



13 DELICIOUS RECIPES

FEED YOUR FITNESS

WITH ALASKA SEAFOOD



Wild, Natural & Sustainable®



RYAN & SARA INVITE
YOU TO TRY THEIR
ORIGINAL ALASKA SEAFOOD
RECIPES AT HOME.

All entrées were created by the Halls with a focus on nutritional value, athletic performance and, of course, unforgettable Alaska flavor.

RYAN HALL

Former NCAA champion Ryan Hall is the current U.S. record holder for the half marathon and the first American to complete it in under an hour. He is a two-time Olympian, participating in both the 2008 Olympic Games in Beijing and the 2012 Olympic Games in London. In 2008, Ryan was named male Road Runner of the Year by the Road Runners Club of America.

He and his wife Sara rely on the unique nutrient profile found in Alaska seafood to recover and recharge their muscles throughout training. The fact that it's so delicious and easy to prepare is an added bonus.

SARA HALL

Sara Hall is a professional distance runner, former cross country national champion and Pan American Games gold medalist. She's a nine-time U.S. National Team member, three-time Olympic trials finalist and an energetic advocate for Alaska seafood.

Along with her husband Ryan, Sara has made Alaska seafood's nutritional bounty an important part of her training regimen. The combination of lean protein, anti-inflammatory omega-3s, healthy fats and other nutrients help strengthen their bone and heart health while providing the nourishment their muscles need to recover and rebuild.

FEED YOUR FITNESS® & FUEL YOUR PERFORMANCE WITH ALASKA SEAFOOD

Consider yourself a fitness buff? Alaska seafood is among the best foods to support an athletic lifestyle, whether you're a competitive runner chasing a new record or an everyday gym hound looking to get the most from your workout. Alaska seafood not only delivers great-tasting nutrition, it also provides one-of-a-kind health benefits.



WHY SHOULD YOU EAT ALASKA SEAFOOD? BECAUSE YOUR FIRST WEALTH IS HEALTH.

Most Americans fall short of eating the recommended amounts of seafood set by the U.S. Dietary Guidelines for optimal health, which is eight ounces per week. Here's why Alaska seafood should be on your plate as a regular part of your training table menu:

- » The highest quality protein that repairs and rebuilds muscles
- » Lean protein that is loaded with omega-3 fatty acids to reduce inflammation and strengthen heart health
- » Alaska canned salmon is a good source of bone-building nutrients, especially calcium and vitamin D
- » Low in calories for weight management
- » Easy and quick to prepare
- » Among the safest seafood: regularly tested by Alaska's Department of Environmental Conservation for water quality, methylmercury, radiation and other possible contaminants — Alaska is consistently found to have among the lowest levels of contaminants of any fish and shellfish

THE HIGHEST QUALITY PROTEIN

Alaska seafood provides the complete array of essential amino acids needed to build, repair and maintain muscle. Proteins from animal and fish sources are complete, high-quality proteins, while those from plants tend to be incomplete (with the exception of soy beans and quinoa). Alaska seafood contains highly digestible protein, which means the amino acids are readily absorbed by the body. As an active person, your source of protein matters. Getting the most from that source will help keep your muscles strong and healthy.

HEART HEALTH BENEFITS

Alaska seafood is low in saturated fat, a known dietary risk factor for heart disease, and high in heart protective monounsaturated and polyunsaturated fats. It is also high in essential omega-3 fatty acids, another healthy fat. Studies show the high omega-3 fatty acid content of Alaska fish and seafood decreases blood triglyceride (fat) levels and favorably reduces blood pressure, both risk factors for heart disease. They also protect the heart by reducing blood clotting, help reduce the chance of developing abnormal heart rhythms, and reduce the risk of a major cardiovascular event. Fresh and frozen Alaska seafood is also naturally low in sodium. To control or limit your sodium intake for good heart health, Alaska seafood is a wise protein choice.



EFFECTIVE WEIGHT MANAGEMENT

Because most Alaska seafood species are low in fat, they are also low in calories (see chart below). Alaska seafood satisfies your hunger with fewer calories, so if you're trying to lose or maintain a certain weight, this protein source will help you get there.

AVG. CALORIES & PROTEIN PER 6 OZ. SERVING

ALASKA SALMON, ALL SPECIES EXCEPT KING
224 calories 37 grams protein

ALASKA POLLOCK, BLACK COD, COD & HALIBUT
183 calories 28 grams protein

KING & SNOW CRAB, SCALLOPS
138 calories 28 grams protein

AVG. CALORIES & PROTEIN PER 3.5 OZ. SERVING

CANNED ALASKA SALMON
150 calories 24 grams protein

The recipes in this brochure are designed for the active person/athlete to refuel muscles and deliver optimal nutrition. Portion sizes can be easily adjusted to meet your calorie needs.

BEST SOURCE OF OMEGA-3 FATTY ACIDS

Alaska salmon is not only one of the highest sources of naturally occurring omega-3 fatty acids, the type of omega-3 fatty acid it contains make it the best source. The two most important fatty acids are eicosapentaenoic (EPA) and docosahexaenoic (DHA), which are found in their most absorbable forms only in marine sources. The omega-3 fatty acid found in plants (flaxseeds, walnuts and chia seeds) is different and does not provide the same health benefits.

» Only one type of omega-3, alpha-linolenic acid (ALA), comes from plants and it is mostly “burned” for energy. It needs to be converted to the long-chain forms to be beneficial, but humans are not good at doing this. **Less than 1% is converted to EPA, and only a trace amount of the EPA is further converted to DHA, the form needed by the brain.**

So when it comes to omega-3s, the most effective are those found in seafood: EPA and DHA. These fatty acids are important for fetal development, neuron and immune function, as well as eye health, and are a major part of all cell membranes. Both EPA and DHA are fatty acids that we need to consume in our diet — our bodies cannot make these essential fatty acids in amounts sufficient to meet our needs. Enjoying Alaska seafood 2 to 4 times every week will ensure that you are getting what you need in the form your body can use.

OMEGA-3 FATTY ACIDS SUPPORT BRAIN FUNCTION & EYE HEALTH

Omega-3 fatty acids have been shown to support



brain function and health by improving cell repair and regeneration, which may help reduce cognitive decline. They are also a key component for healthy visual and retinal function in our eyes, which may help lower the risk of age-related macular degeneration and other visual disorders.

OMEGA-3 FATTY ACIDS: A NATURAL ANTI-INFLAMMATORY

Grueling workouts can take a toll on the body. If you are just becoming more active, you too will experience the inflammatory effects of exercise. Food not only fuels physical activity and training, but certain foods can also help us recover, heal and prepare for the next practice, game or workout. Alaska seafood may help decrease the inflammation caused by intense exercise, reducing the muscle soreness that occurs one or two days after a workout. The omega-3 content, especially high in Alaska salmon, may also help reduce symptoms like swelling, joint pain and fatigue.

B VITAMINS: THE ENERGY TEAM

Several different B vitamins assist with metabolizing our food into energy. Many Alaska seafood species contain niacin, B6 and B12, which aid that process. B6 is essential for the production of white blood cells that support proper immune function, the synthesis of neurotransmitters and amino acids, and the conversion of muscle glycogen for energy. B12, found only in animal products, is important in red blood cell production. It also supports aerobic energy metabolism by maintaining hemoglobin to help with oxygen transport. As an athlete or active person, optimizing the aerobic capacity in your blood will help maximize your fitness level and performance.

VITAMIN D AND CALCIUM: BONE- AND MUSCLE-BUILDING NUTRIENTS

Did you know that 41% of adults in the United States are deficient in Vitamin D? Wild Alaska salmon is one of the few foods that contains Vitamin D, which helps keep membranes healthy, supports immune function and keeps muscles and bones strong. Because it's a fat-soluble vitamin, it needs fat to be absorbed – exactly what comes naturally in salmon! Just one serving of sockeye or pink salmon provides an entire day's Vitamin D needs, as recommended by the Institute of Medicine (600 IUs per day). People low in Vitamin D may not have optimal calcium absorption to keep bones healthy and strong, so eating enough is essential for bone health.

Vitamin D also acts as an antioxidant, removing the damaging free radicals that are produced in our cells from vigorous exercise and activity.

Alaska seafood contains other nutrients that help to build and maintain strong bones and muscles, too, like calcium, phosphorus and magnesium. Alaska canned salmon is high in calcium because of its soft, edible bones. Ready to eat from the can, it is as natural and delicious as it gets. Nothing is added but a pinch of salt for flavor, and the edible skin and soft bones are literally cooked under pressure, making them so soft they can be easily blended into the salmon with a fork, adding extra nutrients and flavor.

Alaska canned pink salmon has 4x the omega-3s EPA and DHA, and 12x the Vitamin D as many popular canned meats and fish. It also has 25% of adult RDA for calcium, and nearly the daily reference amount for selenium!

PER 100g	CALORIES	TOTAL FAT	EPA + DHA	CALCIUM	VITAMIN D
ALASKA CANNED SOCKEYE SALMON, DRAINED SOLIDS	167	7.39g	1267mg	232mg	841 IU
ALASKA CANNED PINK SALMON, DRAINED SOLIDS	138	5.02g	1077mg	283mg	580 IU
CANNED WHITE TUNA, DRAINED SOLIDS	128	2.97g	862mg	14mg	80 IU
CANNED SHRIMP, MIXED SPECIES	100	1.36g	545mg	145mg	0 IU
CANNED CHUNK LIGHT TUNA, DRAINED SOLIDS	86	0.96g	224mg	17mg	47 IU
CANNED BLUE CRAB	83	0.74g	168mg	91mg	0 IU
CANNED CHICKEN, DRAINED	162	5.72g	46mg	12mg	0 IU
CANNED TURKEY, MEAT ONLY WITH BROTH	169	6.86g	30mg	12mg	11 IU
CANNED LUNCHEON MEAT, PORK & HAM (SPAM)	315	26.6g	0mg	0mg	26 IU
CANNED LUNCHEON MEAT, PORK & CHICKEN (SPAM LITE)	196	13.9g	0mg	39mg	24 IU
PACIFIC SARDINE, CANNED IN TOMATO SAUCE, DRAINED	185	10.45g	1396mg	240mg	193 IU
CANNED JACK MACKEREL, DRAINED SOLIDS	156	6.3g	1230mg	241mg	292 IU
ATLANTIC SARDINE, CANNED IN OIL, DRAINED WITH BONE	208	11.45g	982mg	382mg	193 IU

Source: USDA National Nutrient Database, accessible at <http://www.ndb.nal.usda.gov>. Accessed on 11/1/2013.

**POTASSIUM:
AN IMPORTANT ELECTROLYTE**

Potassium, like sodium, is an important electrolyte that's necessary for proper muscle contraction, transmitting nerve impulses and maintaining fluid balance in the body. It protects against heart disease by lowering blood pressure, as well. Potassium regulates sodium losses to help prevent dehydration and also plays an active role in the metabolism of carbohydrate and protein. Most Americans consume levels far below the daily recommendation of 4700 mg/day.

Competitive athletes who train strenuously require even more potassium. Training or competing in high temperatures and excessive sweat losses may require an increase in dietary potassium as well as sodium to avoid muscle cramps, nausea, fatigue, weakness and loss of appetite.

Many Alaska seafood species are good sources of potassium. Leafy greens, bananas, potatoes, sweet potatoes, tomatoes and carrots are other potassium-rich foods to include in your diet.



ALASKA HALIBUT OR COD STEW WITH FENNEL AND ORANGE

PREP: 10 MINUTES COOK: 20 MINUTES SERVES: 4 TO 6

INGREDIENTS

- 1 to 2 Tablespoons olive oil
- 1 sweet onion, peeled and sliced
- 1 fennel bulb, thinly sliced crosswise
- 1 Tablespoon chopped fresh garlic
- 1 can (28 oz.) diced tomatoes, unsalted
- 1 to 2 teaspoons salt, if desired
- 1 teaspoon garam masala
- 4 Alaska Halibut or Cod fillets (4 to 6 oz. each), fresh, thawed or frozen
- 2 medium oranges, peeled and segmented
- 3 Tablespoons chopped fresh dill
- 1 small French baguette, sliced, if desired

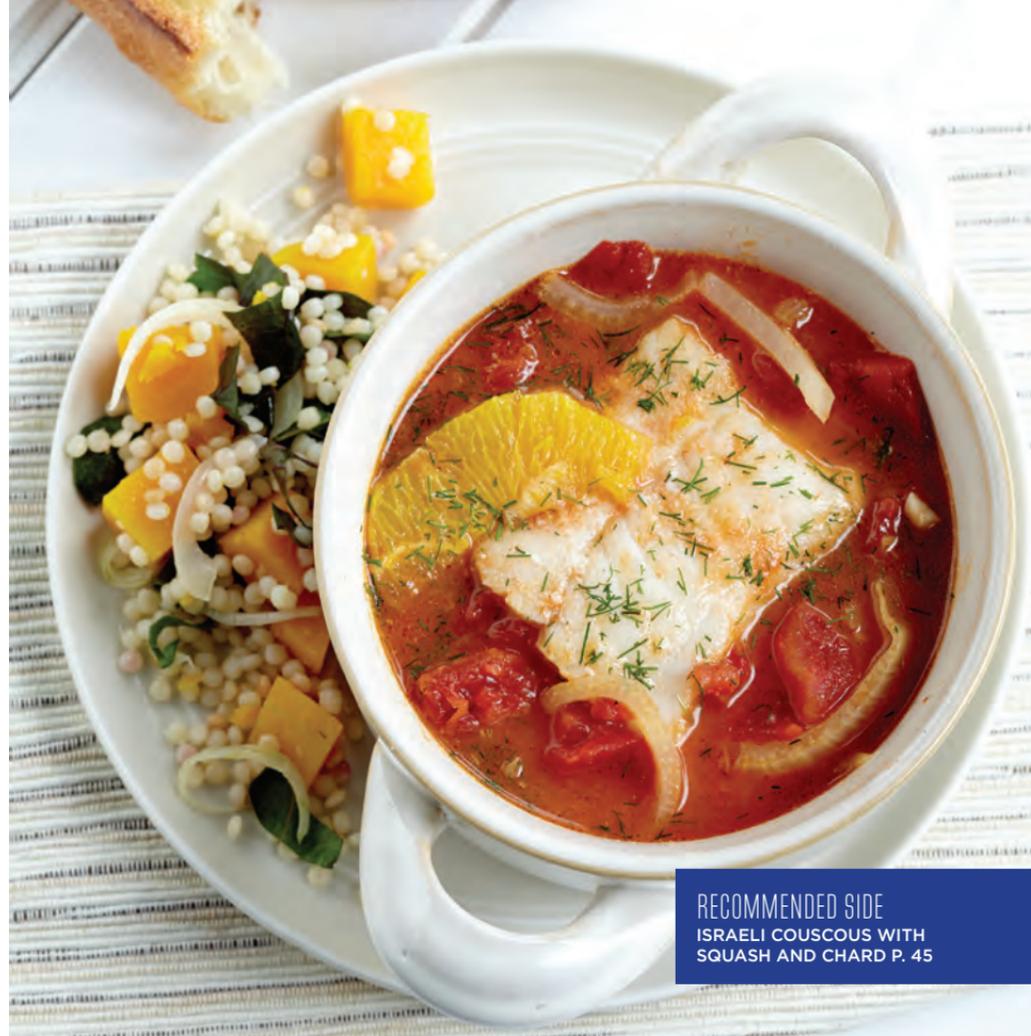
DIRECTIONS

Lightly coat the bottom of the Dutch oven or stockpot with olive oil. Turn heat to medium-high. Add and sauté the onion, fennel and garlic until onion softens, about 5 minutes. Stir in diced tomatoes, salt and garam masala. Cook, covered, for an additional 5 minutes over medium heat.

Rinse any ice glaze from frozen fish under cold water; place fillets in stockpot, submerging them in the sauce; top with orange segments. Cover and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off the heat and let seafood rest in liquid for 5 minutes. Sprinkle on dill. Serve stew with baguette slices, if desired.

NUTRIENTS PER SERVING (AT 6 SERVINGS)

191 calories, 3g total fat, <1g saturated fat, 12% calories from fat, 52mg cholesterol, 22g protein, 20g carbohydrate, 4g fiber, 552mg sodium, 100mg calcium, 23 IU Vitamin D and 80mg omega-3 fatty acids



RECOMMENDED SIDE
ISRAELI COUSCOUS WITH
SQUASH AND CHARD P. 45

PAN-SEARED ALASKA HALIBUT WITH RED CURRY AND BASMATI RICE

PREP: 20 MINUTES COOK: 15 MINUTES SERVES: 4

INGREDIENTS

- 1-½ cups basmati rice, uncooked
- 1 can (13 to 14 oz.) regular or lite coconut milk
- 2 Tablespoons red curry paste
- 1 Tablespoon brown sugar
- 8 oz. mushrooms, halved
- 1 medium zucchini, sliced
- 2 Tablespoons fish sauce
- 4 to 6 Thai basil leaves, coarsely chopped
- 4 Alaska Halibut fillets (4 to 6 oz. each), fresh, thawed or frozen
- 1-½ Tablespoons olive or grapeseed oil
- ½ lime or lemon, if desired

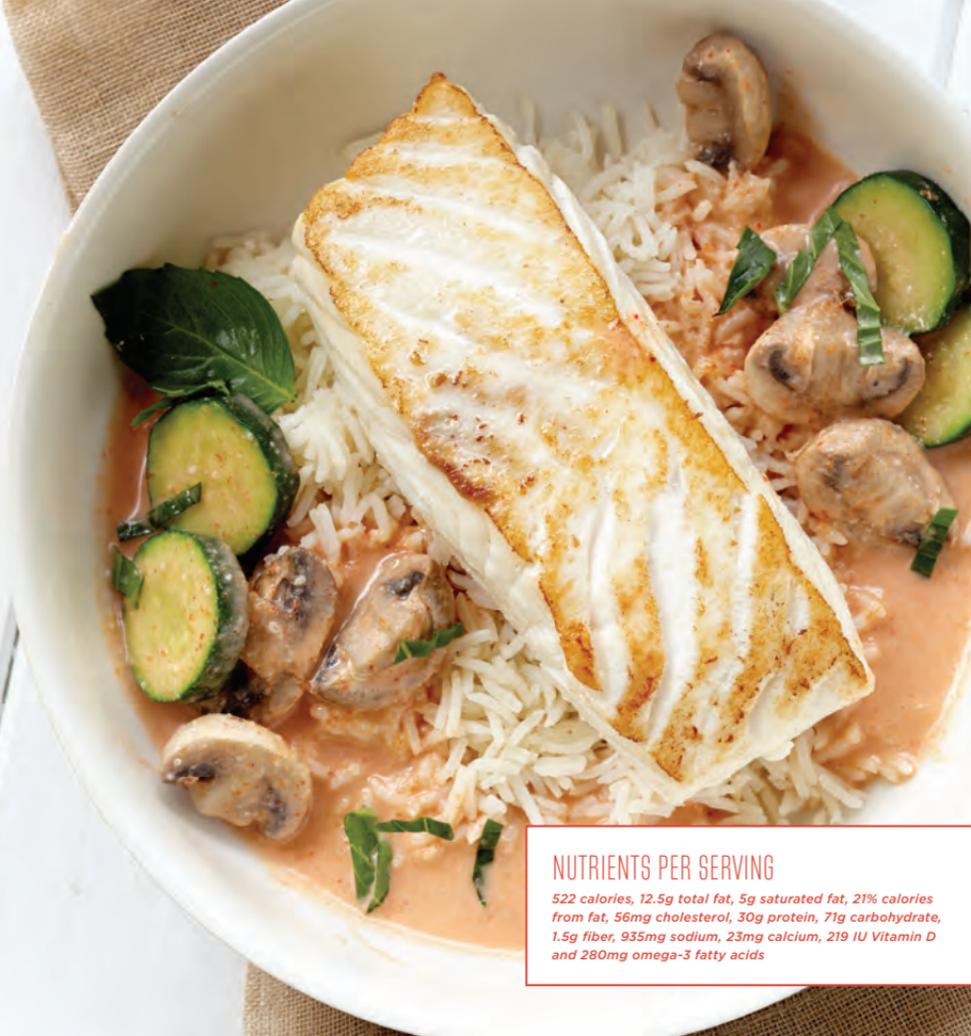
DIRECTIONS

Cook rice in a rice cooker or saucepot according to package directions; keep warm.

Whisk coconut milk, curry paste and brown sugar in a large saucepan. Bring to a boil, then reduce heat to a simmer; add mushrooms and zucchini. Cook 2 minutes, then stir in fish sauce and Thai basil. Turn off heat; cover and keep warm.

Rinse any ice glaze from frozen Alaska Halibut under cold running water; pat dry with a paper towel. Heat a nonstick skillet over medium-high heat. Brush both sides of halibut with oil. Gently place halibut in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Turn fillets over, reduce heat to medium, and cover pan tightly. Cook 5 to 7 minutes for frozen halibut or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

For each serving, portion about 1 cup rice into a low-sided bowl or on rimmed plate. Place a halibut portion over rice; squeeze on lime or lemon juice, if desired. Ladle about 1 cup sauce and vegetables over all.



NUTRIENTS PER SERVING

522 calories, 12.5g total fat, 5g saturated fat, 21% calories from fat, 56mg cholesterol, 30g protein, 71g carbohydrate, 1.5g fiber, 935mg sodium, 23mg calcium, 219 IU Vitamin D and 280mg omega-3 fatty acids

ALASKA SALMON AND GRILLED VEGETABLE QUESADILLAS

PREP: 15 MINUTES COOK: 10 MINUTES SERVES: 4 TO 6

INGREDIENTS

Nonstick cooking spray

1 medium zucchini, halved
lengthwise and sliced

8 oz. sliced mushrooms

$\frac{1}{2}$ onion, thinly sliced

$\frac{1}{2}$ to 1 teaspoon salt, to taste

1 teaspoon garlic powder

$\frac{1}{2}$ teaspoon ground cumin

4 large (burrito-size) tortillas

8 oz. shredded sharp
cheddar cheese

1 can (14.75 oz.) or 2 cans (7.5
oz. each) traditional-pack
Alaska Salmon or 2 cans or
pouches (6 to 7.1 oz. each) skinless,
boneless salmon, drained and
chunked

Pico de Gallo sauce, guacamole or
sour cream, as desired for dipping/
topping

DIRECTIONS

Spray-coat a very large (10- to 12-inch) nonstick skillet, then warm over medium-high heat. Add zucchini, mushrooms and onions; cook and stir until onion softens, about 3 to 5 minutes. Sprinkle on salt, garlic powder and cumin; stir to coat. Remove vegetables from pan; wipe out pan with a paper towel. Re-coat pan with cooking spray.

For each quesadilla, place a tortilla in the pan (or spray-coated nonstick griddle). Sprinkle 2 oz. cheese over tortilla. Sprinkle on and spread half of the drained salmon chunks over cheese. Spread $\frac{1}{2}$ of the vegetables over salmon. Sprinkle on 2 oz. cheese, then top with another tortilla. Heat the skillet over medium-low heat. Cook 3 to 5 minutes on each side until golden brown. Repeat for second quesadilla.

NUTRIENTS PER SERVING (AT 6 SERVINGS)

551 calories, 27g total fat, 13g saturated fat, 44% calories from fat, 89mg cholesterol, 34g protein, 48g carbohydrate, 8g fiber, 1193mg sodium, 443mg calcium, 589 IU Vitamin D and 1120mg omega-3 fatty acids



RECOMMENDED SIDE
FARRO AND BROCCOLI PILAF
P. 46

CEDAR PLANK GRILLED ALASKA SALMON WITH SWEET POTATOES

PREP: 10 MINUTES (not including plank soaking time) **COOK: 15 MINUTES** **SERVES: 4**

INGREDIENTS

Cedar planks with enough surface area for salmon

4 Alaska Salmon fillets (4 to 6 oz. each), fresh, thawed or frozen

Olive oil spray

1 Tablespoon fresh (or 1 teaspoon dried) favorite herb for salmon (dill, thyme, rosemary, etc.)

Salt and freshly cracked pepper, to taste

4 large sweet potatoes, sliced lengthwise into wedges

$\frac{1}{2}$ Tablespoon ground cumin

DIRECTIONS

Soak cedar planks for 1 to 2 hours (or overnight) submerged in water. Remove and pat dry.

Heat grill to medium heat (400°F). Rinse any ice glaze from frozen Alaska Salmon under cold running water; pat dry with a paper towel. Spray cedar planks and salmon with olive oil spray. Place salmon on planks; sprinkle with herbs, salt and pepper. Place sweet potatoes in a bowl; spray with cooking spray. Sprinkle with cumin, salt and pepper, to taste. Toss to coat.

Place cedar planks and potato wedges onto grill. Cover and cook about 3 to 4 minutes; turn wedges over and continue cooking until potatoes are soft and cooked. Keep warm.

Cook salmon 12 to 15 minutes, just until fish is opaque throughout.

NUTRIENTS PER SERVING

350 calories, 10.5g total fat, 1.5g saturated fat, 27% calories from fat, 91mg cholesterol, 33g protein, 33g carbohydrate, 4g fiber, 277mg sodium, 36mg calcium, 798 IU Vitamin D and 1700mg omega-3 fatty acids



SARA'S TIP

We found slicing the potatoes vertically (into coins) helps keep them from falling through the grill grate. For larger "coins," microwave them briefly before grilling so they can cook through without burning on the outside. Of course, sweet potato fries can also be roasted in an oven preheated to 400°F. Cook for 20 to 25 minutes until golden brown and cooked through.

RECOMMENDED SIDE

MASSAGED KALE SALAD WITH GOAT CHEESE P. 41

PAN-SEARED ALASKA COD OVER MINTED PEA PURÉE

PREP: 15 MINUTES COOK: 10 MINUTES SERVES: 4

INGREDIENTS

½ cup water

2 pounds frozen or fresh peas,
blanched

1 package (0.6 to 0.7 oz.) fresh
mint, leaves only

Salt, to taste

4 Alaska Cod fillets (4 to 6 oz.
each), fresh, thawed or frozen

Olive oil

1 teaspoon lemon pepper
seasoning

NUTRIENTS PER SERVING

*319 calories, 5g total fat, <1g saturated fat,
13% calories from fat, 65mg cholesterol,
37g protein, 34g carbohydrate, 12g fiber,
393mg sodium, 101mg calcium, 28 IU
Vitamin D and 200mg omega-3 fatty acids*

DIRECTIONS

Add water, peas and mint to a blender or food processor; season with salt to taste. Purée until almost smooth. Cover and keep warm.

Rinse any ice glaze from frozen Alaska Cod under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of fillets with olive oil. Place cod in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking. Turn cod over and sprinkle with lemon pepper seasoning. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 9 minutes for frozen cod or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

To serve, spoon pea purée onto four plates. Top each with a cod fillet and serve immediately.



SARA'S TIP

This easy-to-make dish is low in calories because the peas give it a boost of resistant starch that is not digested or absorbed in the body.

RECOMMENDED SIDE

KALE PESTO WITH FETTUCCINE P. 42

ALASKA SALMON SALAD SANDWICHES

PREP: 15 MINUTES MAKES: 4 SANDWICHES

INGREDIENTS

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional-pack Alaska Salmon or 2 cans or pouches (6 to 7.1 oz. each) skinless, boneless salmon, drained and chunked

$\frac{1}{3}$ cup light mayonnaise

1 Tablespoon lemon juice

2 teaspoons Dijon mustard

1 Tablespoon capers, drained, chopped if large (optional)

$\frac{1}{3}$ cup finely diced celery

$\frac{1}{3}$ cup finely diced onion

$\frac{1}{4}$ cup dill or sweet pickle relish, drained

Dash of Tabasco or pinch of black pepper

1 Tablespoon chopped fresh dill or $\frac{1}{2}$ to 1 teaspoon dried dill weed

8 slices whole-grain bread

24 thin slices cucumber

4 leaves green or red leaf lettuce

DIRECTIONS

In a medium bowl, combine salad ingredients; stir to combine well.

Lay out bread slices and divide salad between 4 slices of bread. Top each with 6 slices of cucumber and a leaf of lettuce. Place remaining slices of bread on top and cut each sandwich in half, crosswise.

NUTRIENTS PER SERVING

364 calories, 12g total fat, 2g saturated fat, 30% calories from fat, 90mg cholesterol, 32g protein, 32g carbohydrate, 5g fiber, 995mg sodium, 370mg calcium, 606 IU Vitamin D, and 1840mg omega-3 fatty acids



CALIFORNIA ROLL LETTUCE CUPS

PREP: 15 MINUTES COOK: 20 MINUTES (for rice) SERVES: 4

INGREDIENTS

1 cup short grain or sushi rice

$\frac{1}{3}$ cup seasoned rice vinegar

1 pound Alaska Surimi Seafood
(imitation crab)

$\frac{1}{4}$ cup mayonnaise

Salt and pepper, if desired

1 head butter/Bibb lettuce
leaves, separated and rinsed

1 ripe avocado, peeled and
cubed, sprinkled with lemon
juice

1 cup diced English cucumber

4 toasted nori (seaweed) sheets,
sliced into thin strips (or 1 cup
toasted seaweed shreds)

3 Tablespoons toasted
sesame seeds

DIRECTIONS

Prepare rice in rice cooker or pot according to directions, but replacing $\frac{1}{3}$ cup water with seasoned rice vinegar. Let cool when done.

Chop surimi into bite-sized pieces; add to a bowl. Stir in mayonnaise. Season with salt and pepper, if desired, to taste.

For assembly, spoon $\frac{1}{3}$ cup rice into the center of a lettuce leaf. Top with $\frac{1}{2}$ cup surimi salad, 2 to 3 tablespoons avocado, 2 tablespoons cucumber, 2 tablespoons nori shreds and about 1 teaspoon sesame seeds. Repeat for remaining 7 lettuce leaves.

NUTRIENTS PER SERVING (AT 2 EACH)

521 calories, 21g total fat, 3g saturated fat,
36% calories from fat, 28.5mg cholesterol, 16g protein,
67g carbohydrate, 7g fiber, 1424mg sodium, 78mg
calcium, 1 IU Vitamin D and 900mg omega-3 fatty acids



RECOMMENDED SIDE
QUICK ASIAN SLAW WITH
SESAME DRESSING P. 40

SOUTHWEST SALMON QUINOA CAKES OVER MIXED GREENS

PREP: 35 MINUTES COOK: 10 MINUTES SERVES: 4 TO 6 (14 to 15 cakes)

INGREDIENTS

- 1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional-pack Alaska Salmon or 2 cans or pouches (6 to 7.1 oz. each) skinless, boneless salmon, drained and chunked
- 2 cups prepared quinoa (red or white)
- 1 cup fresh breadcrumbs
- 1 cup diced onion
- 1/2 cup diced green bell pepper
- 1/4 cup sliced black olives (optional)
- 1 teaspoon ground cumin
- 3 large eggs
- Salt and pepper, as desired
- 1 cup sour cream
- 1 cup salsa
- 1 bag (8 to 10 oz.) mixed salad greens
- Prepared vinaigrette, as needed
- Olive oil, as needed

DIRECTIONS

In a large bowl, combine drained salmon, quinoa, breadcrumbs, onion, green pepper, olives and cumin. In a separate bowl, whisk eggs; season with salt and pepper. Pour eggs over salmon. Mix well, then form into small patties, about 1/4 cup each. Transfer to a spray-coated plate; cover and refrigerate 20 minutes. Mix sour cream and salsa; cover and refrigerate.

In a large bowl, toss mixed greens with a small amount of vinaigrette, to coat greens. Divide and arrange salads on 4 to 6 plates.

Lightly coat a large nonstick skillet (about 2 tablespoons oil). Heat to medium and gently add salmon patties (cooking in batches, if necessary). Cook until lightly browned on both sides. Place salmon cakes on top of greens; spoon on sauce, as desired.

NUTRIENTS PER SERVING (AT 6 SERVINGS)

423 calories, 19g total fat, 6g saturated fat, 40% calories from fat, 179mg cholesterol, 27g protein, 37g carbohydrate, 5g fiber, 766mg sodium, 258mg calcium, 591 IU Vitamin D and 1230mg omega-3 fatty acids



RECOMMENDED SIDE
MILLET, CORN AND BLACK BEAN SALAD P. 43

MISO ALASKA HALIBUT WITH SOBA NOODLE STIR FRY

PREP: 15 MINUTES COOK: 15 MINUTES SERVES: 4

INGREDIENTS

- 1 package (12 oz.) prepared soba noodles (or noodle of choice)
- 4 Alaska Halibut fillets (4 to 6 oz. each), fresh, thawed or frozen
- 3 Tablespoons sesame oil, divided
- 2 cups roughly chopped bok choy
- 1-½ cups sugar snap peas
- 1 cup sliced mushrooms
- ½ cup chopped green onion
- ¼ cup miso
- 1 cup water
- ¼ cup teriyaki sauce

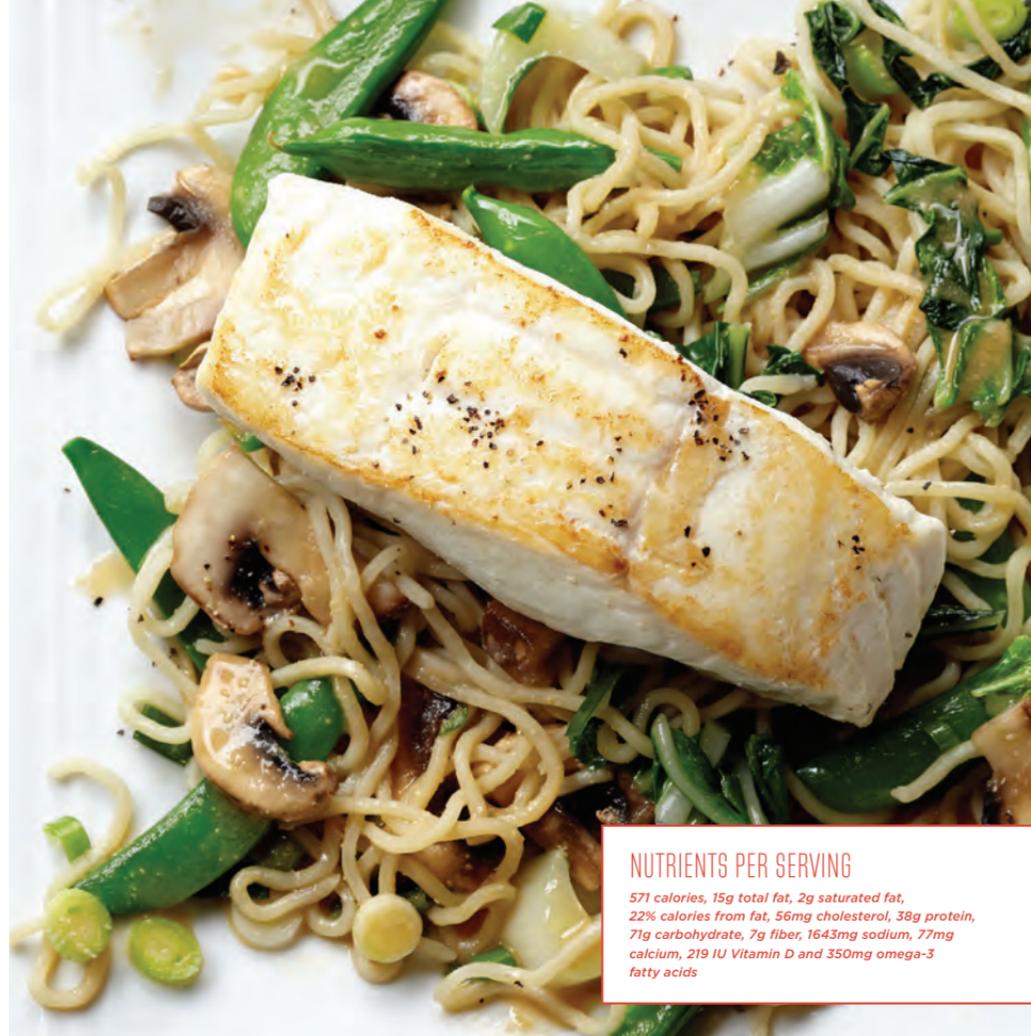
DIRECTIONS

Prepare noodles according to package directions; set aside.

Rinse any ice glaze from frozen Alaska Halibut under cold running water; pat dry with a paper towel. Heat a large nonstick skillet or wok over medium-high heat. Brush both sides of halibut with 1-½ tablespoons of the sesame oil. Place fish in heated skillet; cook, uncovered, about 3 to 4 minutes, until bottom side is browned. Shake pan occasionally to keep fish from sticking. Turn halibut over, reduce heat to medium, and cover pan tightly. Cook 5 to 7 minutes for frozen halibut or 2 to 3 minutes for fresh/thawed fish, cooking just until fish is opaque throughout. Transfer fillets to a plate; cover to keep warm.

Wipe out skillet/wok with a paper towel. Add remaining sesame oil. Heat to medium-high, then add and stir-fry bok choy, snap peas, mushrooms and green onions. Stir in noodles; turn off heat. Cover and keep warm.

In a saucepan, blend miso, water and teriyaki sauce. Bring to a boil, then reduce heat to simmer and cook 1 minute. Stir sauce into noodle-vegetable mixture. To serve, divide and portion mixture into four bowls or plates. Top each with a halibut portion.



NUTRIENTS PER SERVING

571 calories, 15g total fat, 2g saturated fat, 22% calories from fat, 56mg cholesterol, 38g protein, 71g carbohydrate, 7g fiber, 1643mg sodium, 77mg calcium, 219 IU Vitamin D and 350mg omega-3 fatty acids

ALASKA SALMON MEDITERRANEAN BURGER PITAS

PREP: 15 MINUTES COOK: 10 MINUTES SERVES: 2 TO 4 (4 pita halves)

INGREDIENTS

- 1 cup plain Greek yogurt
- $\frac{3}{4}$ cup chopped Roma tomatoes
- $\frac{3}{4}$ cup chopped English cucumber
- 1 chopped garlic clove or $\frac{1}{4}$ teaspoon garlic powder
- 1 Tablespoon fresh dill or 1 teaspoon dried dill
- Salt and pepper, to taste
- 1 egg
- $\frac{1}{4}$ cup sour cream
- 1- $\frac{1}{2}$ teaspoons lemon pepper seasoning
- $\frac{1}{2}$ cup chopped Kalamata olives, if desired
- 1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional-pack Alaska Salmon or 2 cans or pouches (6 to 7.1 oz. each) skinless, boneless salmon, drained and chunked
- $\frac{1}{4}$ cup garlic-and-herbs dry breadcrumbs
- 2 Tablespoons olive oil
- 2 cups fresh mixed greens or spinach
- 4 halves of pita bread, kept warm

DIRECTIONS

In a small bowl, stir together the yogurt, tomatoes, cucumber, garlic and dill. Season with salt and pepper, if desired, to taste. Cover and refrigerate.

In a medium bowl, whisk egg. Add sour cream, lemon pepper and olives; mix well. Mix in drained salmon, then breadcrumbs. Shape into 4 patties. Add olive oil to a nonstick skillet, then heat over medium-high heat. Gently add salmon patties; cook about 3 minutes per side until crisp and deep golden brown.

To serve, add about $\frac{1}{2}$ cup greens, a salmon burger and $\frac{1}{2}$ cup sauce into each warm pita half.

NUTRIENTS PER SERVING (AT 4 SERVINGS)

633 calories, 33g total fat, 10g saturated fat, 46% calories from fat, 145mg cholesterol, 39g protein, 48g carbohydrate, 6g fiber, 1425mg sodium, 358mg calcium, 891 IU Vitamin D and 1710mg omega-3 fatty acids



RECOMMENDED SIDE
CREAMED SPINACH WITH
CRISPY TOPPING P. 44

ALASKA SALMON TACOS WITH MANGO SALSA AND AVOCADO CREAM

PREP: 20 MINUTES COOK: 20 MINUTES SERVES: 4 TO 8 (8 tacos)

INGREDIENTS

- 1 ripe mango, peeled and diced
- 1 red bell pepper, seeded and diced
- 1 green bell pepper, seeded and diced
- ½ cup finely diced red onion
- 1 small jalapeño pepper, finely diced (optional)
- ½ cup chopped cilantro leaves
- Salt and pepper, if desired, to taste
- 2 ripe avocados
- Juice of a lime
- ½ cup regular or low-fat sour cream
- ½ teaspoon garlic powder
- 8 (taco-size) flour or corn tortillas
- 4 Alaska Salmon fillets (4 to 6 oz. each), fresh, thawed or frozen
- 1 Tablespoon olive oil
- 1 teaspoon chili powder
- ½ lime, cut into 4 wedges
- 2 cups shredded cabbage

DIRECTIONS

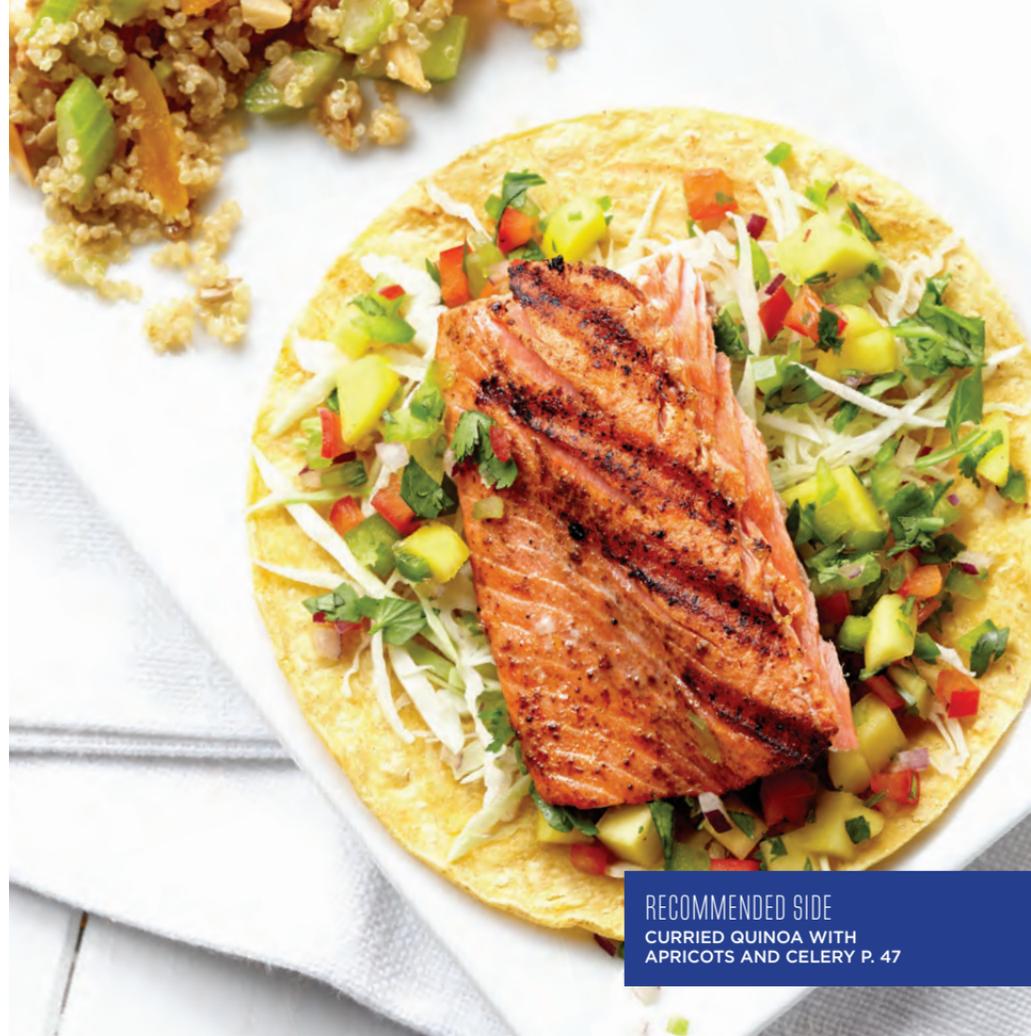
In a bowl, stir together the mango, peppers, red onion, jalapeño and cilantro leaves. Season with salt and pepper, to taste. Cover and refrigerate until serving.

In a separate non-reactive or glass bowl, mash the avocados. Mix in lime juice, then sour cream and garlic powder. Season with salt and pepper, to taste. Cover and refrigerate.

Preheat a grill to 400°F. Grill tortillas, about 10 to 15 seconds per side. Cover and keep warm. Brush salmon fillets with olive oil-chili powder blend. Place on grill and cook about 4 minutes per side, until fish is opaque throughout. Remove to a warm plate. Squeeze a lime wedge onto each fillet. To serve, add one half of salmon fillet to each tortilla. Spoon on ½ cup each mango salsa and cabbage, then top with avocado cream.

NUTRIENTS PER SERVING (AT 8 SERVINGS)

434 calories, 21g total fat, 4g saturated fat, 44% calories from fat, 61mg cholesterol, 25g protein, 39g carbohydrate, 6g fiber, 411mg sodium, 93mg calcium, 479 IU Vitamin D and 1130mg omega-3 fatty acids



RECOMMENDED SIDE
CURRIED QUINOA WITH
APRICOTS AND CELERY P. 47

ALASKA SALMON CAKE EGGS BENEDICT

PREP: 20 MINUTES COOK: 20 MINUTES SERVES: 4

INGREDIENTS

1 package (about 1 oz.) Hollandaise sauce mix

2 large English muffins, split

Butter, as needed

5 large eggs

$\frac{1}{4}$ cup regular or low-fat sour cream

2 teaspoons lemon pepper seasoning

$\frac{1}{4}$ cup sliced green onion

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional-pack Alaska Salmon or 2 cans or pouches (6 to 7.1 oz. each) skinless, boneless salmon, drained and chunked

3 Tablespoons garlic and herb dry breadcrumbs

Vegetable oil, as needed

DIRECTIONS

Prepare Hollandaise sauce according to package directions; cover and keep warm.

Toast muffins; lightly butter and keep warm.

In a large bowl, whisk 1 egg lightly. Add sour cream, lemon pepper and green onion; mix well. Add drained salmon and breadcrumbs; mix well. Shape into 4 patties. Coat a large nonstick skillet lightly with oil (about 2 tablespoons). Over medium-high heat, cook salmon patties, about 3 minutes per side, until crisp and deep golden brown on both sides. Remove from pan and keep warm.

Wipe skillet clean with a paper towel. Add a light coating of oil to pan; heat over medium-high heat. Crack eggs gently into pan. Wait 1 minute, then add $\frac{1}{2}$ cup of water. Cover and cook until eggs are opaque on top, similar to a poached egg.

For each serving, place a muffin half on a plate. Top with a warm salmon cake. Remove an egg from pan with a slotted spoon/spatula; place over salmon. Spoon on Hollandaise sauce. Serve immediately.



NUTRIENTS PER SERVING

457 calories, 22g total fat, 7g saturated fat, 44% calories from fat, 328mg cholesterol, 36g protein, 24g carbohydrate, <1g fiber, 1115mg sodium, 359mg calcium, 934 IU Vitamin D and 2030mg omega-3 fatty acids

ALASKA SALMON PESTO FRITTATA

PREP: 25 MINUTES COOK: 15 MINUTES SERVES: 4 TO 6

INGREDIENTS

1 red bell pepper, seeded and chopped

$\frac{1}{2}$ cup chopped onion

8 oz. sliced mushrooms

2 cloves garlic, minced
or $\frac{1}{2}$ teaspoon garlic powder

1 can (14.75 oz.) or 2 cans
(7.5 oz. each) traditional-pack Alaska
Salmon or 2 cans or pouches (6 to 7.1
oz. each) skinless, boneless salmon,
drained and chunked

$\frac{1}{4}$ cup sliced black olives
(optional)

8 eggs

$\frac{1}{3}$ cup low-fat or skim milk

3 Tablespoons prepared
pesto sauce

$\frac{1}{2}$ to 1 teaspoon salt, to taste

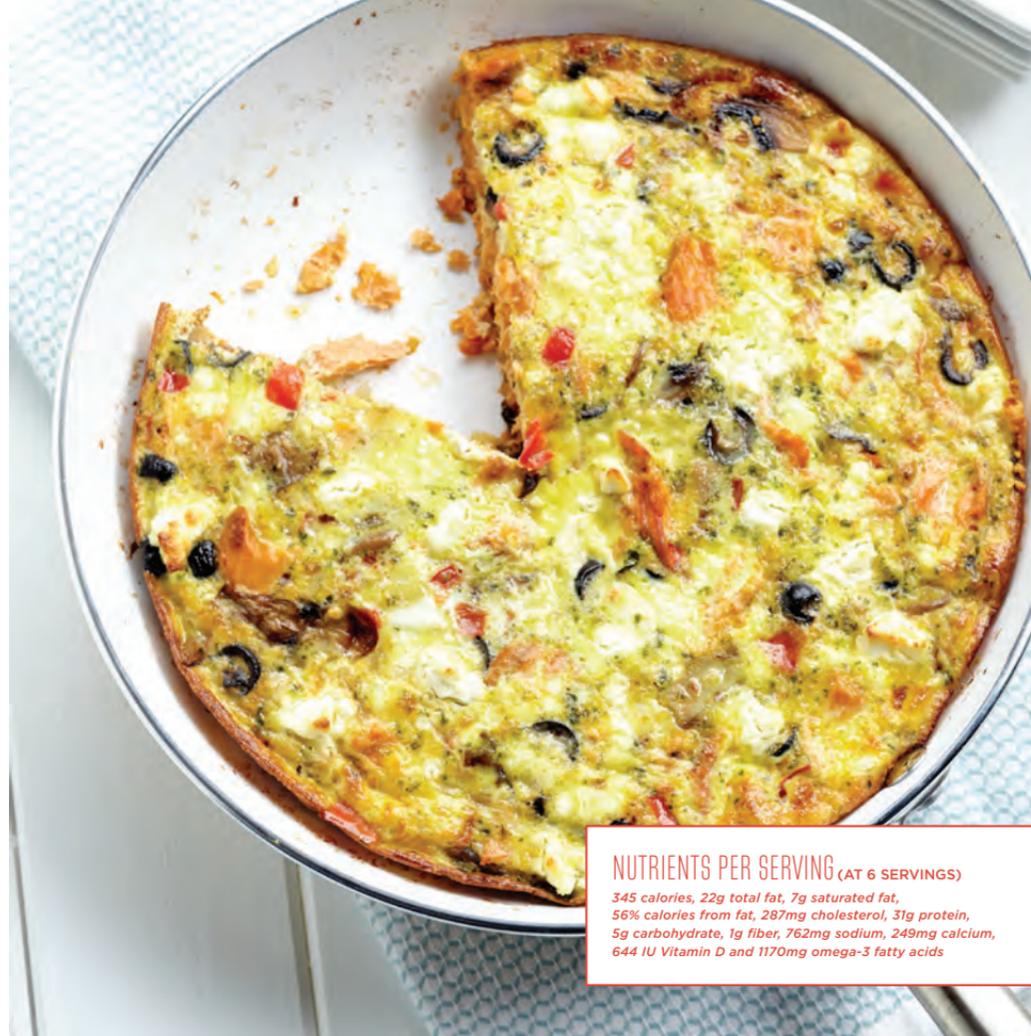
5 to 8 oz. crumbled goat cheese

Cooking spray

DIRECTIONS

Preheat oven to 400°F. Coat a very large (10- to 12-inch) deep nonstick, oven-proof skillet with cooking spray. Over medium-high heat, add and sauté bell pepper, onion, mushrooms and garlic. Remove vegetables from pan to a bowl. Wipe out pan with a paper towel, then spray pan generously with cooking spray. Return vegetables to pan; sprinkle on salmon and olives. Beat together eggs, milk, pesto and salt. Pour over vegetables in pan, cook over medium-low heat, omelet-style, until sides are set, about 4 to 5 minutes. Sprinkle on goat cheese.

Transfer pan to center of oven, covering handle with foil, if necessary. Bake an additional 8 to 10 minutes or until frittata is puffy and eggs are firm in the center. Let stand 1 to 2 minutes before cutting into wedges. Serve immediately.



NUTRIENTS PER SERVING (AT 6 SERVINGS)

345 calories, 22g total fat, 7g saturated fat,
56% calories from fat, 287mg cholesterol, 31g protein,
5g carbohydrate, 1g fiber, 762mg sodium, 249mg calcium,
644 IU Vitamin D and 1170mg omega-3 fatty acids



QUICK ASIAN SLAW WITH SESAME DRESSING

PREP: 25 MINUTES SERVES: 6

INGREDIENTS

½ medium green cabbage, shredded (about 1 pound)

½ medium red cabbage, shredded (about 1 pound)

1 Tablespoon sea salt

2 Tablespoons rice vinegar

1 Tablespoon honey

2 Tablespoons vegetable oil

2 Tablespoons sesame oil

2 Tablespoons sesame seeds

2 teaspoons soy sauce

1 teaspoon finely grated fresh ginger root

3 carrots, shredded

2 green onions, sliced

¼ cup chopped cilantro

¾ cup chow mein noodles, for garnish

DIRECTIONS

Combine green and red cabbage in a large bowl. Sprinkle with sea salt, stir well, and let stand for about 20 minutes.

In a separate small bowl, stir together the rice vinegar, honey, oil, sesame seeds, soy sauce and ginger root.

Transfer the cabbage to a colander and rinse quickly and lightly; drain. Return the cabbage to the bowl, add the carrots and green onion and toss with the dressing. Stir in cilantro and chow mein noodles; serve immediately.

SARA'S TIP

The cabbage is wilted with salt and rinsed before being combined with other ingredients. The wilting process removes the "squeak" from the cabbage and results in a softened but still crunchy, raw cruciferous vegetable.

NUTRIENTS PER SERVING

205 calories, 12g total fat, 1g saturated fat, 49% calories from fat, 0mg cholesterol, 4g protein, 23.5g carbohydrate, 5g fiber, 1437mg sodium, 91mg calcium, 0 IU Vitamin D, and 390mg omega-3 fatty acids



MASSAGED KALE SALAD WITH GOAT CHEESE

PREP: 10 MINUTES SERVES: 4

INGREDIENTS

1 Tablespoon grainy mustard

1 Tablespoon honey

2 Tablespoons balsamic vinegar

2 Tablespoons extra virgin olive oil

2 Tablespoons vegetable oil

2 bunches kale, stems removed and leaves chopped (about 9 oz.)

1 teaspoon sea salt

¾ cup sunflower seeds

¼ cup red onion, sliced

3 oz. goat cheese, crumbled

DIRECTIONS

Combine mustard, honey and balsamic vinegar in a cup. Whisk in the oils in an even stream to fully blend. Set aside.

Add kale to a very large bowl. Sprinkle with salt, tossing leaves while sprinkling. With your hands, "massage" or squeeze the kale leaves for one minute. The kale will start to wilt and soften a bit, but still have some body.

Drizzle half the dressing over the kale; toss to coat. Add the sunflower seeds, onions and goat cheese, tossing again. Add additional dressing as desired.

SARA'S TIP

Massaging the dark green kale gives it a soft and smooth texture that delivers the healthy oils in the salad dressing along with the great nutrients in the leaves.

NUTRIENTS PER SERVING

423 calories, 34g total fat, 7g saturated fat, 71% calories from fat, 26.5mg cholesterol, 13g protein, 18g carbohydrate, 4g fiber, 929mg sodium, 136mg calcium, 0 IU Vitamin D, and 620mg omega-3 fatty acids

KALE PESTO WITH FETTUCCINE

PREP: 15 MINUTES COOK: 10 MINUTES SERVES: 4 TO 6

INGREDIENTS

- 3 cloves garlic, peeled
- 4 cups chopped fresh kale (about 3 oz., stems removed)
- 1 cup fresh basil leaves, tightly packed
- $\frac{1}{4}$ cup pine nuts
- $\frac{1}{4}$ cup grated parmesan cheese
- $\frac{1}{4}$ cup extra virgin olive oil
- Salt and pepper, to taste
- 1 pound dry fettuccine
- Grated parmesan and additional shredded kale, for garnish

SARA'S TIP

Using kale instead of basil in this pesto amps up the nutrition with Vitamin C, K, calcium, fiber, folate, zinc and flavonoids, which are potent antioxidants that have anti-inflammatory effects in the body. Kale also contains lutein and zeaxanthin for eye health.

DIRECTIONS

In a food processor fitted with a metal blade, and with the machine running, drop the garlic through the feed tube to mince. Stop the machine and remove lid. Add kale, basil, pine nuts and parmesan. Continue running the machine for 20 seconds, scraping down the inside of the bowl. Add olive oil in a stream through the feed tube and process for 20 to 30 seconds until pesto is nearly smooth but still has texture. Season with salt and pepper. Transfer pesto to a jar (makes about 1 cup of pesto).

Cook fettuccine according to package directions. Drain pasta, reserve $\frac{1}{4}$ cup of the hot cooking water. Toss fettuccine with $\frac{1}{2}$ cup of the pesto, adding cooking water to loosen the mixture. Top with parmesan and shredded kale. Extra kale pesto can be stored (refrigerated) for 3 to 4 days.

NUTRIENTS PER SERVING (AT 6 SERVINGS)

441 calories, 16g total fat, 3g saturated fat, 32% calories from fat, 3mg cholesterol, 14g protein, 60g carbohydrate, 3g fiber, 71mg sodium, 114mg calcium, <1 IU Vitamin D, and 100mg omega-3 fatty acids

MILLET, CORN AND BLACK BEAN SALAD WITH LIME DRESSING

PREP: 5 MINUTES COOK: 20 MINUTES SERVES: 10 TO 12

INGREDIENTS

- 1 cup millet
- 2- $\frac{1}{4}$ cups water
- 1 can (15 oz.) corn, rinsed and drained
- 1 can (15 oz.) black beans, rinsed and drained
- 1 cup grape or cherry tomatoes, halved
- 6 green onions, sliced
- 1 avocado, peeled and diced
- $\frac{1}{4}$ cup finely chopped cilantro
- 1 teaspoon cumin
- 2 limes, juiced
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup vegetable oil
- Salt and pepper, to taste

DIRECTIONS

Add the millet to a large heavy saucepan and toast over moderate heat for about 4 minutes, stirring. Pour in the water; stir. Bring to a simmer; cover and simmer for about 15 to 17 minutes or until the millet fluffs and water is absorbed. Let stand 10 minutes, undisturbed. Transfer to a large bowl and cool completely. Add corn, black beans, tomatoes, green onions, avocado and cilantro to the millet; stir gently.

Blend cumin, lime juice and oils in a measuring cup. Season with salt and pepper, to taste. Toss the millet mixture with the dressing.

SARA'S TIP

This simple grain dish can be served at room temperature. Leftovers reheat nicely the next day and make a super side dish.

NUTRIENTS PER SERVING (AT 12 SERVINGS)

221 calories, 13g total fat, 1.5g saturated fat, 51% calories from fat, 0mg cholesterol, 4.5g protein, 24g carbohydrate, 4.5g fiber, 207mg sodium, 22mg calcium, 0 IU Vitamin D, and 390mg omega-3 fatty acids



CREAMED SPINACH WITH CRISPY TOPPING

PREP: 20 MINUTES COOK: 20 MINUTES SERVES: 4 TO 6

INGREDIENTS

3 Tablespoons butter

½ onion, diced

3 Tablespoons flour

1 cup chicken broth

½ cup heavy cream

16 oz. prewashed baby spinach, bagged or in containers

Salt and pepper, to taste

1 cup fresh breadcrumbs

3 oz. Parmesan, grated or shredded

1 teaspoon dried thyme

1 Tablespoon butter, melted

DIRECTIONS

Preheat oven to 400°F. In a large Dutch oven or stockpot, melt butter over medium heat. Stir in onion and cook 3 to 5 minutes or until onion is softened, stirring occasionally. Add the flour and cook, stirring, for one minute. Whisk in chicken broth. Stir in heavy cream. Add baby spinach by the handful, stirring after each addition. Once all the spinach is added, cover and cook over low heat for 2 to 3 minutes, or until spinach is wilted. Season with salt and pepper, to taste.

Transfer spinach to a 9-inch baking dish. Thoroughly combine breadcrumbs, parmesan, thyme and butter; scatter over the spinach. Bake 12 to 15 minutes or until spinach is bubbly and the topping is golden brown.

SARA'S TIP

This dish cuts the calories with broth instead of cream for richness. Add iron to your meals with spinach to help prevent anemia.

NUTRIENTS PER SERVING (AT 6 SERVINGS)

313 calories, 20g total fat, 12g saturated fat, 58% calories from fat, 58mg cholesterol, 12g protein, 22g carbohydrate, 3g fiber, 466mg sodium, 282mg calcium, 14 IU Vitamin D, and 190mg omega-3 fatty acids



ISRAELI COUSCOUS WITH SQUASH AND CHARD

PREP: 10 MINUTES COOK: 10 MINUTES SERVES: 6 TO 8 (about 8 cups)

INGREDIENTS

2 cups peeled and cubed butternut squash (about 10 oz.)

2 cups Israeli couscous

4 Tablespoons butter

½ medium onion, thinly sliced

Salt and pepper, to taste

4 chard leaves, stems removed, cut into shreds

DIRECTIONS

Place squash cubes in a saucepan and cover squash with about one inch of water. Bring to a boil; cook, covered, on medium-high heat for about 6 minutes or until squash is tender. Drain.

Bring a medium to large pot half-filled with water to a boil. Add couscous and cook for about 4 minutes or until it is tender but not mushy. Drain; cover to keep warm.

Melt butter in large pan. Stir in the onions and cook, covered, over medium heat for about 4 minutes or until the onions are soft. Add the squash and couscous; stir gently. Season with salt and pepper, to taste. Turn off heat; stir in chard. Serve immediately at room temperature.

SARA'S TIP

This recipe uses butternut squash (high in beta-carotene), slow-cooked onions and chard (Vitamin A, C, K and antioxidants) to decrease inflammation.

NUTRIENTS PER SERVING (AT 8 SERVINGS)

232 calories, 6g total fat, 4g saturated fat, 23% calories from fat, 15mg cholesterol, 6g protein, 38g carbohydrate, 3g fiber, 7mg sodium, 31mg calcium, 4 IU Vitamin D, and 40mg omega-3 fatty acids



FARRO AND BROCCOLI PILAF

PREP: 20 MINUTES COOK: 50 MINUTES SERVES: 6 TO 8

INGREDIENTS

- 1 cup farro*
- 4 cups water
- 2 Tablespoons butter
- 1 leek, white and light green parts only, sliced
- 2 cloves garlic, thinly sliced
- $\frac{1}{2}$ teaspoon dried thyme
- 4 cups small broccoli florets
- $\frac{1}{2}$ cup chicken or vegetable broth, divided
- 1 red bell pepper, seeded and diced
- 1 yellow bell pepper, seeded and diced
- Salt and pepper, to taste

DIRECTIONS

Add the farro and water to a large Dutch oven or saucepot. Bring to a boil; reduce the heat to simmer. Cook, covered, for about 50 minutes or until the farro is tender. Drain the farro; set aside.

Melt the butter in the cleaned Dutch oven and cook the leeks, garlic and thyme over moderately low heat, stirring, until the leeks are softened, about five minutes. Add the broccoli and $\frac{1}{4}$ cup broth and cook, stirring, for one minute. Add the farro, peppers and remaining broth and simmer, covered, for another 3 minutes or until the broccoli is cooked, but still bright green. Season to taste with salt and pepper. Serve immediately.

SARA'S TIP

Farro provides magnesium, necessary to keep electrolytes in balance, neuromuscular coordination and metabolic processes that support energy delivery. A magnesium deficiency may cause muscle cramps and impair performance.

NUTRIENTS PER SERVING (AT 8 SERVINGS)

135 calories, 4.5g total fat, 2g saturated fat, 30% calories from fat, 8mg cholesterol, 5g protein, 20g carbohydrate, 3g fiber, 19mg sodium, 40mg calcium, 2 IU Vitamin D, and 140mg omega-3 fatty acids

*Quick cooking farro may be substituted. Follow cooking directions on package.



CURRIED QUINOA WITH APRICOTS AND CELERY

PREP: 5 MINUTES COOK: 20 MINUTES SERVES: 4

INGREDIENTS

- 1 cup dry quinoa, rinsed thoroughly and drained
- 1- $\frac{1}{2}$ cups water
- 1 teaspoon Dijon mustard
- 1 to 2 teaspoons curry powder, to taste
- 1 teaspoon honey
- Juice of one orange
- $\frac{1}{2}$ cup olive oil
- Salt and pepper, to taste
- 4 celery stalks, diced
- $\frac{1}{4}$ cup sunflower seeds
- $\frac{1}{4}$ cup Marcona almonds, chopped
- $\frac{1}{3}$ cup dried apricots, thinly sliced

DIRECTIONS

Add the quinoa and water to a saucepan. Bring to a boil, then reduce heat to simmer. Cover and cook 20 minutes. Remove from heat and let stand undisturbed for 10 minutes, then fluff the grain. Transfer quinoa to a serving bowl. Combine the mustard, curry powder, honey, orange juice and olive oil. Season to taste with salt and pepper, if desired. Add the celery, sunflower seeds, almonds and apricots to the quinoa. Pour half the dressing over the mixture, stirring well. Add additional dressing, to taste.

SARA'S TIP

Quinoa is a gluten-free ancient grain that contains 8 grams of protein in a $\frac{1}{2}$ -cup serving. The sunflower seeds and Marcona almonds add even more protein and healthy fats needed for optimal recovery.

NUTRIENTS PER SERVING

552 calories, 39g total fat, 5g saturated fat, 61% calories from fat, 0mg cholesterol, 10g protein, 44g carbohydrate, 7g fiber, 128.5mg sodium, 79mg calcium, 0 IU Vitamin D, and 140mg omega-3 fatty acids

FITNESS & NUTRITION TIPS

As an athlete in training, you know how important a role diet plays in optimizing your performance. Use nutrition to your advantage by choosing foods, like Alaska seafood, that supply the nutrients needed to fuel strenuous workouts and maximize recovery to enhance performance. Eating Alaska seafood at least 2 to 3 times per week will help reduce inflammation while keeping nutrition high and muscles repaired.

Eating protein throughout the day — not just at dinner — is the best way to help your muscles repair, recover and rebuild from intense training and practice. Add Alaska salmon — canned, smoked, fresh or frozen — to your breakfast to feed your muscles at the beginning of the day. The amino acids will continue to help build and repair damaged muscles all day long. Protein needs for the competitive athlete vary from 1.2 to 1.8 grams per kilogram of body weight per day. For a 72kg (160 lb.) man, this translates to about 109 grams of protein per day — roughly 3 servings of protein in 3 to 4 oz. portions per day. Satisfying those protein needs is essential because protein also plays a role in supporting immune system function and bone health.

Use these quick and easy, nutrient-rich and high protein lunch and snack ideas to meet your health and recovery needs:

- **Alaska Salmon Salad Sandwich (P. 24)**
- **Alaska Salmon Jerky with Fresh Fruit**
- **Alaska Salmon Tacos (P. 34)**
- **California Roll Lettuce Cups (P. 26)**
- **Alaska Salmon & Grilled Vegetable Quesadillas (P. 18)**



Many athletes in heavy training periods and in competitive seasons may become at risk for nutrient deficiencies. Vitamin, mineral and electrolyte deficiencies in athletes have a major impact on training, health, recovery and performance. The following are important nutrients that many serious athletes don't get enough of as a result of high training volumes or poor food choices:

POTASSIUM	SELENIUM
MAGNESIUM	IRON
CALCIUM	B12
VITAMIN D	B6
ZINC	
OMEGA-3 FATTY ACIDS: EPA AND DHA	

Alaska seafood is a good source of potassium, Vitamin D, zinc, B6, B12, selenium, magnesium (10 to 20% of the Daily Value recommended for these nutrients) and a high source of protein and omega-3 fatty acids (20% or more of the Daily Value recommended for these nutrients). Such an expansive nutrient profile means Alaska seafood meets the most important physiological demands of the athlete in training.

FITNESS & NUTRITION TIPS

TIPS FOR ATHLETES ON LOSING BODY FAT

For an athlete, shedding body fat is a balancing act. Many equate cutting calories with weight loss, but you need enough calories and protein to maintain muscle mass and preserve your metabolism while creating a small energy deficit. If you cut back on calories too much, you'll likely lose muscle, not fat. Alaska seafood delivers high-quality, low-calorie proteins and healthy fats to maintain lean muscle and help you lose body fat.

- » Eat frequently throughout the day — at least 4 to 6 times
- » Limit high fat, fried and highly processed foods
- » Minimize late-night eating and eat only when you are truly hungry
- » Include high-fiber foods in your diet (fruits, vegetables, beans, nuts, seeds)
- » Eat smaller portions
- » Add additional aerobic exercise to burn calories
- » Practice good recovery nutrition, but don't overestimate your food intake
- » Control calories with lean proteins like Alaska seafood
- » Drink plenty of water

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