

AT HOME WITH NANCY WELCH



Super Foods for
Super Women



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At the beginning of each year, we all see advertisements promoting things you should do for a better you! In the same token, we all make the same resolutions each year: lose weight, exercise more, be a better person, and the list goes. I am always interested in these resolutions, but seldom actually go as far as following through on them. But, this year has been different. This year several lists have caught my fancy and I want to pass one of them on to you.

Maybe we can inspire each other.

This list is about super foods for super women. In order to feel good in your own skin at every age, your skin needs to feel good! So here are the 10 things every woman should include in her diet, regularly. They are in alphabetical order, because they are all important on the bumpy road to fabulous: avocados, blueberries, broccoli, cinnamon, garlic, oatmeal, olive oil, salmon, walnuts, and yogurt.

Avocado Tossed Salad

1 large head Romaine lettuce, torn

1 large tomato, sliced

1 medium red onion, sliced

1 large ripe avocado, sliced

3 ounces blue cheese, crumbled

6 slices bacon, cooked and crumbled

Place lettuce in bottom of large bowl. Arrange vegetables on top of lettuce. Sprinkle blue cheese and bacon on top. When ready to serve, pour dressing over salad.

Dressing

$\frac{3}{4}$ cup olive or vegetable oil

$\frac{1}{4}$ cup vinegar

1 clove minced garlic

1 teaspoon salt

4 teaspoons sugar or sugar substitute

Pepper to taste

In order to get everything on this list into your diet, you might want to start the day with oatmeal pancakes. Oatmeal is one of the real super foods that we all should eat in order to lower our cholesterol and eating it everyday can really help. This recipe is very hearty and will send the whole family off with a full stomach. You may also want to serve them for supper.

Oatmeal Pancakes

1 cup old fashion rolled oats

1 cup regular flour

$\frac{1}{2}$ cup brown sugar

2 teaspoons baking powder

$\frac{1}{2}$ teaspoon baking soda

1 teaspoon cinnamon

$\frac{1}{4}$ cup chopped walnuts

$\frac{3}{4}$ cup sour cream or plain yogurt

$\frac{3}{4}$ cup milk

2 eggs

1 teaspoon vanilla

2 ripe bananas, mashed

$\frac{1}{4}$ stick melted butter

Syrup or honey

Mix dry ingredients together in one bowl and wet ingredients in another. Mix the two together. Heat and butter griddle to medium heat. Put about $\frac{1}{3}$ cup batter on griddle for each pancake. Cook until done and serve with syrup or honey.

A great dessert with a cup of coffee or hot tea or to end a meal is the Blueberry Crunch. This is so easy and you probably have all of the ingredients on hand. When I buy blueberries, I bring them home and put them in the freezer. They thaw quickly so when you grab a handful to add to cereal or for a snack, they are ready almost instantly. Enjoy taking this recipe to a friend, to church, or preparing it for your own family.

Blueberry Crunch

20 oz. can undrained crushed pineapple

3 cups fresh or frozen blueberries

$\frac{3}{4}$ cup sugar

1 box yellow cake mix

2 sticks butter, melted

1 cup chopped walnuts or pecans

$\frac{1}{4}$ cup sugar

In a 9"x13" inch buttered, baking dish, spread the following in layers: pineapple, blueberries, and $\frac{3}{4}$ cup sugar. Sprinkle on top the dry cake mix, melted butter, nuts, and $\frac{1}{4}$ cup sugar. Bake at 325 degrees for 35 to 40 minutes. Serve warm or cold. 🌿





I have given you this next rub recipe in the past and it is still my favorite quick way to prepare salmon for the grill. Just rub the salmon a few hours before you put it on the grill and you will be pleased with the results.

Salmon Rub

Serves 4

2 teaspoons paprika
2 teaspoons chili powder
½ teaspoon cumin
½ cup brown sugar

Rub salmon with this mixture and place on the grill. About 1 minute before salmon is done, drizzle salmon with maple syrup.

Equally delicious is this mushroom stuffed salmon recipe. You can prepare this with a whole salmon or do as I did and purchase a large “slab” of salmon. The taste is the same and the presentation is impressive either way.

Mushroom Stuffed Salmon

Serves 8 (can half the recipe)

2 large slabs of salmon (weighing about 2.5 pounds total for 8 people or 1 large slab for half that many)
White wine
Lemon juice
Salt and pepper

Wash and dry fish. With a sharp boning knife, start at the thick end of the salmon and begin splitting the salmon like you are trying to butterfly it except you are going lengthwise and not sideways. (This is the same process as when you are working with a London Broil or flank steak.) What you are trying to do is make a place for the stuffing. Once you have the salmon split, keeping the top and bottom together as you get to the slender end, splash the inside with a little white wine and a little lemon juice. Sprinkle with salt and pepper inside and on top. Spoon the mushroom filling between the layers of salmon. Return the top part of the salmon. You now have a large salmon sandwich with the filling in the middle! Brush fish with parsley butter. Place on greased baking sheet in 350 degree oven and bake until salmon is the “doneness” you prefer. A good gauge is 10 minutes per inch of thickness. Also, little white “bubbles” will form on the top of the salmon when it is done. Remember not to overcook salmon! Baste frequently with parsley butter. Serve salmon with mustard dill sauce.

Mushroom Filling

¼ cup butter
1 large onion, chopped
2 ribs of celery, chopped fine
½ cup fresh parsley, chopped
1 ½ pounds fresh mushrooms, thinly sliced
2 teaspoons fresh dill, minced
1 teaspoon cumin
1-2 teaspoons chili powder
Salt and pepper

In large skillet, melt butter and sauté onions and celery until golden. Add parsley and mushrooms. Sauté 3-5 minutes. Add dill, cumin, chili powder, salt and pepper.

Parsley Butter

1 cup butter
¼ cup fresh parsley, chopped
2 tablespoons lemon juice
Pepper

Cream all ingredients together.

Mustard Dill Sauce

½ cup sugar
1 cup fresh dill
1 cup Dijon mustard
1/3 cup wine vinegar
½ cup mayonnaise
2 tablespoons oil

Put all ingredients except oil in food processor or blender. After they have been blended, add oil while processor is still running, very slowly until incorporated. Cover and store in refrigerator until ready to serve.

When ready to serve salmon, slice salmon in sections about 2-3 inches wide, like a loaf of bread. Put sections of salmon on serving platter or individual plates. Spoon generous tablespoons of dill sauce over salmon. For an exceptional presentation, put a serving of brown rice or mashed potatoes on each plate. Place the piece of salmon on top of rice, then spoon dill sauce over salmon. Outstanding!

Add to this entrée some steamed broccoli and an exceptional tossed salad and you'll have a super meal for you and your family!

