

## Roasted Salmon with fresh-herb sauce

4 Salmon fillets, each about 6oz (180g) at least 1inch thick  
½ cup cilantro leaves  
2 tbsp olive oil  
1 tbsp freshly squeezed lemon or lime juice  
1 tbsp finely chopped capers  
1 small garlic clove, minced  
¼ tsp dark sesame oil (optional)

(Sweet potatoes and peas)

1. Preheat oven to 450°F (230°C). Line a baking sheet with foil. Place fish skin side down, on foil. Lightly brush or rub fish with a little oil, then sprinkle with salt.

2. Roast in preheated oven until tip of a sharp knife inserted into thickest part of fish comes warm from 10 to 13 minutes

3. Meanwhile, measure cilantro leaves and chop finely. Place in a small bowl. Stir in oil, lemon juice, capers, garlic and sesame oil. Remove fish to plates and spoon sauce over top.

4. Superb with peas and roasted sweet potatoes. You can roast the potatoes along with the salmon.

**Serves: 4**

### Nutritional Information Per Serving:

26g protein; 21g fat; 1 g carbs; 138mg Sodium; 0.2g fibre; 22mg Calcium; 304 Calories

Sanati, M. (2008, May). Chatelaine, "Meals in Minutes: Chatelaine food", p 88.

## Melon with Organic Strawberry-Ginger Sauce

1 dry pint organic strawberries, plus 6 strawberries for garnish

1 tablespoon chopped fresh ginger root  
½ medium-size honeydew melon  
⅓ medium-size cantaloupe

1. Remove the green tops and stems from all but 6 strawberries. Peel the ginger root using a potato peeler. Using a food processor fitted with a metal blade, puree the strawberries and ginger. Transfer the sauce to a bowl and set aside.

2. To make strawberry fans to be used as garnish, cut each whole strawberry into 3 or 4 slices, starting at the tip and slicing downward toward the stem. To open each berry, hold between the thumb and fingers and gently fan the slices, keeping the green top intact. Set aside.

3. Cut the honeydew into 12 slices, forming long arcs. Cut the cantaloupe into 6 slices. Remove the rinds.

4. To assemble each dessert plate, place 1 slice of cantaloupe in the middle of the plate. Fit 1 slice of honeydew on each side, following the arc of the cantaloupe. Spoon the sauce in a stripe across the middle of the melon slices; place a strawberry fan on the plate where the sauce intersects the inside slice of honeydew. Serve immediately.

**Serves: 6**

### Nutritional Information Per Serving:

146 calories; 5% fat (0.9 g; 0.2 g saturated); 88% carbs (36.6g); 7% protein (2.6g); 4.1g fiber; 0mg cholesterol; 37.7mg calcium; 0.7mg iron

Molly Siple. 2005. Anti-inflammatory diet: the right foods can protect you from Alzheimer's, obesity, heart disease, and even premature aging". Natural Health. Sept 2005. [http://findarticles.com/p/articles/mi\\_m0NAH/is\\_8\\_35/ai\\_n14919163/pg\\_2](http://findarticles.com/p/articles/mi_m0NAH/is_8_35/ai_n14919163/pg_2)

## Baby Spinach Salad with Blueberries and Walnuts

1 lb. baby spinach leaves  
1 small red onion, thinly sliced  
½ cup chopped walnuts  
½ cup fresh blueberries  
¼ cup crumbled organic feta cheese  
2 Tbs. olive oil  
1 Tbs. balsamic vinegar

In a medium bowl, toss together baby spinach, red onion and chopped walnuts. Add blueberries and feta cheese. In a small bowl, whisk together olive oil and balsamic vinegar. Drizzle over salad and toss gently to coat. Serve immediately. Add pears or apple slices to vary.

**Serves: 4**

### Nutritional Information Per Serving:

250 calories; 8g protein; 18g total fat (2.87g saturated fat); 20g carbohydrates (4g sugar); 8mg cholesterol; 287mg Sodium; 7g fiber

Turner L. 2007. 10 Food to fight inflammation: putting out the fire. Better Nutrition

## 5 Health Tips

1. Begin LaserHealth™ treatments immediately after injuries to help prevent chronic problems.
2. Don't assume that an injury will go away on its own. Therapeutic assistance is often necessary to heal an injury completely.
3. LaserHealth™ treatments are appropriate for people of any age.
4. It's better to eliminate injury than to momentarily medicate the symptom of pain.
5. Don't ignore pain. It's the body's signal that something is wrong and a solution is needed.

## NEW CLINIC IN WINNIPEG!

### Diana Mason, RMT

will be holding an Open House on  
Saturday, August 9th from  
10:00a.m. to 2:00p.m

## Have Questions?

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