

Your recipe

# Spotlight on *boosting your mood*

If you’re trying to see the glass half–full a bit more, what you include in your diet can help. And we do mean include. “We too often focus on what we should subtract from our diets, but by adding nutrient–dense, balanced food choices, we can make improvements in how we feel one bite at a time,” said Tevis.



Try to incorporate high fiber and fermented foods, which include certain yogurts, raw cheese, miso and raw apple cider vinegar.<sup>11</sup> Fish, nuts, whole grains, fruits and vegetables are other diet staples that may help with mood.<sup>12</sup> And of course meal size

and frequency can impact blood sugar,<sup>13</sup> which can correlate to irritability levels.<sup>14</sup> Go for balanced meals that will keep your blood sugar stable for as long as possible.

Learn more

Consult your doctor before making diet changes, especially if you have food allergies or medical conditions.

## Happy honey mustard miso salmon

 **Time to cook:** 20min  
 **Serves:** 2

Here’s a hearty main dish that includes ingredients with the potential to boost your mood like salmon and fermented miso paste.

### Ingredients

- ⅓ cup sliced almonds
- 6 oz broccoli slaw
- ½ English cucumber
- 1 inch piece ginger root
- ½ small bunch green onions or scallions
- ¼ cup honey mustard dressing
- 30 ml miso paste
- 1 red bell pepper
- ¾ lb salmon filet
- ⅔ tsp extra virgin olive oil
- 2 tsp toasted sesame oil



### Directions

1. Preheat oven to 450°F. Coat a small baking dish with a thin layer of oil and set aside.

2. Wash and dry ginger root, red bell pepper, English cucumber and green onions or scallions.

3. Peel and mince ginger and place in a medium bowl along with miso, half the honey mustard dressing, 2 tbsp of water and 1 tsp of sesame oil. Whisk to combine.

4. Pat salmon dry with paper towels, place in the baking dish and drizzle with half of the glaze.

5. Place baking dish in the oven and bake until salmon is cooked through, about 10 minutes.

6. While salmon cooks, add remaining honey mustard dressing and 1 tsp of sesame oil to the bowl with the remaining glaze. Whisk to combine.
7. Trim, seed, and slice bell pepper lengthwise into thin strips. Add to the bowl with the dressing.

8. Trim and medium dice cucumber. Add to the bowl.

9. Trim and cut green onions crosswise into thin pieces. Add to the bowl.

10. Add broccoli slaw and almonds to the bowl, then toss to combine.

11. To serve, divide salmon and slaw between plates. Enjoy!

<sup>11</sup> (2022). Fermented foods and fibre may lower stress levels. Agriculture, Food and Beverage. World Economic Forum. <https://www.weforum.org/agenda/2022/11/fermented-foods-and-fibre-may-lower-stress-mental-health/>

<sup>12</sup> (2023). Foods that can boost your mood. Mood Boosting Foods. Mayo Clinic. <https://communityhealth.mayoclinic.org/featured-stories/mood-boosting-foods>

<sup>13</sup> Make your food work for your blood glucose. Food & Blood Glucose. American Diabetes Association. <https://diabetes.org/healthy-living/recipes-nutrition/food-and-blood-sugar>

<sup>14</sup> Penckofer, S., Quinn, L., Byrn, M., Miller, M. and Strange, P. (2012). Does glycemic variability impact mood and quality of life? Diabetes Technology & Therapeutics. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3317401/>