

# 4 Simple Summer Meals in Minutes

FROM STEPHEN SINATRA, M.D., F.A.C.C., F.A.C.N







# Spinach Salad

## with Pomegranate Vinaigrette

\*DEVELOPED BY MONICA REINAGEL, MS, LD/N, CNS \*MAKES 2 SERVINGS

### Ingredients

- 3 cups baby spinach
- 1/4 red onion, thinly sliced
- 1/4 cup feta cheese, crumbled
- 2 Tbsp. pomegranate juice
- 1 Tbsp. cider or wine vinegar
- Drizzle of honey
- 1/8 tsp. freshly ground pepper
- 2 Tbsp. walnut oil
- Pomegranate seeds for garnish (optional)

### Directions

- Arrange the spinach on a plate and top with sliced onion, feta cheese, and pomegranate seeds (if using).
- Combine pomegranate juice, vinegar, honey, and pepper in a small bowl.
- Add oil in a thin stream while whisking to incorporate.
- Dress salads and serve.

### Nutrition Facts

#### Per Serving

- |                   |                      |
|-------------------|----------------------|
| • Calories: 240   | • Carbohydrate: 18 g |
| • Total Fat: 18 g | • Fiber: 2 g         |
| • Sodium: 248 mg  | • Protein: 4 g       |



# White Bean Salad

\*MAKES 4 SERVINGS

## Ingredients

- 1/2 lb. dried white beans, washed & soaked overnight, or 3 cups canned beans, drained & rinsed
- 3½ cups water
- 1 medium yellow onion, quartered
- 3 cloves garlic, halved
- 1 medium red or Vidalia onion, finely chopped
- 1 yellow or red bell pepper, chopped
- 1 clove garlic, minced
- 1/2 tsp. dried mustard
- 1 Tbsp. extra virgin olive oil
- Lemon juice to taste
- Balsamic vinegar to taste
- 1 Tbsp. fresh parsley, chopped

## Directions

- Drain the beans and place in a pot with the water, yellow onion, and chopped garlic.
- Bring to a boil, reduce the heat, and simmer for 1½ hours, or until tender.
- Remove onion and garlic from beans.
- Drain and reserve 1/4 cup of the cooking liquid.
- Mix together the red or Vidalia onion, yellow or red bell pepper, minced garlic, mustard powder, oil, lemon juice, and vinegar with the reserved cooking liquid.
- Add to the warm beans and toss with parsley.

## Nutrition Facts Per Serving

- Calories: 270
- Total Fat: 5 g
- Sodium: 35 mg
- Carbohydrate: 100 g
- Fiber: 5 g
- Protein: 37 g





A close-up photograph of several pieces of wild salmon fillets, skin-side up, arranged on a wooden cutting board. Fresh green dill sprigs are scattered around the salmon. The title 'Asian Salmon' is overlaid in large white letters.

# Asian Salmon

\*MAKES 4 SERVINGS

## Ingredients

- 4 (6 oz.) wild salmon fillets, with skin
- 2 Tbsp. olive oil
- 2 Tbsp. rice vinegar
- 2 Tbsp. soy sauce
- 1 Tbsp. honey
- 2 cloves garlic, minced
- 1 pinch ground black pepper
- 2 Tbsp. onion, minced
- 1 Tbsp. sesame oil
- 1 tsp. dill weed
- 4 cups water
- 2 cups rice

## Nutrition Facts Per Serving

- Calories: 740
- Carbohydrate: 81 g
- Total Fat: 25 g
- Fiber: 1 g
- Sodium: 607 mg
- Protein: 44 g

## Directions

- Make several shallow slashes in the skinless side of the salmon fillets. Place fillets skin-side down in a glass baking dish.
- In a medium bowl, whisk together the olive oil, rice vinegar, soy sauce, honey, garlic, pepper, onion, and sesame oil.
- Pour the liquid over the salmon, cover and refrigerate for 1 to 2 hours.
- Drain and reserve 1/4 cup of the cooking liquid.
- Preheat the oven to 400° F.
- In a medium saucepan, combine the rice, water, and dill weed and simmer about 20 minutes, until water is absorbed.
- Bake salmon in marinade for 15 minutes or until opaque and flaky.
- Serve salmon over rice and pour pan sauce over salmon.

# Easy Grilled Peaches

\*1/2 PEACH = 1 SERVING

## Ingredients

- Fresh peaches, halved and pitted
- Local honey
- Ground cinnamon
- Organic, unsweetened whipped cream (optional)



## Directions

- Layer a piece of aluminum foil with parchment paper, and place each peach half on the paper.
- Drizzle with honey and cinnamon to taste.
- Close foil around each peach half, place on grill and cook for 6 to 7 minutes, flipping halfway through.
- When soft, remove from grill and take the peaches out of the foil.
- Top the peaches with a small scoop of homemade organic (unsweetened) whipped cream, or simply enjoy them as is!

### ABOUT DR. SINATRA:

Stephen T. Sinatra, M.D., F.A.C.C., F.A.C.N., C.N.S., C.B.T., is a board-certified cardiologist who is also board certified in internal medicine, with additional certifications in nutrition, bioenergetic psychotherapy, and anti-aging medicine.

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