Baked Salmon and Asparagus in Parchment Paper

Serving size: one serving

Ingredients:
3 ounces  Salmon Filet
8 stalks  Asparagus
2 slices  Lemon
2 cloves  Garlic, minced
½ tsp  Olive Oil
½ tsp  Black pepper

Directions:
1. Preheat oven to 350 degrees.
2. Place 8 stalks of Asparagus on a sheet of Parchment paper. Place filet of salmon on top; drizzle with olive oil, season with minced garlic and black pepper, and place two slices of lemon on top.
3. To close, fold parchment over salmon and tuck sides under.
4. Bake for 15-20 minutes until salmon is opaque.
Sample Recipes

Baked Chicken Nuggets

**Serving size:** 3 ounces

**Ingredients:**
- 1 piece Chicken Breast
- 1 tsp Garlic Powder
- 1 tsp Paprika
- 1 tsp Onion powder
- ¼ tsp White pepper
- ¼ tsp Canola oil

**Directions:**
1. Preheat oven to 425 degrees.
2. Cut chicken breast into smaller bite-size pieces. Place in a bowl.
3. Mix seasoning in a small bowl.
4. Sprinkle seasoning mixture over chicken, coat well. Drizzle canola oil over chicken to coat lightly.
5. Place chicken in a cookie sheet and cook in oven for 10-15 minutes until golden brown.

**Notes:**
Serve chicken as your protein source with salad, steamed quinoa, or by itself as a snack.
Sample Recipes

Healthy Salad Dressing
Serving Size: 1 tbsp.

Ingredients:
1 tbsp.    olive oil
1 tbsp.    balsamic vinegar
1 tbsp.    Garlic
2 tbsp    Italian spices
Salt and pepper to taste

Directions:
1. Blend all ingredients in a blender or whisk until emulsified
2. Store in a tight seal container

Notes:
Vinaigrette dressings are healthier choices than creamy salad dressings, as they are usually made from healthy fats such as canola and olive oil. Vinaigrettes can also be used to flavor steamed veggies or marinate fish and chicken.
Go Green Smoothie
Serving Size: 8 ounces

Ingredients:
1 cup Chopped seeded cucumber
1 cup Baby spinach
¼ cup Banana
¼ cup Green apples
½ cup Regular light soymilk
2 tbsp Chopped mint
Water and ice depending on desired consistency

Directions:
1. Blend all ingredients in a blender.
2. If mixture is too thick add additional soymilk or water.

Notes:
Be creative with your recipes. Try a variety of fruits and vegetables to avoid boredom. Although fruits contain vitamins and antioxidants, they are high in sugar. Be sure to limit the serving size of fruit to approximately ½-1 cup only.