

## Edamame Spinach Salad

4 servings

*One-quarter of this recipe provides about 110 mg magnesium.*

Dressing for salad:

- 3 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 tsp sriracha
- ¼ tsp ground ginger
- ¼ tsp garlic powder
- 1 Tbsp extra virgin olive oil
- 1 tsp sesame oil
- 1 Tbsp maple syrup
- 2 Tbsp lime juice
- salt to taste

Place all ingredients into a jar, close tight with a lid, and shake jar to combine the ingredients.

Salad:

- 4 cups fresh spinach leaves
- 1 medium English cucumber, diced (about 2 cups)
- 12 oz shelled edamame
- 1 large red bell pepper, diced (about 2 cups)
- 1 cup cooked lentils\* (black are lovely but other colors work too)
- 4 green onions, thinly sliced
- ½ cup cilantro, chopped
- 4 tsp sesame seeds

\*use canned lentils or cook dry lentils. ½ cup dry will yield about 1 cup cooked.

Place edamame, lentils, cucumber, red bell pepper, green onion, cilantro, and sesame seeds in a large bowl. Add the dressing and mix well to combine.

To assemble the salad:

Place 1 cup fresh spinach leaves in an individual salad bowl and top with ¼ of the cucumber/edamame mixture. Enjoy!

## **Grilled Peanut Butter & Banana Sandwich**

Servings: 1

A peanut butter sandwich is simple and naturally packs a generous amount of magnesium. One serving contains about 118 mg. The banana really makes it a treat!

### **Ingredients**

- 2 Tbsp peanut butter
- 2 slices whole wheat bread
- ½ banana, sliced
- Soft tub margarine for grilling

1. Heat a non-stick pan over medium heat
2. Spread peanut butter onto 1 slice of bread, and top with the sliced banana. Then add the remaining slice of bread.
3. Spread soft tub margarine on both sides of the sandwich and place into the hot pan. Grill for a couple minutes, then flip the sandwich to grill the other side for a couple of minutes. You are aiming for a gold brown color on both sides.

## Walnut-Crusted Halibut or Salmon

4 servings

¼ cup	finely chopped toasted walnuts
2 Tbsp	panko (these are Japanese breadcrumbs)
1 Tbsp	Italian seasoning
1 tsp	chives, finely chopped
2–8-ounce	halibut fillets, about 1 inch thick (salmon is another option)
1 Tbsp	extra virgin olive oil

Lemon wedges

1. Pre-heat oven to 450°F and spray a rimmed baking sheet with nonstick spray.
2. Mix walnuts, panko, and herbs in small bowl
3. Brush each fish fillet with oil, and sprinkle with salt and pepper to your liking
4. Place fish on prepared baking sheet and top with the walnut/panko/herb mixture. Divide the topping equally between the fillets and press topping onto fish fillet to adhere.
5. Roast fish in hot oven until just opaque, about 8 minutes. If a crispier topping is desired, preheat broiler and broil fish about 1 minute. Remove from oven.
6. Squeeze fresh lemon juice on each fillet and garnish with an additional lemon wedge

One 4-ounce walnut-crusted halibut provides approximately 170 mg magnesium.

One 4-ounce walnut-crusted salmon provides approximately 68 mg magnesium.