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BLUEBERRY SALMON

FOR THE PROMOTION OF NEUROLOGICAL HEALTH

INGREDIENTS

- 1 box couscous
- 2 tablespoons olive oil, divided
- 2 salmon fillets, about 6 ounces each
- ¼ teaspoon each salt and pepper
- ¼ teaspoon garlic powder
- 2 cloves garlic, minced
- 1 shallot, finely diced
- ¼ cup water
- 2 tablespoons balsamic vinegar
- 1 tablespoon brown sugar
- ¼ teaspoon dried basil
- 1 cup fresh blueberries

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Prepare couscous according to package instructions.
3. Drizzle 1 tablespoon olive oil evenly over salmon fillets then season with salt, pepper, and garlic powder.
4. Bake salmon for 12-15 minutes or until flaky.
5. While salmon cooks, heat 1 tablespoon olive oil over medium heat in a small saucepan.
6. Sauté the shallot for 5-7 minutes then add the garlic and cook until fragrant, about 30 seconds.
7. Add water, balsamic vinegar, brown sugar, dried basil, and blueberries.
8. Bring to a boil, reduce heat, and simmer for 15 minutes or until the liquid is reduced by half.
9. Serve salmon over couscous topped with a generous serving of blueberry sauce.



NUTRITION FOR THE MIND



2 SERVINGS



30 MIN



BLUEBERRY SALMON NUTRITION FACTS

CHECK THE LABEL

How can this dish support cognitive health?

Anthocyanins are naturally occurring polyphenols found in plant foods that contain blue or purple pigment. Blueberries are an especially good source. In recent years, a number of studies have shown an association between anthocyanin consumption and improved cognitive health. This is partially due to their role as antioxidants and their modulating effect on neuroinflammation which is a contributing factor in many neurological disorders.

Additionally, the salmon is a great source of omega-3 fatty acids. Omega-3 is a type of polyunsaturated fat that is critical to brain function. It has a positive impact on memory and overall brain health.

What role does Vitamin D play in brain health?

While the exact cause of the association is still being explored, there is a known link between Vitamin D deficiency and increased risk of neurodegenerative diseases. Vitamin D receptors are present throughout the brain, including regions responsible for memory. Additionally, Vitamin D has been shown in vitro to produce substances responsible for a decrease in amyloid plaques, a hallmark of Alzheimer's Disease. Salmon is an exceptionally good source of Vitamin D. A 3 ounce serving has more of the vitamin than 1 cup of milk, and this recipe contains 100% of the recommended daily value of Vitamin D.

Nutrition Facts

servings per container	
Serving size	(335g)
Amount per serving	
Calories	580
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 135mg	6%
Total Carbohydrate 50g	18%
Dietary Fiber 8g	29%
Total Sugars 17g	
Includes 6g Added Sugars	12%
Protein 42g	
Vitamin D 19mcg	100%
Calcium 43mg	4%
Iron 3mg	15%
Potassium 901mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.