

# Food For Thought

## Enhance Your Diet One Nut At A Time

(NAPSA)—More and more Americans are choosing to enhance their diets with almonds. Over the past six years, Americans' almond consumption has increased by an average of 11 percent per year.

Part of the rise in popularity can be attributed to almonds' versatility. Their delicate, toasty flavor and crunch complement nearly any food: poultry, meat and fish; rice and other grains; vegetable dishes, green salads and fruit; yogurt and cheese; and of course, baked goods and desserts. Almonds can enhance virtually any meal: breakfast, lunch, dinner or in between.

Almonds are packed with vitamin E, magnesium, fiber, protein, calcium and other vitamins and minerals. Some research shows eating a one-ounce handful of almonds a day may actually help lower LDL, or "bad" cholesterol levels. Other research indicates almonds may play a role in maintaining and even losing weight.

You can enjoy almonds diced, roasted, slivered, sliced, blanched or just whole natural. You can also try them in a recipe with a fresh, flavorful and textural twist.



Full of flavor, texture and essential nutrients, almonds can enhance almost anything they touch.

**sprigs to garnish salmon**  
**3 tablespoons extra-virgin olive oil**

**1½ teaspoons red wine vinegar**

**Salt and pepper to taste**

**Preheat oven to 475°F. Brush a baking dish with olive oil. Place fillets in baking dish, skin side down, and roast 8-12 minutes, or just until fish flakes. Meanwhile, combine beans, radicchio, frisee or other greens, almonds and dill in a large bowl. Toss with oil and vinegar; season with salt and pepper to taste. Serve salad alongside roasted salmon. Serves 4.**

*\* To roast whole, slivered, chopped or sliced almonds: Spread in an ungreased baking pan. Place in a 350°F oven and bake 10 minutes or until golden brown and fragrant; stir once or twice to ensure even browning. Almonds will continue to roast slightly after they're removed from oven.*

For more almond recipes, visit [www.AlmondsAreIn.com](http://www.AlmondsAreIn.com).

### **ROASTED SALMON WITH WHITE BEAN, ALMOND & RADICCHIO SALAD**

**Olive oil for brushing**  
**4 (6-ounce) salmon fillets**  
**1 (14-ounce) can white beans such as Great Northern, drained and rinsed**  
**1 cup chopped radicchio or red cabbage**  
**1 cup frisee, arugula, or other leafy green**  
**¼ cup sliced almonds, roasted\***  
**1 tablespoon coarsely chopped fresh dill, plus**