

WEEKLY WISDOM

Topic 27: ALFRESCO

What is Alfresco?

The definition is "taking place or located in the open air: outdoor, outdoors, an alfresco lunch, an alfresco café, dining alfresco."

Isn't it wonderful to eat outdoors? There's just something special about it. Hopefully, there are restaurants and cafes around you where you can enjoy eating in the sunshine. The sights, sounds, and smells of freshly cooked food, along with friends and family, are an irresistible mix!

Can't get to a restaurant? Time to fire up the grill. Barbecued food can be healthy and relatively low in calories. It's a great way to cook meat without adding fat, and some of the fat in the meat will sizzle away! During the summer months, try setting the table outside once a week. See if it adds a little lightness to your routine. Then, see if you can stay away from the same old grill go-to's. There's so much more you can do with a grill besides throwing on a steak or a chicken breast.

Some different ideas for the grill:

1. Kebabs. The beauty of kebabs is that your imagination is your limit - most vegetables, meats, and firmer fish will work well. Add cherry tomatoes, mushrooms, peppers, zucchini, asparagus, or eggplant.
2. Grill veggies in a grill pan.
3. Fish in packets or on foil. Try salmon or tuna steak.
4. Grill a pork loin and slice it up for a salad.
5. Chicken thighs instead of breasts make a nice change.
6. Ever try lamb? Lamb skewers are a great way to switch things up.
7. Tofu or a large portobello mushroom holds up very well on the grill.

Marinate your meats and veggies beforehand, or add Walden Farms sauces after.

Did you know?

Standing in awe of a breath-taking vista can directly support healthy aging and immunity. In one scientific study, positive emotions, especially awe, wonder, and amazement correlated to lower levels of inflammatory markers in the body, suggesting reduced levels of inflammation and a healthier immune response overall for the participants.

Recipe Of The Week!

Grilled Salmon with Maple Syrup and Soy Marinade

Ingredients:

- 1 Splenda packet
- 1 pinch of ginger powder
- 1 Tbsp WF Maple Flavored Syrup
- 1 Tbsp soy sauce
- 1 garlic clove, chopped
- 8 oz salmon fillet
- 2 tsp olive oil
- Olive oil spray

Directions:

1. In a small bowl, mix all ingredients except salmon.
2. Place salmon in glass or pyrex dish and pour marinade over salmon. Refrigerate for at least 30 min, but no longer than an hour.
3. Heat up your grill. Remove salmon from marinade and grill skin side down.
4. Cover, grill over medium heat for 10-20 minutes until salmon flakes easily, brushing with the leftover marinade 2 or 3 times.

