

## ARUGULA, SALMON AND NUGGET SALAD

SERVES 4

This light yet hearty brunch salad is bound together by a creamy, bright dressing.

1 lb (450 g) baby new potatoes  
2 - 5 oz (140 g) salmon fillets  
1/2 tsp (2 mL) salt, divided  
5 oz (140 g) package baby arugula  
1/2 cup (125 mL) plain yogurt  
3 Tbsp (45 mL) olive oil  
2 Tbsp (30 mL) lemon juice  
1 Tbsp (15 mL) sumac, plus more for serving  
2 tsp (10 mL) Dijon mustard  
1/2 garlic clove, minced  
4 large leafy lettuce leaves

Preheat oven to 425 F (220 C).

Steam or boil potatoes until tender, about 10 to 15 minutes. Drain and set aside to cool.

To large parchment-lined baking sheet, add salmon and season with 1/4 tsp (1 mL) salt. Roast for 8 to 12 minutes, until fish is still juicy but flakes easily. Remove any skin, and flake fish into large pieces.

Transfer potatoes to large mixing bowl, along with arugula.

To make dressing, in small bowl, whisk to combine yogurt, olive oil, lemon juice, sumac, Dijon and garlic. Add enough dressing to potato and arugula mixture, and toss to combine. Save additional dressing for serving at the table.

Line 4 serving plates with lettuce leaves. Gently top with potato salad and add flakes of salmon when serving. Sprinkle with additional sumac and serve with any leftover dressing, if there is any.

**EACH SERVING CONTAINS:** 353 calories; 19 g protein; 21 g total fat (4 g sat. fat, 0 g trans fat); 24 g total carbohydrates (4 g sugars, 4 g fiber); 458 mg sodium





## ROASTED TOMATO AND ONION SHAKSHUKA

SERVES 4

Smoky roasted tomato sauce forms the base of this North African brunch classic, one of the most delicious ways to prepare eggs for a crowd.

28 oz (796 mL) can whole plum tomatoes  
2 onions, sliced  
2 garlic cloves, minced  
2 Tbsp (30 mL) olive oil  
1 Tbsp (15 mL) red wine vinegar  
1 tsp (5 mL) smoked paprika  
1/2 tsp (2 mL) caraway seeds  
1/2 tsp (2 mL) ground coriander or cumin  
1/2 tsp (2 mL) salt  
1/4 tsp (1 mL) crushed red pepper flakes, or to taste  
8 large eggs  
1/3 cup (80 mL) plain yogurt  
2 Tbsp (30 mL) roughly chopped fresh cilantro  
1/4 tsp (1 mL) Aleppo pepper or additional smoked paprika

Preheat oven to 375 F (190 C).

In large casserole dish or large high-sided skillet, mix tomatoes, onions, garlic, olive oil, vinegar, paprika, caraway, coriander or cumin, salt and red pepper flakes until roughly combined. Bake for 35 to 45 minutes, until bubbling and thickened. Mash tomatoes with fork to form a thick sauce and transfer to large high-sided skillet, if using a casserole dish. Place on stovetop element over medium-low heat and bring to a simmer.

In tomato sauce, make 8 small wells and crack in eggs. Cover and cook over medium-low heat for 10 to 12 minutes, or until egg whites are set and yolks are still slightly runny. To finish, dollop over yogurt and sprinkle with cilantro and Aleppo pepper or additional paprika.

**EACH SERVING CONTAINS:** 277 calories; 16 g protein; 18 g total fat (5 g sat. fat, 0 g trans fat); 16 g total carbohydrates (9 g sugars, 3 g fiber); 463 mg sodium



## PAVLOVA WITH BERRIES

SERVES 4

This pillowy meringue that's crisp on the outside and marshmallowy soft on the inside is a Mother's Day recipe that wows.

**4 large egg whites**  
**3/4 cup (180 mL) evaporated cane sugar or coconut sugar, plus more for serving**  
**1 tsp (5 mL) white wine vinegar**  
**1 tsp (5 mL) cornstarch**  
**1 tsp (5 mL) vanilla extract**  
**Whipped cream, to taste**  
**2 cups (500 mL) sliced fresh strawberries or mixed fresh berries**  
**Lemon zest, to taste**

Preheat oven to 300 F (150 C).

Line large baking sheet with parchment paper and, using a dinner plate and pencil, trace a circle in center of parchment. Flip paper over.

For meringue, in stand mixer fitted with whisk

attachment, whisk egg whites until stiff peaks form. With the machine running, very slowly whisk in sugar until mixture is glossy and then whisk in vinegar, cornstarch and vanilla.

Spread meringue onto the parchment circle, creating a gentle dent in the center, building up the sides higher than the middle. Bake for 1 hour. Turn off oven and let pavlova cool completely inside oven (do not skip this step).

To serve, place cooled pavlova on serving platter and spoon whipped cream in the middle. Top with berries and lemon zest and sprinkle with additional sugar. Slice and serve.

**EACH SERVING CONTAINS:** 190 calories; 3 g protein; 10 g total fat (9 g sat. fat, 0 g trans fat); 21 g total carbohydrates (21 g sugars, 1 g fiber); 34 mg sodium



# 0.8

grams of protein per kilogram of body weight is the

minimum amount of protein you need every day. (To calculate, multiply your weight in pounds by 0.36 or look for an online protein calculator.) Are you getting enough good-quality protein? It's important to examine the source: a piece of salmon is a healthier choice than the equivalent amount of bacon. Don't discount healthy vegetarian options, like nuts and beans!

# 50,000

adults aged 60 or older were studied to determine how nighttime light exposure affects sleep. Researchers concluded that this "light pollution" at night can impair health and hinder sleep. Try dimming the lights in the evening and putting away smartphones and computers before bed. Blackout curtains may also help if you live in a bright area.



# 80 to 90%

is the water content of most fruits and vegetables. The high water content makes them hydrating *and* filling, so if you have excess weight to lose, snacking on these foods may help you eat less without trying. Plus, they're high in fiber, which makes them even more filling. Try raw veggies dipped in hummus for a perfect office snack!

# 25

million people in the US alone are thought to suffer from obstructive sleep apnea. In this serious condition, sufferers' throat muscles relax in their sleep, leading them to stop breathing multiple times in the night. If you snore loudly or feel tired after a full night's sleep, you may want to get checked by your health care practitioner, as the condition is treatable.

# 15

minutes is how long it takes for sunscreen to fully protect us after we apply it. Now that

the weather is getting warmer, we need to practice proper sun safety. Also ensure that you apply sunscreen to all bare skin (including the tops of your feet and tips of your ears!). Most adults need about 1 ounce or 30 mL—about the size of a shot glass—to cover all skin.

