

COOK'S CORNER by Catherine Hannon

A new year!

**It is that time of year when we all become aware of our bodies
And promise ourselves to get healthy and lose some weight.**

Weight Control Tips. Eat Sensible Avoid fad diets. Eat 3 sensible meals daily with adequate fruit and vegetables.

1. Limit portion size. Limit fats and high-fat foods, sugar, soda, and alcohol.
2. Exercise Daily!
3. Get active and exercise every day!
4. Include muscle-strengthening exercises. You'll lose more fat and keep it off. You'll also feel and look better, and you can eat a little more!
5. Reshape Eating Behaviors
6. Be aware of eating habits and behaviors that lead to overeating.
7. Also focus on social and emotional situations that lead you to snack compulsively.
8. Keep a Food & Exercise Diary. A diary helps you see exactly what you eat and drink, and how much you exercise. An excellent motivator and proven weight loss aid. Keeps you honest!
9. Arrange Moral Support. Gain the support of family and friends. Get extra professional help if required, from your doctor, dietitian, psychologist, exercise trainer, or slimming group. Beware of family saboteurs who discourage you from adopting a healthier lifestyle

Luscious Recipe for a Healthy Life

Roasted Salmon with Shallot-Grapefruit Sauce

This delightfully different champagne-pink sauce has a tangy, sweet, and spicy balance that pairs perfectly with the rich salmon.

4 skinless salmon fillets (5 to 6 ounces each)
¼ teaspoon salt, plus more to taste 1 tablespoon minced shallot
1 teaspoon peeled and grated fresh ginger 2 teaspoon olive oil
2 ruby red grapefruits 2 ½ teaspoon honey
Pinch of cayenne pepper 2 teaspoons fresh lemon juice
2 tablespoons thinly sliced fresh basil

Preheat the oven to 350. Season the salmon with the salt, place in the baking dish, and roast until just cooked through, about 18 minutes. While the salmon is cooking, prepare the sauce. Cut 1 grapefruit into Segments after peeling the grapefruit. Juice the other grapefruit and set the juice aside. In a medium skillet, heat the oil over medium heat. Add the shallot and cook stirring until softened, about 2 minutes. Add the ginger, grape fruit juice, honey, and cayenne and bring to simmer. Cook until the sauce is reduced by about half, about 10 minutes. Add the lemon juice and season with salt. Right before serving, toss the grapefruit pieces and basil into the sauce. Place the salmon on a serving dish, spoon the sauce over it, and serve.

Sauce from Prevention Magazine