

# FEBRUARY 2022

# Healthy Living

*February is American Heart Month*



## Quick Healthy Heart Habits

A heart-healthy lifestyle doesn't have to be overwhelming. These little changes can make a big difference:

- 1. Lower blood pressure** with fruits and veggies. High blood pressure is a major risk factor for heart disease. Swap out sweets or deep-fried foods for fruits and vegetables. They contain plenty of potassium, which is a mineral that helps to naturally lower blood pressure. Try to get 2.5 cups of veggies and 2 cups of fruit each day.
- 2. Favor healthy fats.** The right kind of fats can be good for your heart. Fatty fish such as salmon contain omega-3 fats, which may prevent sudden death from a heart attack. Olive oil, avocados, nuts and seeds all contain heart healthy unsaturated fat that can help lower bad cholesterol and may raise good cholesterol.

## Did you know that February 14th is National Donor Day?

**National Donor Day** is an observance dedicated to spreading awareness and education about organ, eye, blood, platelet, marrow and tissue donation. It is a day to honor those who have given and received the gift of life through all donation types, those who are currently waiting for a lifesaving transplant, and those who have died waiting because an organ was not donated in time.

Over 100,000 people in the United States are currently on the organ transplant waiting list. Every two seconds someone in the U.S. needs blood or platelets. COVID-19 has had a significant impact on organ and blood donation. The number of transplants performed has declined throughout the course of the pandemic while waitlists have grown. Blood supplies are at historic lows as in-person donation events have declined due to COVID-19. If you are eligible, please consider donating to those in need.

For more information, visit [www.unos.org](http://www.unos.org) or [www.redcrossblood.org](http://www.redcrossblood.org).



## FEATURED RECIPE

# Garlic Lemon Butter Salmon with Pineapple



## Ingredients

- 1 lb salmon fillets
- 1/2 pineapple, halved and sliced
- 1 stick butter
- 2 tablespoons honey
- 4 large cloves garlic, crushed
- 2 tablespoons fresh lemon juice (juice of 1/2 a lemon)
- Chopped fresh parsley
- 1/2 teaspoon salt and pepper

## Directions

1. To make the salmon in foil packets: Preheat your oven to 400°F (200°C).
2. In a small saucepan, melt the butter over low-medium heat. Add honey, garlic and lemon. Whisk until the honey has melted through the butter and the mixture is well combined. Add one tablespoon chopped parsley, mix well and set aside.
3. Cut 4 sheets of 14-inch (35cm) length aluminum foil. Divide pineapple slices among sheets layering in center in an even layer and sprinkle with pepper. Arrange salmon fillets on top and drizzle with the honey lemon garlic butter sauce. Sprinkle with salt and pepper and top with more chopped parsley.
4. Pull sides of foil inward and seal then roll edges up; try to leave a little room for heat to circulate. Transfer the packets on a baking sheet and bake in the preheated oven about 10-15 minutes. Enjoy the lemon garlic butter salmon in foil packets with brown or white rice if desired and remaining sauce. Sprinkle with additional chopped parsley if you like. Enjoy!