



Healthy Green Smoothie

Serves 4

- Diabetic
- Gluten Free
- Heart Healthy

Try this green smoothie when you are looking for a healthy snack. Our healthy green smoothie is only about 100 calories, plus it's nutritious and delicious.

Ingredients

- 1 ½ cups chopped kale, ribs and thick stems removed
- 1 banana
- 1 Granny Smith apple, cored and cubed
- 1 cup ice
- 1 cup orange juice
- 1 Tbsp honey

Preparation

- Step 1
Combine all ingredients in a blender. Blend thoroughly until smooth and kale is completely puréed.

Nutrition Facts

Serving size:

- 1/2 cup

Per Serving:

Calories: 109

Fat: 1g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 13mg

Carbohydrates: 27g

Fiber: 3g

Protein: 2g

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Editorial Review: Judy Capodanno, Health eCooking Editorial Director, Baldwin Publishing, Inc. [Contact Editor](#)

Dietary Review: Jane Schwartz, RD

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Almond Crusted Salmon
Serves 2

- Diabetic
- Gluten Free
- Heart Healthy

Almond crusted salmon is a quick dinner that you can make in about 30 minutes. This healthy fish recipe is easy and delicious.

Ingredients

- 2 salmon fillets, about 4 oz each (1 1/2" thick)
- ¼ cup unsalted sliced blanched almonds
- 1 tsp olive oil
- 1 tsp chopped fresh oregano or 1/2 tsp dried
- 2 garlic cloves, minced
- 1 tsp chopped fresh parsley
- 2 Tbsp fresh lemon juice
- 1/8 tsp salt
- Black pepper to taste
- 2 cups frisée
- 1 cup green beans, trimmed and blanched
- 1 Tbsp low fat plain Greek yogurt (gluten free if needed)
- 1 ½ Tbsp olive oil
- 2 Tbsp dried cranberries
- 1 Tbsp fresh lemon juice
- 1/8 tsp salt
- Black pepper to taste

Preparation

- Preheat oven to 400°. Wash and pat salmon dry. With a piece of foil, make a square, lifting the sides to create a ridge on all sides. Lightly coat the foil with nonstick cooking spray. Arrange the salmon on the foil.
- In a small bowl, combine almonds, oil, oregano, garlic, parsley, lemon juice, salt and pepper.
- Top the salmon with the almond mixture, covering the top and all edges. Bake the salmon for 8 minutes. Remove from the oven and let the salmon rest for at least 5 minutes at room temperature.
- Meanwhile, make the salad. In a bowl, toss all the salad ingredients. Serve the salmon with the salad. Drizzle salmon with additional fresh lemon juice, if desired.

Nutrition Facts

Serving size:

- 4 oz salmon
- 1 1/2 cups salad

Per Serving:

Calories: 472

Fat: 33g

Saturated Fat: 3g

Cholesterol: 66mg

Sodium: 216mg

Carbohydrates: 16g

Fiber: 4g

Protein: 26g

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