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## Maple-Pecan Crusted Salmon

Research has shown that Omega-3 fats found in fatty fish may play a role in helping with mood and depression. Boost your mood with this delicious dish.

### INGREDIENTS

4 - (5-6oz/140-170g) wild salmon fillets  
2 Tbsp (30mL) Canadian maple syrup  
2 tsp(10mL) Dijon mustard  
1 clove garlic, minced  
1 Tbsp (15mL) Tamari or low-sodium soy sauce  
Ground black pepper, to taste  
¼ cup (65mL) finely chopped pecans

### PREPARATION

Preheat oven to 425°F. In a small bowl stir together maple syrup, mustard, garlic, tamari and a few cracks of black pepper. Brush both sides of the salmon fillets with this mixture and place on a baking sheet. Divide and sprinkle chopped pecans evenly over one side of each salmon fillet. Bake for 10 minutes per inch thick, or when salmon is opaque in the centre. Salmon does not need to be turned over half-way though cooking time. Allow to rest 2-3 minutes before serving.

Turkey and Black Bean Chili with Sweet Potatoes

Protein foods, such as turkey, release tyrosine, which, once in the brain, is used to make two chemicals found to improve alertness and mental sharpness. Try this delicious protein rich recipe for mental clarity.

### INGREDIENTS

2 sweet potatoes peeled and cut into ¾ inch pieces  
¼ cup (65mL) extra virgin olive oil, divided  
Coarse sea salt  
1 large yellow onion, diced (about 1 ½ cups)  
2 garlic cloves, minced  
1 tsp (5mL) ground cumin  
½ tsp (2mL) each sweet pimento & mild chili powder  
1 lb (454g) ground turkey (preferably dark meat)  
28-ounce(798mL) can whole peeled tomatoes  
14-ounce (398g) can black beans, rinsed and drained



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Chopped fresh cilantro and scallions for serving, if desired

#### PREPARATION

Preheat oven to 400° F (200° C). Toss the sweet potatoes with 2 tablespoons (30mL) of the olive oil and spread on parchment-lined baking sheet. Sprinkle with a pinch of salt and roast, stirring occasionally, until soft, about 20 minutes. Set aside.

Meanwhile, heat the remaining 2 tablespoons (30mL) of oil in a large heavy-bottomed pot set on medium heat. Add onion, garlic, cumin, pimento, chili powder, and a pinch of salt and cook, stirring occasionally until soft, not too browned, 8 to 10 minutes. Add turkey to the pan and cook, stirring to break it up, until liquid evaporates and the meat is browned; at least 20 minutes.

Add tomatoes and a pinch of salt to the pot to pot on high heat. Rinse can with ½ cup of water and add liquid to the pot. Bring to a boil, turn heat to low and simmer for 20 minutes. Crush the tomatoes with a spoon as they cook. Add beans and reserved sweet potatoes to the chili and continue to simmer for 15 minutes. Serve with a scattering of cilantro and scallions.

Adapted from: IT'S ALL GOOD DELICIOUS, EASY RECIPES that will make you LOOK GOOD and FEEL GREAT. By Gweneth Paltrow and Julia Turshen