



**For More Information Contact:**

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*Vitamin D is an important nutrient that is often lacking in our diets and Registered Dietitian Melissa Jaeger will show you how to create an easy family meal filled with vitamin D! Vitamin D supports strong, healthy bones but also brain, nervous and immune system function. Salmon is also loaded with omega-3 fatty acids to help us enjoy a heart-healthy diet during February – American Heart Month. To help you maintain a healthy lifestyle, your Hy-Vee dietitian offers a variety of health services including store nutrition tours, Hy-Vee Healthy Habits Menu Planning Program and our 10-week Begin™ program. For additional information, reach out to your local Hy-Vee dietitian.*

**Maple-Mustard Salmon**

Serves 4

**All you need:**

- 1 (1.5 lb.) acorn squash, halved, seeded and cut into ¾-in.-thick slices
- 1 tsp. plus 1 tbsp. Gustare Vita olive oil, divided
- Hy-Vee Mediterranean sea salt, to taste
- 8 oz. broccolini spears, trimmed
- ¼ cup Hy-Vee Select 100% pure maple syrup
- ¼ cup Hy-Vee spicy brown mustard & Hy-Vee stone ground mustard, combined
- 2 tsp. Hy-Vee apple cider vinegar
- 4 (4-to 6-oz.) Verlasso skinless fresh salmon fillet portions
- Chopped Italian parsley, for garnish

**All you do:**

1. Preheat oven to 425°F.
2. Toss squash with 1 tsp. oil; arrange on one end of large rimmed baking pan. Lightly sprinkle with salt. Roast for 15 minutes.
3. Meanwhile, toss broccolini with remaining 1 tbsp. oil; set aside. For glaze, whisk together maple syrup, mustard and vinegar in a small bowl. Divide glaze into two portions.
4. Turn squash. Arrange salmon in center of pan and broccolini on opposite end. Brush salmon and squash with one portion of glaze. Roast 8 – 12 minutes or until salmon flakes easily with a fork (145°F) and vegetables are tender.
5. To serve, brush salmon and squash with remaining portion of glaze. Garnish with Italian parsley, if desired.

Per serving: 480 calories, 30 g fat, 5 g saturated fat, 0 g trans fat, 270 mg sodium, 27 g carbohydrates, 3 g fiber, 26 g protein. Daily Values: Vitamin D 60%, Calcium 8%, Iron 10%, Potassium 20%.

**Pro tip:** Pan-sear salmon before putting in the oven to form a delicious crust and add color to an otherwise pale pink fillet! Simply heat a pan over medium-high heat for 1-2 minutes. Then add oil and place salmon fillet into pan. Watch until the edges turn brown (1-2 minutes) flip for another 30 seconds and then remove from heat. Finish it off in the oven to reach proper internal temperature.



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**Dietitian Tips:**

- One serving of this dish contains 60% of your daily vitamin D needs.
- Vitamin D promotes calcium absorption and is necessary for bone growth and remodeling.
- Vitamin D is also important for muscle movement along with our brain, nervous and immune system function.
- Vitamin D is found in few food sources including salmon or fatty fish, egg yolks, mushrooms treated with ultraviolet light and fortified products such as milk, juice and cereal.
- According to the 2015-2020 Dietary Guidelines for Americans Vitamin D was found to be a nutrient of concern due to low intake and associated health risks in conjunction with low intakes. Vitamin D recommend intake is 600IU/day and 800IU/day if over age 71 (400IU if under age 1).
- Before using a vitamin D supplement speak with your physician.
- Salmon contains omega-3 fatty acids which are important for heart health and are a natural anti-inflammatory.
- Omega-3 fatty acids are also an important component of the membranes that surround each and every one of our cells.
- To help you maintain a healthy lifestyle, your Hy-Vee dietitian offers a variety of health services including store nutrition tours, Hy-Vee Healthy Habits and our 10-week Begin™ program. For additional information, reach out to your local Hy-Vee dietitian.