

## EGG TOMATO CURRY

### SERVES 4.

This tomato sauce takes advantage of eggs' ability to boost your absorption of the healthy carotenoids present in tomatoes and spinach. Plus, the dish is a great candidate for dinner on any harried weeknight.

- 1 Tbsp (15 mL) grapeseed oil or sunflower oil
- 1 small yellow onion, finely diced
- 1/2 tsp (2 mL) salt
- 3 garlic cloves, chopped
- 1 Tbsp (15 mL) finely chopped ginger
- 1 tsp (5 mL) garam masala (a widely available Indian spice mix)
- 1/2 tsp (2 mL) ground turmeric
- 1/2 tsp (2 mL) ground coriander
- 1/4 tsp (1 mL) ground cumin
- 1/4 tsp (1 mL) black pepper
- 1/4 tsp (1 mL) cayenne
- 1 lb (450 g) cherry tomatoes, halved
- 1 Tbsp (15 mL) fresh lemon juice
- 4 cups (1 L) spinach, tough ends trimmed
- 4 hard-boiled large eggs, halved
- 1 avocado, sliced
- 1/4 cup (60 mL) sliced almonds
- 1/3 cup (80 mL) chopped cilantro

In large skillet over medium heat, warm oil. Add onion and salt to pan; heat until onion has softened and is beginning to darken, about 5 minutes. Add garlic and ginger to pan and heat for 2 minutes.

Add garam masala, turmeric, coriander, cumin, black pepper and cayenne; heat for 30 seconds. Gently stir in tomatoes and heat for 6 minutes, until tomatoes begin to wilt and release their juices. Stir in lemon juice and then add spinach and heat until wilted.

Lower eggs into the tomato sauce and spoon some of the mixture over eggs. Serve garnished with avocado, almonds and cilantro.

**EACH SERVING CONTAINS:** 256 calories; 11 g protein; 19 g total fat (3 g sat. fat, 0 g trans fat); 14 g total carbohydrates (4 g sugars, 6 g fiber); 412 mg sodium





## RED PEPPER YOGURT DIP WITH ASPARAGUS

### SERVES 6.

When eaten raw or slightly cooked, delicious asparagus supplies the prebiotics to help nourish the beneficial bacteria in your digestive tract supplied by yogurt.

1 bunch asparagus, woody ends trimmed  
1 cup (250 mL) finely chopped roasted red pepper  
1 cup (250 mL) plain Greek yogurt  
1 tsp (5 mL) toasted sesame oil  
1 tsp (5 mL) lemon zest  
1 Tbsp (15 mL) fresh lemon juice  
1 garlic clove, minced  
2 tsp (10 mL) fresh thyme  
1/2 tsp (2 mL) salt  
1/4 tsp (1 mL) cayenne  
1/4 tsp (1 mL) black pepper  
Toasted sesame seeds, optional

Bring large pot of salted water to a boil. Add asparagus, and blanch for 1 minute, or until bright green. Drain and transfer asparagus to bowl of ice water to cool, and then drain. Place asparagus in refrigerator and chill for at least 30 minutes.

In bowl, stir together roasted red pepper, yogurt, sesame oil, lemon zest, lemon juice, garlic, thyme, salt, cayenne and black pepper.

Serve red pepper dip alongside chilled asparagus spears. Garnish with toasted sesame seeds if you wish.

**EACH SERVING CONTAINS:** 52 calories; 5 g protein; 2 g total fat (1 g sat. fat, 0 g trans fat); 6 g total carbohydrates (4 g sugars, 2 g fiber); 245 mg sodium



## SALMON BURGERS WITH BROCCOLI PESTO

### SERVES 4.

Rich salmon patties definitely won't leave you wondering, "Where's the beef?" As a perk, arugula and horseradish help make the broccoli an even bigger antioxidant powerhouse.

### PESTO

- 3 cups (750 mL) steamed broccoli florets
- 2 cups (500 mL) arugula, plus extra for garnish
- 1/4 cup (60 mL) grated Parmesan
- 1/4 cup (60 mL) walnuts
- Juice of 1/2 lemon
- 2 garlic cloves, chopped
- 1/4 tsp (1 mL) salt
- 1/4 cup (60 mL) olive oil

### BURGERS

- 1 lb (450 g) skinless salmon, chopped into 1 in (2.5 cm) chunks
- 1 large egg
- 1/2 cup (125 mL) bread crumbs
- 1/3 cup (80 mL) chopped sun-dried tomatoes
- 3 Tbsp (45 mL) prepared horseradish
- 2 tsp (10 mL) Dijon mustard
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) black pepper
- 1 Tbsp (15 mL) grapeseed oil or sunflower oil

Add broccoli, arugula, Parmesan, walnuts, lemon juice, garlic and salt to food processor. Blend into a grainy mixture. With the machine running, slowly drizzle in olive oil through the top tube. Remove pesto from food processor container.

Place salmon, egg, bread crumbs, horseradish, mustard, salt and black pepper in food processor and pulse several times until you have a chunky paste. Form into 4 patties.

Heat oil in skillet over medium-high heat. Place salmon burgers in skillet and cook for about 3 minutes on each side, or until crispy on the outside but cooked through in the middle. Serve topped with pesto.

**EACH SERVING CONTAINS:** 498 calories; 30 g protein; 33 g total fat (6 g sat. fat, 0 g trans fat); 20 g total carbohydrates (3 g sugars, 3 g fiber); 501 mg sodium



snacks per day, maximum, is recommended for optimal health. Good quality snacks can help you stabilize your blood sugar and keep your energy up, but poor quality snacks can sabotage your health. Some healthy snacking staples include hummus, crackers, fruit, unsweetened yogurt, canned tuna, nuts and raw veggies. Try to avoid foods high in refined sugars, sodium and saturated or trans fats.



### 60 TO 70

million people in the US alone are affected by digestive disorders. Whether you suffer from heartburn, irritable bowel syndrome, gas and bloating or something else, there are many solutions that may help, like changing your diet or taking probiotic supplements. Chat with your health care practitioner to find a customized solution for you.

## 50%

reduced risk of cognitive impairment was found in regular tea drinkers. The risk was reduced even more—up to 86 percent—in those who were genetically at risk of Alzheimer's. These were the results of a recent Chinese study that followed 957 adults aged 55 and older. What better excuse for a hot, relaxing cup of tea on a chilly winter day?



That's how many we should be taking every day—at least! Step counters are readily available, and are also often built right into our smartphones. To reach your goal, consider taking the stairs instead of the elevator, parking farther away, going on a brisk walk after dinner or walking rather than driving to run nearby errands.

## 7 TO 8

hours of sleep a night is what we should aim for. Did you know that sleeping enough may also help you stick with your New Year's resolutions? Common resolutions, like eating healthier, exercising more, quitting smoking or doing better at work, are all more achievable with more sleep. Time to make our shut-eye a priority!