



April 2024 Stress Busting Meals

Easy Honey Garlic Salmon – Servings 2

2 wild caught salmon filets
Salt and pepper to season
¼ tsp. paprika
2 cloves garlic finely minced

2 T. honey
½ tsp. water
1 tsp. soy sauce
½ tsp. fresh lemon juice



Set oven rack to the middle of the oven. Preheat oven to broil on medium heat. Season salmon with salt, pepper, and paprika. Heat the butter in a skillet over medium heat until melted. Add the garlic and sauté for about a minute. Pour in honey, water, and soy sauce allow to heat through. Add lemon juice, stir well. Add salmon steaks to the sauce in the pan. Cook each fillet skin side down for 3-4 minutes, while basting tops. Transfer the pan to your oven to broil for 5-6 minutes, or until the tops are nicely charred, and salmon is cooked to your liking.

Source: <https://cafedelites>

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Easy Blueberry Oatmeal – Servings 6

2 c. old fashion oats
¾ c. milk
1c. unsweetened applesauce
2 large eggs
¼ c. brown sugar or maple syrup
¼ c chopped walnuts

2 tsp. vanilla
1 ½ tsp. cinnamon
½ tsp. baking powder
¼ tsp. salt
2 c. fresh or frozen blueberries



Add the oats, milk, applesauce, walnuts, eggs, brown sugar, vanilla, cinnamon, baking powder, and salt to a large bowl and mix well. Lightly grease a 7x11-inch rectangular baking dish. Spread half the oat mixture in the bottom of the dish. Sprinkle with about ¾ of the blueberries. Top with remaining oat mixture, carefully smoothing the top. Sprinkle on the remaining blueberries. Cover the casserole dish and chill overnight. The following day, bake at 350 degrees for 30-35 minutes. Rest for 5 minutes, slice, and serve it warm.

Source: <https://www.savorynothings>

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