

# MARCH 2021

# Healthy Living

*March is National Nutrition Month*



## Follow these basic tips to make healthy eating a part of your daily routine.

- **Make half your plate fruits and vegetables.** Add a variety of produce to your diet in order to incorporate the necessary vitamins, minerals, and fiber your body needs.
- **Opt for whole grains.** Whole grain products have more fiber and will keep you fuller for longer compared to refined grains.
- **Choose the right fats.** Mono and polyunsaturated fats found in olive oil, nuts, seeds, avocados, and other plant-based items plus omega-3 fats from select foods tend to be healthier for the heart. Avoid excess saturated fat from full-fat animal products and trans fats from fried foods and hydrogenated oils.
- **Don't go overboard with added sugars.** Sugar is in a lot of processed items so be sure to check for hidden sources and track how much you're consuming on a daily basis.
- **Skip the salt.** Limit sodium in your diet by using herbs and spices instead of heavily salting your food.
- **Portion size matters.** Use measuring cups or visual cues to make sure you're eating the correct serving sizes. For example, a serving of meat would be equal to the size of your palm or a deck of cards.
- **Slow down at meals.** Take your time in between bites to better process a feeling of fullness and only eat when you're truly hungry, not as a response to emotions.
- **Use a grocery list.** It's easier to make healthy choices when you plan ahead. Base your list off of a few recipes or meals you've selected for the week. This will help you avoid impulse purchases while shopping as well.
- **Keep the pantry and freezer stocked with basics.** If you have meal components readily available, there will be less guesswork involved in meal prep. Keep oils, vinegars, spices, sauces, dry and/or frozen grains, frozen produce, nuts/nut butters, seeds, and whole grain bread or tortillas around for go-to meals.
- **Have a plan when dining out.** Check out the menu and nutrition information before visiting a restaurant. Look for healthier options that are grilled, baked, broiled, or steamed.
- **Experiment with meatless meals.** Try some plant-based protein sources to vary your diet. Beans and legumes, nuts and seeds, plus certain vegetables and grains contain protein that can be satisfying and nutrient-dense.
- **Remember to drink water.** Stay hydrated with nonsugary beverages to round out your nutrition plan.



## FEATURED RECIPE

# Salmon with Smoky Chickpeas & Greens



## Ingredients

- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon smoked paprika
- ½ teaspoon salt, divided, plus a pinch
- 1 (15 ounce) can no-salt-added chickpeas, rinsed
- ⅓ cup buttermilk
- ¼ cup mayonnaise
- ¼ cup chopped fresh chives and/or dill, plus more for garnish
- ½ teaspoon ground pepper, divided
- ¼ teaspoon garlic powder
- 10 cups chopped kale
- ¼ cup water
- 1¼ pounds wild salmon, cut into 4 portions

## Directions

1. Position racks in upper third and middle of oven; preheat to 425 degrees F.
2. Combine 1 tablespoon oil, paprika and 1/4 teaspoon salt in a medium bowl. Very thoroughly pat chickpeas dry, then toss with the paprika mixture. Spread on a rimmed baking sheet. Bake the chickpeas on the upper rack, stirring twice, for 30 minutes.
3. Meanwhile, puree buttermilk, mayonnaise, herbs, 1/4 teaspoon pepper and garlic powder in a blender until smooth. Set aside.
4. Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add kale and cook, stirring occasionally, for 2 minutes. Add water and continue cooking until the kale is tender, about 5 minutes more. Remove from heat and stir in a pinch of salt.
5. Remove the chickpeas from the oven and push them to one side of the pan. Place salmon on the other side and season with the remaining 1/4 teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 8 minutes.
6. Drizzle the reserved dressing on the salmon, garnish with more herbs, if desired, and serve with the kale and chickpeas.

*Serves 4. Serving Size: 4 Oz. Salmon, 3/4 Cup Greens, 1/4 Cup Chickpeas & 2 1/2 Tbsp. Dressing Per Serving: 447 calories; protein 37g; carbohydrates 23.4g; dietary fiber 6.4g; sugars 2.2g; fat 21.8g; saturated fat 3.7g; cholesterol 72.9mg; sodium 556.7mg.*