remove.

Meanwhile make the rice according to the package directions.

Serve by plating 1/4th the rice, 1 salmon packet and two kabobs.

NOTE

Both sauces are great for other meats and could even be made fresh and used as a dressing for salads.

Vegetables, fiber and omega-3 fatty acids are lacking in most Americans' diets. The Dietary Guidelines for Americans recommends building half of the plate with fruits and vegetables and choosing whole grain products to meet dietary needs for fiber and omega-3 fatty acids.

Omega-3 fatty acids are part of every cell in our body and are critical to processes such as of building hormones that regulate the body, aiding in the contraction and relaxation of the artery walls, and gene regulation. Studies suggest that omega-3 fatty acids have been shown to reduce the risk of heart disease, stroke, and may also protect against cancer as well as some inflammatory conditions. Our bodies cannot make Omega-3 fatty acids so it's important to eat foods containing them.

Foods high in omega-3 fats include flax seeds and flaxseed oil, various vegetable oils, nuts, (with walnuts being the highest), fish and green leafy vegetables.

The salmon in this meal is a key source of omega-3 fat. Aim to consume approximately 2 servings of fish/seafood a week and 1-2 other sources of omega-3 foods per day.

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