

Garlic and Black Pepper Salmon

Ingredients

200g salmon fillet
 2 tbs vegetable oil
 2 tbs lemon juice
 2 tbs cilantro (coriander) leaves, chopped
 2 cloves garlic, minced
 Freshly ground black pepper and salt to taste

Method

1. Mix the vegetable oil, lemon juice, chopped cilantro (coriander) leaves, minced garlic, ground pepper and salt. Marinate the salmon fillet with the mix and refrigerate for 2 to 3 hours.
2. Heat oil in the skillet, cook the fish for 4 to 6 minutes, until it flakes easily.



Walnut Fruit Salad



Ingredients

6 strawberries, halved
 1 mango, chopped
 2 kiwis, sliced
 1 tablespoon honey
 ½ cup walnuts, chopped
 Mint sprig to garnish

Method

1. Combine fruits, nuts, honey and garnish with the mint sprig.
2. Prepare and refrigerate 30 minutes before serving.

References:

KIM S. LAYNE,* YEOW K. GOH,* JACQUELINE A. JÄMPSEN,* EDMOND A. RYAN, f PETER CHOW** A/YD MICHAEL T. CLANDININ**³ Normal Subjects Consuming Physiological Levels of 18:3(n-3) and 20:5(n-3) from Flaxseed or Fish Oils Have Characteristic Differences in Plasma Lipid and Lipoprotein Fatty Acid Levels^{1,2}. jn.nutrition.org/content/126/9/2130

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www.omega3learning.uconn.edu/diet-health/view/consumers/productdatabase/food-products/

www.eatright.org/kids

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