

Healthy Living

Keeping New Year's Resolutions *Simple, Delicious And Heart Friendly*

(NAPSA)—You've resolved to make this a healthier year. Now it's time to take those New Year's resolutions to heart. The American Heart Association reports cardiovascular diseases are the No. 1 killer in the United States. The AHA is working to change that statistic by raising awareness and encouraging healthy lifestyles during American Heart Month in February.

Start reducing your heart disease risk today by adopting a more nutritious diet and maintaining healthy cholesterol levels. You don't have to make monumental changes to improve health and nutrition; just begin with small steps, including:

Focus on making simple substitutions. Cutting a little fat here, a few calories there can really add up. Take a fresh look at the ingredients in some of your favorite recipes to see where you can cut the fat without cutting the flavor. There are healthier, affordable and tasty alternatives out there to replace pure butter, whole milk and cooking oil. For example, replace regular butter with Smart Balance® Butter Blend Stick, which is half butter and half Smart Balance® Buttery Spread. The Butter Blend Stick offers the same creamy taste and cooking qualities of butter but with less saturated fat and cholesterol. Just use it as you would butter in any recipe.

Remember, what is in the foods you eat is just as important as what is not. It's not just about what you're removing from your meals (saturated fat, calories, cholesterol), but also



This delicious recipe for Roasted Salmon with Dijon-Tarragon Dipping Sauce is rich in heart-friendly omega-3s.

what you're adding in terms of nutrition. Make all your meals work better for you by ensuring the ingredients are fortified and bring added nutritional value. For example, Smart Balance® Omega Cooking and Salad Oil and Smart Balance® Omega Buttery Spread contain nutritious omega-3s.

The following salmon recipe is delicious and offers heart-friendly omega-3s. For more new recipes throughout the year, visit www.smartbalance.com.

Roasted Salmon with Dijon-Tarragon Dipping Sauce

**Four 4-ounce salmon fillets,
skin removed, rinsed and
patted dry**
**1 medium garlic clove,
halved crosswise**
**1 tablespoon Smart Balance®
Omega Cooking and Salad
Oil**
Salt and pepper

Dipping Sauce:
¼ cup Smart Balance®

**Omega Plus Light
Mayonnaise**
**3 tablespoons fat-free sour
cream**
**1 tablespoon plain or coarse
Dijon mustard**
**1 teaspoon prepared
horseradish**
**1 medium garlic clove,
minced**
**¼ teaspoon dried tarragon
leaves, crumbled**

1. Preheat oven to 350 degrees F.

2. Rub the garlic halves evenly over both sides of the fillets. Brush both sides with the Smart Balance® Omega Cooking and Salad Oil, place on a foil-lined baking sheet and sprinkle lightly with salt and pepper. Bake 20 minutes or until the fillets are opaque in center.

3. Meanwhile, combine the dipping sauce ingredients in a small bowl and stir until well blended. Serve alongside the salmon.

Makes 12 ounces cooked salmon plus ½ cup sauce total.

Serves 4; 3 ounces cooked salmon plus 2 tablespoons sauce per serving.

Serve with four 6-ounce baked potatoes and ¼ cup Smart Balance® Butter Blend Stick.

Per serving: 245 calories, 26 grams protein, 5 grams carbohydrate, 12 grams fat, 1.1 grams saturated fat, 4.9 grams monounsaturated fat, 4.4 grams polyunsaturated fat, 0 grams trans fat, 2,100 mg omega-3 fatty acids, 2,500 mg omega-6 fatty acids, 72 mg cholesterol, 331 mg sodium, 0 grams fiber