



Baked Trout

Makes: 6 servings

Total Cost: \$12.50

Serving cost: \$2.08

Ingredients:

- 2 lbs trout fillets (or other fish cut into six pieces)
- 3 tbsp lime juice
- 1 tomato (medium, chopped)
- 1/2 onion (medium, chopped)
- 3 tbsp cilantro (chopped)
- 1/2 tsp olive oil
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1/4 tsp red pepper (optional)

Directions:

1. Preheat oven to 350 degrees
2. Rinse fish and pat dry. Place in baking dish.
3. In a separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15 to 20 minutes or until fork tender.

Source: [What's Cooking? USDA Mixing Bowl](#)



Happy National Heart Month!

February is National Heart month. The month is dedicated to bringing awareness and prevention to heart disease. Heart disease includes heart attacks, stroke, and many other heart related conditions. Below are a few ways to keep your heart healthy and lower your risk of heart disease.

- ◆ **Exercise:** Exercising at least 2 hours and 30 minutes each week can reduce the risk of health complications and may help with weight maintenance.
- ◆ **Eat healthy:** A healthy diet includes foods such as vegetables, fruits, whole grains and lean meats. A healthy diet can help maintain a healthy weight and prevent chronic diseases. Eating foods that are high in fat — especially saturated fat and sugar — can increase your risk for heart disease and cause weight gain.
- ◆ **Maintain a healthy weight:** You can maintain a healthy weight by eating healthy foods and exercising. Your weight, waist size and how much weight you have gained since you were in your 20s are all indicators of heart disease risks.
- ◆ **Don't smoke:** The chemicals in tobacco can damage the function of your heart and blood vessels. If you are currently a smoker, quitting can decrease your risks.

Source

<https://www.hsph.harvard.edu/nutritionsource/disease-prevention/cardiovascular-disease/>

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Trucha al horno

Rinde: 6 porciones

Costo total: 12.50 dólares

Costo por porción: 2.08 dólares

Ingredientes:

- 2 libras de filetes de trucha (u otro tipo de pescado cortado en seis porciones)
- 3 cucharadas de jugo de limón verde
- 1 tomate (mediano, picado)
- ½ cebolla (mediana, picada)
- ½ cucharadita de aceite de oliva
- ¼ de cucharadita de pimienta negra
- ¼ de cucharadita de sal
- ¼ de cucharadita de chile rojo (opcional)

Preparación:

1. Precaliente el horno a 350 grados
2. Enjuague el pescado y séquelo suavemente
3. Mezcle los ingredientes en un recipiente aparte y vierta sobre el pescado.
4. Hornee durante 15 a 20 minutos o hasta que sienta suave al introducir un tenedor.

Fuente: [What's Cooking? USDA Mixing Bowl](#)

¡Feliz Mes Nacional del Corazón!



Febrero es el Mes Nacional del Corazón. Este

mes está dedicado a crear consciencia y prevención acerca de las enfermedades cardíacas. Las enfermedades del corazón conocidas como cardiovasculares, incluyen infartos, derrames cerebrales y muchas otras condiciones relacionadas con el corazón. A continuación, le ofrecemos algunas opciones para mantener su corazón sano y reducir el riesgo de enfermedades coronarias.

- ◆ **Ejercicio:** Practicar actividad física por lo menos 2 horas y 30 minutos a la semana puede reducir el riesgo de problemas de salud y ayudar a mantener el peso.
- ◆ **Comer de manera saludable:** Comer alimentos con alto contenido de grasa, especialmente saturada y azúcar puede incrementar su riesgo de sufrir enfermedades del corazón y subir de peso. Una alimentación sana incluye alimentos como verduras, frutas, granos integrales y carnes magras. Este tipo de alimentación puede ayudarle a mantener un peso saludable y prevenir enfermedades crónicas.
- ◆ **Mantener un peso saludable:** Su peso, el tamaño de su cintura y cuánto ha subido desde que tenía veintitantos años, son todos indicadores de riesgos de enfermedades coronarias. Puede mantener un peso saludable comiendo alimentos sanos y practicando actividad física.
- ◆ **No fume:** Los químicos que contiene el tabaco pueden dañar el funcionamiento de su corazón y arterias. Si fuma en la actualidad, dejar el cigarrillo puede ayudarle a reducir sus riesgos.

Fuente:

<https://www.hsph.harvard.edu/nutritionsource/disease-prevention/cardiovascular-disease/>

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