



Jennette Turner

Dinner with Jennette

Meal Plans for Natural Healthy Eating

Sample Meal

Maple Glazed Salmon Wild Rice Pilaf with parsnips and Pecans Broccoli

Note: Start the wild rice pilaf first.

Maple Glazed Salmon *(Makes 4 servings)*

Salmon gets dressed up with this decadent tasting glaze.

1- 1½ lbs. salmon fillet

4 T. maple syrup

2 T. lemon juice

2 tsp. arrowroot OR cornstarch

4 T. wheat-free tamari

Option: ¼ tsp. black pepper

1. Stir the lemon juice, tamari, arrowroot OR cornstarch, maple syrup and pepper, IF using, together in a small saucepan. Cook over medium heat, stirring, until the sauce is clear and has thickened.
2. Place the salmon in an oiled baking dish. Coat with the tamari-maple sauce. Bake at 375°F until just done- about 15 minutes.
3. Serve with sauce from the pan spooned on top.

Nutrition Tip: Salmon is a great source of omega-3 fatty acids, which help to fight inflammation throughout the body. Chronic inflammation has been linked to heart disease, diabetes, cognitive decline (including Alzheimer's disease) and depression.

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Wild Rice Pilaf with Parsnips and Pecans *(Makes 4-5 servings)*

Nutty wild rice and sweet, pungent parsnips are a great combination.

½ c. wild rice <i>*see Note</i>	¼ tsp. salt
½ c. brown rice (preferably long grain or brown basmati) <i>*see Nutrition Tip</i>	2 medium parsnips (about ½ lb.), chopped
2¼ c. water	½ c. pecans, chopped

Option: 2-3 T. minced parsley

1. Bring the rices to boil with the salt. Lower the heat to medium and add the parsnips. Cook around 40 minutes, until done.
2. Stir in the pecans and parsley, IF using. Serve with butter.

Note: Wild rice pieces are cheaper than whole wild rice, and taste just as good!

Nutrition Tip: To make your rices more nutritious and digestible, soak them for 6-24 hours before cooking. If you're using wild rice pieces instead of whole wild rice: put them in a medium saucepan along with the brown rice. Rinse and drain them. Add the 2¼ c. water. Let it sit out on the counter for several hours or overnight. Don't drain it before cooking! Usually we drain the water off of soaking grains, but because the rice pieces are cut they would lose nutrients that way.

Nutrition Tip: Wild rice is a great source of manganese (1 c. cooked has over 100% of the U.S. R.D.A.), a nutrient that helps regulate blood sugar levels, supports the thyroid gland, helps to maintain nerve health and protects cells from free-radical damage.

Broccoli *(Makes 4 servings)*

Broccoli is most digestible and nutritious when it is cooked until tender.

1 bunch broccoli, chopped into florets. The stems can be peeled and chopped as well.
butter, for serving

1. Steam broccoli until tender. Serve with butter.

SHOPPING LIST

Produce

1 lemon, IF using fresh juice

2 medium parsnips (around ½ lb.)

OPTION FOR PILAF: fresh parsley

1 bunch broccoli

Bulk/Grocery

bottled lemon juice, IF using bottled juice

wheat-free tamari

maple syrup

arrowroot OR cornstarch

½ c. wild rice (pieces or whole)

½ c. brown rice (preferably long grain or brown basmati)

½ c. pecans

Meat/Seafood

1-1½ lbs. salmon fillet

Herbs / Spices

OPTION FOR FISH: black pepper