



A V!VAlicious Recipe for National Nutrition Month by
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March is National Nutrition Month! Proper nutrition is important for everyone, but particularly vital for older adults. At V!VA Retirement Communities, we create V!VAlicious meals - which are delicious and nutritious - under the guidance of a Senior Health Dietitian to help our Community Members feel their best. For example, this inspired recipe from V!VA Oakville Retirement Community's Executive Chef, Rob Robertson.

“ I selected this recipe for a variety of reasons. Salmon is high in omega 3 fatty acids which helps to lower blood pressure, and reduce the risk of cancer and heart disease. There are only eight grams of sugar in the salmon portion, and only eight grams of sugar in the white bean ragout. It's also easy to prepare and, most importantly, delicious!

We don't doubt it! Check out the recipe below!



Maple Mustard Glazed Salmon Over a Carrot Purée and White Bean Ragout

Maple Mustard Glazed Salmon

Total Time: 20 mins | Servings: 6

Ingredients

- 1 & 1 /2 lbs salmon fillet cut into 6 equal pieces
- 1/4 cup butter unsalted, melted
- 1/4 cup maple syrup
- 2 tbsp Dijon whole grain mustard
- Pepper to taste

Instructions

1. Preheat your oven to 425°F degrees.
2. Arrange the salmon fillets in a 9in x 13in baking dish.
3. In a small bowl, whisk together the butter, maple syrup, mustard. Pour over salmon. Add some freshly ground pepper, if preferred.
4. Bake for 15 to 20 minutes or until salmon flakes with a fork.

Note: The sauce would work well on red snapper or cod, too!



White Bean Ragout

Total Time: 30 mins | Servings: 4-6

Ingredients

- 1/2 lbs dried cannellini beans, soaked and cooked (or two 15 oz cans, drained and well-rinsed)
- 1/4 cup extra virgin olive oil
- 1 & 1/2 cups chopped yellow onion
- 3 large garlic cloves, minced
- 1 pt cherry or grape tomatoes, halved
- 1 & 1/2 cups low sodium chicken or vegetable broth
- 1 & 1/2 tsp tomato paste
- 1 & 1/2 tsps balsamic vinegar
- Salt and pepper
- 2 tsps fresh chopped basil

Instructions

1. Heat the olive oil in a large pan over medium heat. Cook the onions, stirring frequently, until soft and translucent, about 8 minutes. Do not brown. Add the garlic and cook one minute more.
2. Add the tomatoes, beans, chicken broth, tomato paste and balsamic vinegar. Season with salt and pepper to taste. Bring to a simmer and cook until tomatoes are slightly softened but still hold their shape, 3-5 minutes. Taste for seasoning. The sauce may have a strong vinegar flavor at first, but it will mellow out.
3. Right before serving, stir in the fresh basil and. Transfer to serving dish, garnish with more fresh herbs if desired. I also used edible flowers for an added touch of elegance; in this case: pansies. Serve hot.



Carrot Purée

Total time: 10 mins | Servings: 4

Ingredients

- 2 pounds carrots, cut lengthwise into 1/2 inch-thick pieces
- Freshly ground pepper

Instructions

1. Place carrots in a medium saucepan, and cover with water. Bring to a boil. Reduce heat, and simmer until carrots are tender, about 20 minutes. Drain, reserving cooking liquid.
2. Purée carrots in a blender or with a potato masher, adding cooking liquid as needed, until thinned. Season with pepper.