



Mno-Bmadzewen

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News

Join NHBP at the Grand Rapids Community Center from 5 to 7 p.m. Thursdays in October for Neshnabék wwi wthandak, a cooking class inspired by Native cuisine. Throughout this interactive class, several different native recipes will be created, some of which will include produce from the NHBP greenhouse! Food and meal inspiration will be provided. Contact NHBP Registered Dietitian Erin Stark at 269.704.4180 or erin.stark@nhbp.org to register.

For Pine Creek residents, Neshnabék wwi wthandak will be offered Saturday, Nov. 23 from 10 a.m. to noon at the Pine Creek Community Center. Contact NHBP Registered Dietitian Erin Stark at 269.704.4180 or erin.stark@nhbp.org to register.



Recipe: Easy Baked Salmon

Ingredients:

- 2 4-ounce salmon filets
- 1 lemon
- Black pepper
- Garlic powder
- Nonstick spray



Nutrition Information Serving size: 1 4-ounce Salmot Filet:

- 5 grams of fat
- 137 calories
- 0 grams of carbs
- 23 grams of protein

Instructions:

Pre-heat oven to 425 degrees F. Pat salmon filets dry with paper towel or clean kitchen towel. Shake black pepper and garlic powder on each side of the salmon filets. Cut lemon in half and squeeze lemon juice on each side of the salmon filets. Spray a baking sheet with nonstick spray and lay salmon filets flat on to baking sheet. Bake salmon filets for 15 to 18 minutes, depending on thickness of filets.

SEAFOOD

Seafood is an important part of a balanced diet. Unfortunately, seafood has become an underutilized food group with only 1 in 10 Americans meeting the recommended 8-ounce serving per week. It is a great source of the heart-healthy fats, Omega-3 and Omega-9. Seafood is also one of the few food sources of Vitamin D, making it a great addition to meals. As for the difference between fish labeled "wild-caught" and "farm-raised," wild-caught simply means that the fish was caught using nets, divers or traps, while farm-raised fish are harvested from tanks and enclosures. Both, however can be great ways to incorporate seafood into your diet.

Fish can be easier to cook than you think! Set the oven to 425 degrees and bake the fish 10 minutes for each inch of thickness. Serve with vegetables and a whole grain, such as barley or brown rice, and you have a simple and delicious meal!

Health topics discussed in this mailer are intended to provide general health information. For condition specific or personalized health information, please contact your medical provider or schedule an individual appointment at an NHBP Health Facility.