



# Made From Scratch

## Foods To Boost Your Mood

When you think of comfort foods, high-carb, salty, and sweet treats might come to mind. Though they provide comfort, foods high in sugar, refined flour, or saturated fats also activate inflammation, which is strongly linked to depression. [Research suggests](#) that eating a diet high in fruits, vegetables, fish, and whole grains can help lower your risk for depression by fighting inflammation. Try one of our mood-boosting recipes to help boost your mood.

### Tropical green smoothie

#### Ingredients

- 2 handfuls of spinach
- 1 cup coconut water
- 1 Tbsp flax seeds
- 1 tsp honey
- 1 medium orange
- 3/4 cup frozen mango chunks
- 1/2 medium banana
- 2 cups ice

#### Directions

1. In a food processor or blender, process the spinach, water, and honey until blended.
2. Add the orange, mango, and banana. Process until smooth.
3. Add the ice, 1/4 cup at a time, until the desired consistency.

**Servings:** 2 | **Nutrition facts per serving:** Calories 168; Total fat 2g; Saturated fat .5g; Sodium 138mg; Carbohydrates 37g; Fiber 6g; Protein 3g

### Garden frittata

#### Ingredients

- 4 large eggs
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 2 medium unpeeled red potatoes
- 1/2 Tbsp olive oil 4 cups Italian kale, or other kale variety
- 1/4 cup onion, chopped
- 1/2 red bell pepper, chopped



#### Directions

1. Beat eggs, pepper, and salt in large bowl; set aside.
2. Microwave potatoes until slightly soft, but not completely cooked, then cube. (Alternate method without microwave: Cube potatoes and boil five minutes until slightly soft; then drain.)
3. Chop remaining vegetables while potatoes cool. Mix vegetables together.
4. Heat oil in a 10-inch non-stick skillet. Sauté vegetables for five to eight minutes; add to eggs and mix well.
5. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about eight to ten minutes.
6. Cover and let sit until eggs are completely set, about five minutes. Egg dishes should be cooked to 160°

**Servings:** 4 | **Nutrition facts per serving:** Calories 180; Total fat 7g; Saturated fat 2g; Sodium 240mg; Carbohydrates 22g; Fiber 3g; Protein 9g

## Chicken ratatouille

### Ingredients

- 1 Tbsp vegetable oil
- 2 medium chicken breasts, halved, skinned, fat removed, boned, and cut into 1-inch pieces
- 2 (7-in.) zucchini, unpeeled and sliced
- 1 small eggplant, peeled and cut into 1-inch cubes
- 1 medium onion, sliced
- 1 red or green bell pepper, cut into pieces
- 1/2 lb. fresh mushrooms, sliced
- 1 (14.5 oz) can low-sodium diced tomatoes
- 1 garlic clove, minced
- 1 Tbsp fresh basil, chopped
- 1 Tbsp fresh parsley, minced
- black pepper, to taste

### Directions

1. Heat oil in large non-stick skillet. Add chicken and sauté about three minutes, or until lightly browned.
2. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally.
3. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about five minutes, or until chicken is tender.

**Servings:** 4 | **Serving size:** 1 1/2 cups | **Nutrition facts per serving:** Calories 179; Total fat 6g; Saturated fat 1g; Sodium 60mg; Carbohydrates 14g; Fiber 4g; Protein 20g

## Spinach-stuffed baked salmon

### Ingredients

- 1 tsp olive oil (extra virgin preferred)
- 2 oz spinach
- 1 tsp grated lemon zest
- 1/4 cup roasted red bell peppers, chopped, rinsed and drained if bottled
- 1/4 cup fresh basil, coarsely chopped
- 2 Tbsp chopped walnuts
- 4 salmon filets (about 4 oz each)
- 2 Tbsp Dijon mustard, lowest sodium available
- 2 Tbsp plain breadcrumbs, lowest sodium available
- 1/2 tsp dried oregano, crumbled
- 1/2 tsp garlic powder
- 1/8 tsp pepper



### Directions

1. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the spinach and lemon zest for two minutes, or until the spinach is wilted, stirring constantly. Transfer to a medium bowl. Stir in the roasted peppers, basil, and walnuts. Let cool for five minutes.
2. Preheat the oven to 400°. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
3. Cut a lengthwise slit in the side of each fillet to make a pocket for the stuffing. Be careful to not cut through to the other side. With a spoon or your fingers, carefully stuff a scant 1/2 cup spinach mixture into each fillet. Transfer to the baking sheet. With a pastry brush or spoon, spread the mustard over the fish.
4. In a small bowl, stir the remaining ingredients and sprinkle over the fish. Lightly spray the top with cooking spray.
5. Bake for 12 to 13 minutes, or until the fish is the desired doneness and the filling is heated through.

**Servings:** 4 | **Serving size:** 3 oz fish and 1/2 cup vegetables | **Nutrition facts per serving:** Calories 208; Total fat 8.5g; Saturated fat 1g; Sodium 280mg; Carbohydrates 6g; Fiber 1g; Protein 27g