

From Lisa's Kitchen: Valentine's Day Dinner

You'll love the taste and your heart will love the benefits! Omega-3s to help prevent blood clots and irregular heart beats; monounsaturated fat, which can help lower cholesterol; potassium, to keep our muscles (including our hearts) working properly; plus vitamins and minerals.

Enjoy with a glass of red wine and a couple of dark chocolate squares for dessert.

Salmon with Orange Sauce

Serves 2

2 5-ounce wild salmon fillets

¼ cup freshly squeezed orange juice

freshly ground pepper

1½ tablespoons reduced-sodium soy sauce

2 teaspoons extra virgin olive oil

1 orange, peeled, seeded and white pith removed; sliced into rounds

½ medium red onion, thinly sliced

Preheat oven to 425°. Place salmon on a cookie sheet, season with ground pepper. Roast until just cooked through, about 8 - 10 minutes depending upon thickness of fillets.

Meanwhile, heat the olive oil in a non-stick sauté pan over medium heat. Sauté the onion slices until tender, stirring often, about 3 - 5 minutes. Add orange juice and soy sauce; simmer for 2 - 3 minutes until slightly thickened. Add oranges and gently toss to coat with sauce. Serve sauce over salmon.

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Simple Sautéed Spinach

Serves 2

2 teaspoons olive oil

4 garlic cloves, thinly sliced

9 ounces baby spinach

Heat olive oil in a non-stick sauté pan over medium heat. Add garlic and sauté until garlic is golden, about 4 minutes (do not burn the garlic – there's no graceful recovery except to start over again).

Add spinach and toss with tongs until just wilted.

Couscous Pilaf

Serves 2

¼ cup slivered almonds

½ cup uncooked whole wheat couscous

2 teaspoons extra virgin olive oil

¾ cup water

1 small onion, chopped

¼ cup chopped fresh parsley

In a small dry skillet, toast the almonds over medium heat, being careful not to let them burn. Set aside.

In a medium saucepan, heat the olive oil over medium heat. Add the onion and cook until softened, about 5 minutes. Add the dry couscous and stir to toast evenly, about 2 minutes. Add water, bring to a boil. Cover, remove from heat and let sit for 5 minutes. Add fresh parsley and stir to blend. Top with toasted almonds.