



Your Commissary ... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Salmon & Italian Pasta

The word diet originates from the Greek word diaita, which means "mode of living." Unfortunately, the original meaning has been replaced and diet now means a temporary restriction of food to promote weight loss.

Diets, that require eliminating whole food groups and/or only eating certain types of food, may, at first, cause weight loss; however, these "diets" are not usually based in science, are not healthy, and often times result in loss of muscle mass. These types of diets cannot be sustained long-term, so most people inevitably fail at "dieting." The lost weight is usually gained back along with some extra pounds and a greater degree of helplessness and frustration.

Many people can say, "I've lost 100 lbs. by gaining and losing 10 lbs., 10 different times." Wouldn't it be better to develop habits (a mode of living) that can be sustained long-term, ultimately resulting in optimal health and lifelong weight control while enjoying food?

The Dietary Guidelines for Americans and MyPlate provide the roadmap to develop a healthy and lifelong, sustainable "diet" or "mode of living." They advise on which foods you should choose most often and which foods you should limit. The ultimate goal is to have you choose foods that are the most nutritious and healthy most of the time, while allowing room for favorite indulgences on occasion. This means you don't have to be perfect 100% of the time.

Let's give up "dieting" and focus on building a healthy and balanced life. One way to achieve balance is to practice the 80/20 principle. Aim to fill you're your grocery cart with at least 80% nutritious foods, while being sure to include some of your favorite indulgences. Also, aim to cook most of your meals following the 80/20 principle.

This meal features whole grain pasta, a healthy fat fish, and a variety of vegetables. Even with salad dressing and full-fat cheddar cheese (what some may consider indulgent), this meal still meets the 80/20 principle-so much so, that even a few slices of crispy bacon could be crumbled and mixed in.



Directions: Preheat oven to 400°

1. Begin by thawing 4 frozen salmon fillets (approximately 4 oz. each) in the package by microwaving on low for 1-2 minutes. Once nearly thawed, drain and discard the liquid. Note: If using thawed/fresh fillets, then begin with step 2.
2. Lightly coat a baking dish with olive oil and place the salmon fillets in the dish.
3. In a small bowl, mix 2 tbsp. olive oil with the juice and zest of one lime; then, use this mixture to coat the top of each fillet.
4. Lightly season each fillet with a dash of salt and pepper; cover pan with foil; then, begin baking the fish. (Total cooking time will be roughly 15-18 minutes.)
5. Bring a pot of water to a boil and cook 12 oz. of whole grain pasta (Rotini or Penne), according to package directions.
6. While the fish and pasta are cooking, drain and rinse a 6 oz. can of sliced olives; wash and prepare the produce by dicing ½ of a red onion, slicing 1 English cucumber, and cutting 10-15 cherry tomatoes in half.
7. Remove fish from oven and quickly drain the pasta.

Serves: 4

8. In a bowl toss the drained pasta with 1 cup of light Italian dressing, the vegetables and the olives; then, mix in about 4 oz. of your favorite cheese, cut into bite sized chunks.
9. Serve by placing one fillet and ¼th of the pasta mixture on each plate.

NOTES:

- Sneak an extra serving of vegetables in by using pasta made from veggies.
- 2-3 tbsp. of bottle of lime juice can be used in place of fresh lime.
- Double the pasta salad recipe and serve it at your next pool or office party.
- Try adding additional veggies, like raw asparagus and/or broccoli and using different types of cheese.
- Make a hearty salad by topping a bed of greens with ½ cup of the pasta salad and adding 2 oz. of your favorite cooked lean protein, like grilled chicken breast.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](#) OR VISIT [COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM](https://www.commissaries.com/healthy-living/healthy-eats.cfm).