

## K-STATE

Research and Extension

Master Food Volunteer  
Johnson County

### Upcoming VIRTUAL Classes

#### February — Fish 101: Salmon

Thursday, February 18 at  
6:00pm to 8:00pm

Fee: \$25

[Sign Up](#)

#### March — Basic Breads

Thursday, March 25 at  
6:00pm to 8:00pm

Fee: \$25

[Sign Up](#)

#### April — MIND Diet

Thursday, April 15 at  
6:00pm to 8:00pm

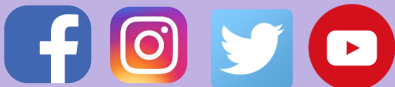
Fee: \$25

[Sign Up](#)

Classes include recipe booklet, some ingredients and supplies. The link for the class and more details will be sent once registration is complete and payment received,

#### Follow us on Social Media!

Click to see our pages!



*Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Johnson County K-State Research and Extension, 913-715-7000.*

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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## Say I Love You with Heart-Healthy Foods

Instead of treating your sweetheart to a steak dinner this Valentine's Day, be good to your loved ones' hearts by offering nuts and fish!

There are several contributing factors. Fish is delicious and an excellent source of lean protein. Nuts are filling, portable, tasty, and so nutritious that recent studies showed people who ate nuts lived longer, healthier lives than those who didn't. A report from the November 2013 issue of *New England Journal of Medicine* showed that daily nut-eaters were less likely to die of cancer, heart disease, and respiratory disease. This report also included the peanut, which is actually classified as a legume.

But the big bonus of eating nuts and fish is that those foods can be excellent sources of omega-3 fatty acids.

In most individuals, dietary intake of omega-3 fats is way too low. Eating more omega-3s is important because the body uses them to form special, unique molecules. These molecules perform functions within cells that lead to improved health.

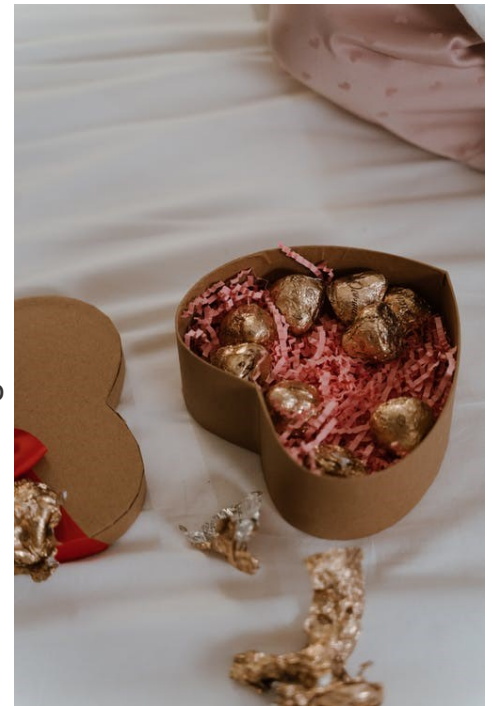
It's widely known that omega-3s are great for the heart and cardiovascular system. They keep the heartbeat stable, decrease blood clots, keep arteries open and lower the "bad" LDL cholesterol and triglycerides.

Consuming omega-3s are beneficial for cancer patients because they can slow tumor development. In addition, studies show chemotherapy is more effective, and patients have fewer side effects and lose less weight if omega-3s are included in their diet.

Omega-3s are also effective at stabilizing moods, which has proven helpful in treating bipolar disorder, depression, schizophrenia and attention deficit hyperactivity disorder (ADHD).

The omega-3 nuts include: walnuts, butternuts, Brazil Nuts.

A popular fish that has a ton of omega-3s is salmon. To learn how to nutritiously and deliciously prepare this widely available fish, enroll in our Extension Master Food Volunteers' "Fish 101: Salmon" virtual class. You can register by clicking on the link to the left.



# Recipe of the Month

## Salmon & Egg Salad

- 2 (6-ounce) cans boneless, skinless, wild salmon—drained
- 3 large boiled eggs, peeled and chopped
- 1/2 onion, chopped
- 2 tablespoons mayonnaise
- 1/3 cup plain, nonfat Greek yogurt
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

1. In a medium bowl, combine all the ingredients together and toss to combine. Season with the salt and pepper.
2. Serve immediately or store, covered, in the refrigerator for up to 2 days. Give a good stir before serving.

Makes 4 servings

Source: <https://www.jocoeats.com/>

## Nutrition Facts

4 servings per container  
Serving size 1/4 of recipe

Amount per serving  
**Calories 210**

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 190mg 63%

**Sodium** 520mg 23%

**Total Carbohydrate** 3g 1%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 28g

Vitamin D 1mcg 6%

Calcium 48mg 4%

Iron 1mg 6%

Potassium 346mg 8%

\*The % Daily Value 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.



