



USOC
SPORTS NUTRITION

Weekly Recipe:

Salmon with Red Cabbage and Red Potatoes

Want a quick and healthy dinner that is high in protein, omega-3 fatty acids, & fiber? This week's recipe is for you! If you aren't as comfortable cooking fish, this recipe is simple to prepare, requires minimal time, and doesn't require a grill. You can always cook extra servings to have for lunch the next day as a salad topping or wrapped in a tortilla. Salmon is also a great way to add variety to your protein and healthy fats. Add a green salad to make your meal complete and add color!

Ingredients:

Yield: 4 servings

4 cups shredded red cabbage (or one bag of pre-cut)

10 halved small, red potatoes

1 ½ Tbsp. extra-virgin olive oil

½ tsp. of each coarse salt & freshly ground pepper

1 pound skinless salmon fillet

2 Tbsp. grainy mustard

2 Tbsp. horseradish

Zest of 1 lemon plus lemon juice

Directions:

1. Pre-heat oven to 400 degrees
2. Wash potatoes and cut in halves
3. Shred cabbage by cutting the head of cabbage in half first, then cut in thin slices (if not using pre-cut)
4. Toss cabbage and potatoes with olive oil; season with salt and pepper and then roast in large baking dish for 25 minutes
5. Combine mustard, horseradish, and lemon zest and spread on top of salmon fillet
6. After first 25 minutes, add salmon fillet to the baking dish and cook for 15 minutes longer
7. Serve with a fresh squeeze of lemon juice and enjoy!

***Tip:** Wild salmon versus fresh salmon? The major differences between the two are: cost, taste, color, and sustainability. Wild salmon is more expensive, tends to have a richer flavor, and deeper color due to its natural diet. The health benefits are almost identical. Try buying frozen from Costco and defrosting when ready use.

Salmon, Cabbage, & Potatoes

Amount	¼ of total
Calories	430
Fat (g)	13
Sat. Fat (g)	2
Carb. (g)	51
Fiber (g)	6
Protein (g)	29

Dairy free, Gluten free.



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This dish provides the qualities needed for great sport performance and overall good health. The salmon alone is high in protein, and the "good fats", omega-3 fatty acids, have anti-inflammatory properties ideal for recovery and heart health. Did you know that 1 serving of wild salmon provides a full day's requirement of vitamin D? It is one of the few foods that can make that claim. That same piece of fish contains over half of the necessary B₁₂, niacin, and selenium, and is an excellent source of B₆ and magnesium. All of those vitamins provide sustained energy and improved immune system functioning.

Red cabbage is not only a great source of fiber, but it is also chock full of anthocyanins, a type of antioxidant commonly found in blue, purple, and red plants. Studies show antioxidants can reduce inflammation, boost brain function which are excellent for performance. And the little red potato is full of iron for energy and oxygen transport, potassium for electrolytes, and of vitamin C to protect the body's cells from free radical damage. All this in 1 simple dish!



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