

Meals with Teal #1

Menu:

Baked Salmon
Rice and/or
Riced cauliflower
Steamed asparagus

Grocery List from Safeway:

Olive Oil cooking spray Signature Select	3.99
McCormick Grill Mates Smokehouse Maple Seasoning	3.99
McCormick Sea Salt Grinder	3.99
McCormick Black Pepper Grinder	3.99
Signature Select Maple Syrup	7.49
Atlantic Salmon Portion 5 oz fresh (2)	11.98
Birds Eye White Rice frozen	3.49
Birds Eye or Safeway Riced Cauliflower	3.99
Asparagus 1 lb	3.99
Total	46.90
Gift Card that will be Provided:	50.00

Recipe:

Salmon:

Spray with olive oil or spread 1 TBSP maple syrup on salmon. Sprinkle generously the McCormick smokehouse maple seasoning on top and then bake at 400 for 10 min

Rice/Riced Cauliflower:

Heat in microwave per directions

Steamed Asparagus:

Place asparagus in microwave safe dish. Spray with olive oil and season with salt and pepper. Microwave for 2 ½ minutes.

Meals with Teal Video#1:

<https://www.youtube.com/watch?v=rPJLr1e3qcY>

The "bonus" risotto video:

<https://studio.youtube.com/video/KK0g6WXY5Ak/edit>

Nutritional Information:

Nutrition Facts: Salmon Filet (5oz with Riced Cauliflower) Serving Size: 1	
Calories 400	% Daily Value
Total Fat 15g	22%
Saturated Fat 3.4g	17%
Trans Fat 0g	
Cholesterol 91.4mg	30%
Sodium 504.6mg	22%
Total Carbohydrates 22.7g	8%
Dietary Fiber 5.5g	20%
Sugar 18.2g	36%
Added Sugars 13g	52%
Protein 40.3g	36%
Vitamin D 0%	Potassium 2%
Vitamin A 6%	Vitamin C 8%
Calcium 2%	Iron 16%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts: Salmon Filet (5oz with Rice)

Serving Size: 1

Calories 525**% Daily Value*****Total Fat 15g** 22%

Saturated Fat 3.4g 17%

Trans Fat 0g

Cholesterol 91.4mg 30%**Sodium 224.6mg** 10%**Total Carbohydrates 54.6g** 8%

Dietary Fiber 2.8g 10%

Sugar 15.5g 31%

Added Sugars 13g 52%

Protein 40.7g 36%

Vitamin D 0% Potassium 2%

Vitamin A 6% Vitamin C 8%

Calcium 2% Iron 16%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Meet Guest # 1: Laurie Turney



GET
TO
KNOW

NO LONGER RADICAL

Breast cancer survivor,
Laurie

Christy met Laurie when she was a surgical intern and Laurie was an ICU nurse at The New York Weill Cornell Medical Center in Manhattan. They have been BFFs ever since. Laurie was diagnosed with breast cancer at the age of 34 and again at the age of 40. She is now 18 years cancer free!