

HEART HEALTHY VALENTINE'S DAY

This Valentine's Day make your someone special a meal that can also be good for your heart. Studies have shown that eating salmon once a week can significantly lower your risk for heart disease and also may help prevent rheumatoid arthritis. Salmon is high in niacin, phosphorus, protein, selenium, B12 and Vitamin E, a powerful antioxidant. It is also rich in omega-3 fats, which helps to lower your bad cholesterol and reduces inflammation in the arteries. Omega-3 fats also help to thin your blood, thus preventing clots from forming.

Here is a quick and easy recipe that takes just minutes to prepare. A side dish of wild rice and steamed broccoli makes it a truly healthy Valentine's meal.

Salmon Fillets in Orange-Honey Marinade

1/3 cup orange juice
3 Tbsp. olive oil
1 Tbsp. honey
1 clove garlic, sliced

1/3 cup low-sodium soy sauce
3 Tbsp. catsup
1/2 tsp. ground ginger
4 salmon fillets

In Ziploc bag, combine all ingredients except the salmon. Add salmon and seal bag. Refrigerate for one hour. Drain salmon and reserve marinade. Bring marinade to a boil in saucepan. Grill salmon over hot coals about 5 minutes. Carefully turn salmon over and brush with marinade. Grill 5 minutes longer or until salmon flakes easily. Discard remaining marinade.

*I like to use some chopped cilantro in the marinade for added flavor.

Happy Valentine's Day!