Short on time? You receive enormous nutritional benefits by adding from this flavorful combination of tangy salsa and salmon to your Healthiest Way of Eating. And it can be prepared in minutes. It is an exceptionally good source of hard-to-find, health-promoting omega-3 fatty acids.

Prep and Cook Time: 15 minutes
1/3 lb salmon fillet, cut in half  
2 tsp lemon juice  
sea salt and pepper to taste

Salsa  
1 ripe tomato, diced  
1/2 cup green onions, minced  
1 tsp ginger, minced  
2 tsp fresh mint, minced  
1 tsp lime juice  
sea salt and pepper to taste

To Quick-Broil, preheat broiler and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source.  
Rub salmon with 2 tsp fresh lemon juice, salt and pepper. (You can Quick Broil with the skin on; it just takes a minute or two longer. The skin will peel right off after cooking.)  
Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes depending on thickness. Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside.

Salsa  
Combine all salsa ingredients.  
Spoon over salmon.  
Garnish with mint and a sprinkle of extra virgin olive oil.
Healthy Food Tip

I'm a strict vegetarian. How can I get enough vitamin B12?

The only reliable food sources of active vitamin B12 are animal foods, such as meat, poultry, fish, shellfish, eggs, milk, yogurt, and cheese. While some plant foods in their fermented or otherwise processed versions (including sprouting, in some cases) contain vitamin B12, there are no known plant foods that provide consistent, dependable levels of this important nutrient.

Many soil bacteria can make vitamin B12; so can certain bacterial inhabitants of the human digestive tract. Yet, there is inadequate research to confirm that these potential B12 sources are reliable sources for a person who is strictly vegan and eats no animal foods of any kind, including dairy products.

It's important here to distinguish between a strict vegetarian — who might include eggs and dairy products in his or her meal plan — and a strict vegan, who would not include these foods. All of those non-flesh yet animal-derived foods can contain B12. Strict vegans should therefore do one or more of the following:

- Regularly consume foods that have been fortified with active vitamin B12, such as fortified breakfast cereals or bread products, fortified soy products (like soy burgers, hotdogs, or breakfast patties), nutritional yeast, and yeast extracts

- Take an oral, nasal, or sublingual vitamin B12 supplement
Receive vitamin B12 injections from their doctor.

Source: here
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