

Roasted Salmon and Grapes

Resveratrol is an antioxidant found in grape skins. It reduces oxidative stress damage to the cardiovascular system by neutralizing free radicals, and helps support the body's natural defenses. Roasting concentrates the sweetness and flavor of grapes, making them a delicious complement to Omega-rich salmon fillets.

Ingredients

- 2 cups (500mL) red, seedless, grapes
- 1 large bulb fennel, thinly sliced, or 1 large red onion, halved and sliced
- 2 tsp (10mL) extra-virgin olive oil
- ½ tsp (2mL) fine sea salt, divided
- ½ tsp (2mL) freshly ground black pepper, divided
- 4 (6oz or 170g) pieces, skin-on salmon fillet
- 2 tbsp (30mL) chopped flat-leaf parsley

Directions

Preheat oven to 400°F (200°C).

Place grapes and fennel or onion in a roasting pan, drizzle with olive oil and sprinkle with ¼ teaspoon salt and ¼ teaspoon pepper. Roast until grapes just begin to shrivel and fennel or onion just begins to brown, about 25 minutes, stirring once halfway through cooking.

Sprinkle salmon with remaining salt and pepper. Stir grape mixture again and arrange salmon, skin side down, on top. Continue roasting until salmon is just cooked through, 10 to 12 more minutes.

Transfer fish to a platter or plates. Toss grape mixture with parsley and serve along with salmon. Refrigerate leftovers and gently reheat next day.

Serves 4

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Chocolate Avocado Pudding

Nothing says 'I love you' like a chocolate dessert! Flavonoids in cocoa beans have been shown to help lower blood pressure, prevent blood clots and fight cellular damage. Along with avocado, cocoa is also one of the best known food sources of magnesium, which is needed to improve blood flow to the heart, while playing a key role in aerobic and anaerobic functions

Ingredients

- 1 large ripe avocado
- 1/3 cup (80mL) coconut milk
- 2-3 tbsp (30-45mL) maple syrup or honey
- 1/4 cup (65mL) dark cocoa powder
- 1 tsp (5mL) vanilla extract
- 2 tbsp (30mL) semi-sweet chocolate chips, melted
- Pinch each sea salt and cinnamon

Directions

Remove large pit from avocado, scoop out flesh with a spoon and place in a food processor.

Add remaining ingredients and blend until smooth.

Chill for 2 hours and serve topped with fresh raspberries and/or toasted coconut. Pudding will keep for 3 days in refrigerator...if there's any left!

Serves 2-4

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