

serves 6

Walnut-Crusted Salmon Fillets

Salmon and walnuts go great together! Rich in skin-saving Omega-3 fatty acids, this tasty dish will nourish your body inside and out!

Ingredients

1 ½ cups (375mL) California walnuts	3 Tbsp (45mL) fresh dill, chopped
3 Tbsp (45mL) dry breadcrumbs	Salt and pepper to taste
3 Tbsp (45mL) lemon rind, finely grated	6 - 3-ounce (90g) salmon fillets, skin on
1 ½ Tbsp (22mL) extra- virgin olive oil	Dijon mustard
	2 Tbsp (30mL) fresh lemon juice

Directions

- Place walnuts in food processor; coarsely chop. Add breadcrumbs, lemon rind, olive oil and dill; pulse until crumbly. Mixture should stick together. Season with salt and pepper; set aside.
- Arrange salmon fillets, skin side down, on a parchment paper-lined baking sheet. Brush tops with mustard.
- Spoon 1/3 cup of walnut crumb mixture over each fillet; gently press the crumb mixture into the surface of the fish. Cover with plastic wrap; refrigerate for up to 2 hours.
- Bake at 350°F (175°C) for 20 minutes, or until salmon flakes with a fork. Just before serving, sprinkle each with 1 teaspoon lemon juice.

Recipe adapted from: www.walnuts.org

serves 1

Green Tea Breakfast Smoothie

After a good night's sleep, your skin will benefit from an antioxidant-rich green smoothie.

Ingredients

1 cup (250mL) packed greens of your choice (spinach, kale, bok choy)

1 cup (250mL) pineapple, mango or banana chunks

½ cup (125mL) plain active-culture yogurt

¼ avocado

1 cup (250mL) cooled double strength green tea

1 Tbsp (15mL) honey (optional)

Directions

- Brew double strength green tea the night before. Cool and refrigerate. In the morning, combine greens, fruit, avocado and cooled green tea. Blend and enjoy! If you prefer a slightly sweeter drink, add honey. For a thicker drink, use frozen fruit.