

The Family That Bakes Together...

Baking is a strong family tradition in my family. It is a constant joke in my family that my mom and dad cannot agree on whose mother's Christmas cookies are better. Baking from a young age helped me to learn cooking skills that aided in understanding measurements, ingredient's functions, and various cooking methods. February is Bake for Family Fun Month.

This movement was established to encourage families to come together and share traditions in the kitchen!

One of my favorite memories with my grandma was baking Easter egg cookies with her. Baking is a way for families to pass down traditions and connect generations.

This month I hope you would consider planning some time for a family baking night. Bonding over cookies is always a good idea! You could even get the book *If You Give a Mouse a Cookie*, one of my favorite childhood books, to read after the baking is done!

Weekly Challenge:

Share your favorite recipe with a family member or friend.



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EAT WELL, AGE WELL. HEART HEALTHY COOKING TIPS

LIMIT SATURATED AND TRANS FAT

TO LOWER THE RISK OF HEART DISEASE OR TO MANAGE YOUR EXISTING DISEASE, TRY THESE TIPS FOR PREPARING MEALS.

- Select lean cuts of beef and pork, especially cuts with “loin” or “round” in the name.
- Cut back on processed meats high in saturated fat, like hot dogs, salami, and bacon.
- Drain the fat off of cooked, ground meat.
- Eat fish regularly. Try different ways of cooking such as baking, broiling, grilling, and poaching.
- Use liquid vegetables and soft margarine instead of stick butter.

Salmon Baked in Foil



Pixabay.com- Meditations (photographer).

Ingredients:

- 1-2 (5 ounces each) salmon fillets
- 1 TBSP and 1 tsp. olive oil (divided)
- Salt and freshly ground black pepper
- 1 tomato, chopped OR 1/2 can chopped tomatoes, drained
- 1 chopped shallot
- 1 TBSP lemon juice
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme

Yield: 1-2 servings

Directions:

1. Preheat the oven to 400 degrees F.
2. Sprinkle salmon with 1 teaspoons olive oil, salt, and pepper. Stir the tomatoes, shallots, 1 tablespoons of oil, lemon juice, oregano, and thyme in a medium bowl to blend.
3. Place a salmon fillet, oiled side down, on a sheet of foil. Wrap the ends of the foil to form a spiral shape. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed. Place the foil packet on a heavy large baking sheet.
4. Bake until the salmon is just cooked through, about 15-25 minutes. Using a large metal spatula, transfer the foil packets to plates and serve.

Recipe adapted from <http://www.foodnetwork.com/recipes/giada-de-laurentiis/salmon-baked-in-foil-recipe-1914818>

EAT WELL, AGE WELL. HEART HEALTHY COOKING TIPS

REDUCE SALT (SODIUM)

HERE ARE SOME TIPS FOR
CONTROLLING SODIUM INTAKE.

- Prepare foods at home so you can control the amounts of salt in your meals.
- Use as little salt in cooking as possible. You can cut at least half the salt from most recipes.
- Do not add additional salt to food at the table.
- Select reduced-sodium or no-salt-added canned soups and vegetables.
- Season foods with herbs, spices, garlic, onions, peppers and lemon or lime juice to add flavor.

Healthy Cauliflower Rice



Pixabay.com- Moritz320 (photographer).

Ingredients:

- 1 large head cauliflower, separated into 1-inch florets
- 3 TBSP olive oil
- 1 medium onion, finely diced
- Kosher salt
- 2 TBSP fresh parsley leaves, finely chopped or 1 TBSP dried parsley.
- Juice from ½ lemon

Yield: 4- 1 cup servings

Directions:

1. Trim the cauliflower florets, cutting away as much stem as possible. In 3 batches, break up the florets into a food processor and pulse until the mixture resembles rice.
2. Heat the oil in a large skillet over medium-high heat. Add the onions, and stir to coat. Continue cooking, stirring frequently, until the onions are golden brown at the edges and have softened, about 5 minutes.
3. Add the cauliflower, and stir to combine. Add salt or salt-free seasoning blend and continue to cook, stirring frequently, until the cauliflower has softened, 3 to 5 minutes. Remove from the heat.
4. Spoon the cauliflower into a large serving bowl, garnish with the parsley, sprinkle with the lemon juice and season to taste with salt. Serve warm.

Adapted from: <http://www.foodnetwork.com/recipes/food-network-kitchen/healthy-cauliflower-rice-3363582>

EAT WELL, AGE WELL. HEART HEALTHY COOKING TIPS

SUBSTITUTE HEALTHY FAT

Swap out the mayo in tuna salad for avocado and enjoy a heart healthy alternative that is lower in saturated fat, cholesterol and calories.

Flavor the tuna with various salt-free seasoning blends or herbs to spice up the salad.

Serve with lettuce, veggies and grapes and a little dark chocolate for some extra antioxidants.

Small changes like this can help you incorporate the Mediterranean-Style eating plan.

Mayo-Free Avocado Tuna Salad



Photos courtesy of Pixabay.com

Ingredients:

- Bread of your choice for toasting
- 1- 5 oz. can of tuna
- 2 TBSP Dijon mustard
- 2 TSBP onion, chopped
- 1/3 cup celery, finely chopped
- ¼ of an apple, finely chopped
- 1 ripe, fresh avocado, peeled, pitted and cubed.
- 1 TSBP fresh lemon juice
- Black pepper to taste

Yield: 4- 1 cup servings

Directions:

1. In a large mixing bowl, combine the tuna, Dijon mustard, onion, celery and apples.
2. Add in lemon juice and black pepper to taste.
3. Using a spatula, gently fold in the avocado cubes.
4. Spoon the tuna salad gently over toast or a bed of lettuce.

Recipe adapted from www.LoveOneToday.com

