

Fun Food Feature of the Week!

Salmon

- Salmon is often referred to as a "fatty fish" because it contains fish oil that is very rich in Omega-3 fatty acids.
- Research has been done to show that Omega-3 fatty acids have anti-inflammatory capabilities that may reduce symptoms of arthritis
- There is also a possible heart health benefit in that the fatty acids may reduce risk for cardiovascular disease. The mechanism is such that the fat regulates the sodium and calcium in the body that is necessary for a healthy, regular heartbeat.
- For health benefit, at least one serving of fish per week is necessary.
- Smoked salmon does not have the health benefit since the smoking causes most of the fat to be eliminated.
- For more salmon information: salmonpage.com



Grilled Salmon with Honey-Soy Marinade

bettycrocker.com

- 1 Tablespoon brown sugar (packed)
- 1 Tablespoon butter or margarine (melted)
- 1 Tablespoon olive oil or vegetable oil
- 1 Tablespoon honey
- 1 Tablespoon soy sauce
- 1 clove garlic (chopped)
- 1 large salmon filet (2 pounds cut into 8 pieces)



Mix all ingredients except salmon in a large bowl. Place salmon in a shallow dish. Pour marinade over salmon. Cover and refrigerate for at least 30 minutes but no longer than 1 hour. Heat grill. Place salmon skin side down on the grill. Cover and cook for 10-20 minutes or until salmon flakes easily with a fork.

Makes 8 servings Exchanges: 3 1/2 lean meat