



Lets go Nutty

Lets go nutty about Nuts. Nature packs a lot of nutrition into the little creations, which is why nuts get a specific mention on our "Super Foods" list. Nuts are the seeds of different trees. They come in a variety of shapes, flavors, and preparations that add to their appeal: shelled or unshelled, raw, dry roasted, oil roasted, sugared, salted, and honey-coated.

Nuts are more nutrient-dense than most other foods. They are rich sources of protein, fiber, B-vitamins, folic acid, calcium, iron, zinc, and the antioxidants vitamin E and selenium. Think nuts have too much fat to be part of a healthy diet?

Wrong! Nuts do contain a lot of fat, yet ninety percent of this fat is the heart-healthy, unsaturated kind. In fact, recent studies have shown that eating nuts can reduce a person's risk of having a heart attack. Because nuts are high in monounsaturated fats, they have been found to lower LDL cholesterol.

If you want to dramatically decrease your risk of cancer, heart disease and diabetes, control your weight with no hunger pangs and reduce the visible signs of aging like wrinkles and sagging skin, I recommend that you "go nuts." Here's how:

When thoughts turn to food between meals, enjoy a handful of raw, unsalted nuts. They're extremely filling and satisfying—and healthful. Add some nuts to regular meals—a tablespoon of chopped almonds on your oatmeal, a tablespoon of walnuts in your lunchtime salad. Nuts are so versatile they can take the place of flour and breadcrumbs in your cooking whilst making the dish a lot crispier more flavourful and with higher health benefits. Just remember, as with all things, to use moderation.

If you are vegetarian, nuts are specially beneficial for the good fats they contain. They're high in essential amino acids and fats as well as being full of energy. Follow this guide to various kinds of nuts and their nutritional value.

Almonds

As a source of vitamins and minerals, almonds are superb: as well as protein they're a good source of magnesium, phosphorous, zinc, calcium, folic acid and vitamin E.

Cashews

Cashews are eaten on their own as a snack and used in various sweet and savoury dishes. They're rich in vitamin A.

Coconuts

Coconut can be used in a number of ways, both in savoury and sweet dishes. Coconut milk is made from squeezing the flesh in water and used often in spicy tropical dishes. Coconut and its milk are both high in protein, fats and carbohydrates.

Hazelnuts

High in fibre, potassium, calcium, magnesium and vitamin E, hazelnuts are nutritious as well as tasty.

They're used in savoury dishes, such as nut roast, and in many cakes, biscuits and puddings, as well as being a key ingredient in praline chocolate.

Peanuts

Peanuts are extremely nutritious, owing to their high protein and oil content; they're also rich in vitamins B and E.

Pine nuts

As a rich source of protein, the pine nut is used in many different dishes, of which the best known is probably pesto sauce.

Pistachios

Pistachios are a good source of calcium, magnesium, phosphorous, potassium, iron, folate and protein.

Walnuts

They're a good source of phosphorous, potassium and magnesium as well as proteins and vitamin E.

While nuts are a perfect snack, a handful of nuts pack around 200 calories. Best to dole out a small amount into a container rather than snacking right out of the bag. The good news is that the fiber in nuts fills you up quickly, making you less likely to overeat while you're snacking and at the next meal.

Nut Coated Salmon Fillet

Hazelnuts may also be used in place of almonds.



INGREDIENTS

- 1/2 cup almonds
- 1/4 cup chopped fresh parsley
- 1 Tbsp. grated lemon zest (use organic lemons to avoid non-organic lemon rind which is treated with fungicide)
- 4 (6-oz.) skinless salmon fillets
- 1 Tbsp. olive oil
- 4 cups mixed greens (baby spinach, green beans, broccoli, brussel sprouts etc.)
- Dash of sea salt and fresh pepper
- Lemon wedges

Grind the almonds in a coffee grinder or food processor—do not overgrind.

Mix almonds, parsley, lemon peel, salt and pepper on plate.

Dry the salmon; dredge salmon on both sides in the almond mixture.

Heat the oil in a large skillet over medium heat.

Add the salmon and cook about 5 minutes on each side, making sure that the salmon is cooked through.

Arrange one cup of greens per plate.

Transfer the hot salmon fillets to plates.

Garnish with lemon wedges and serve immediately.

Not only are you preparing a protein rich meal you are also including the benefits of almonds mentioned above.

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