

get glowing

HEALTHY SKIN FROM WITHIN

Good nutrition year-round has been shown to help your skin look its best. In anticipation of tank top season, we asked Sobey's Registered Dietitian Jennifer Ferguson and Toronto-based dermatologist Dr. Benjamin Barankin to weigh in on the most skin-friendly foods.

1 SALMON

This colourful fish contains two key essential fatty acids, omega-3 and omega-6, which work to keep cell membranes healthy and strong. The result: Your skin can lock in more moisture (think youthful summer glow) and function better as a barrier against complexion compromisers like bacteria and other skin-inflaming culprits.

2 BERRIES

When it comes to antioxidant power, blackberries, blueberries, acai berries and strawberries are known to play an important role in keeping cell-damaging free radicals in check. In particular, berries are a source of vitamin C, an antioxidant that helps your body produce collagen, which, in turn, is thought to prevent wrinkles, plump up your skin and support stronger hair and nails.

3 LEGUMES

A great meat alternative, legumes are a source of protein and contain anti-aging antioxidants such as vitamin E. They also contain vitamin B₃ and folic acid. Some legumes also contain zinc and biotin.

4 ALMONDS

Almonds contain protein, which is thought to nourish your skin. As well as zinc and vitamin E, almonds contain more calcium than any other nut.

5 HEALTHY OILS

Consuming good oils helps your skin retain moisture, thus improving its overall appearance. Be sure to choose from unsaturated fats such as olive oil. Canola, soybean, walnut and flax oil (all unsaturated fats) are also high in omega-3 fats.



ACAI-PLUM COMPOTE

Never mind that it's delicious, this versatile compote is hydrating and offers 70% of your daily requirement for vitamin C.

PREP TIME: 5 min. **TOTAL TIME:** 25 min. **SERVES:** 4

- 2 cups (500 mL) *Compliments Balance Acai Five Juice Blend*
- ¼ cup (60 mL) *Compliments Honey*
- 1 tbsp (15 mL) vanilla extract
- 6 *Compliments Plums* (from 1 punnet), pitted and quartered
- 1 tbsp (15 mL) very thinly sliced *Compliments Fresh Mint leaves*

1. Combine juice with honey and vanilla in a medium saucepan. Bring to a boil. Reduce heat and simmer for 5 min.

2. Stir in plums. Simmer, covered, for 5 min.; remove lid and simmer 10 min. longer or until plums are fork-tender but still intact. Cool slightly or chill before serving, garnish with mint. Keep any leftovers in a covered container in the refrigerator for up to 3 days.

PER SERVING (1 CUP/250 ML): 170 calories, 1 g protein, 0 g total fat (0 g sat. fat), 0 mg cholesterol, 43 g carbohydrates, 2 g fibre, 10 mg sodium, 280 mg potassium, vit. C 70% daily value.



ALMOND & OLIVE HUMMUS

We gave this party favourite an inspired twist by adding olives and skin-friendly almonds which contain protein and vitamin E. We love it to switch up our lunch routine, but really, it's delicious any time of day.

PREP TIME: 5 min. **TOTAL TIME:** 15 min. **MAKES:** 2¾ cups (675 mL)

- 1 can (540 mL) *Compliments Chick Peas*, drained and rinsed
- ½ cup (125 mL) *Compliments Natural Almonds*
- ½ cup (125 mL) lightly packed, drained *Compliments Stuffed Manzanilla Olives*
- 2 cloves garlic
- 2 tbsp (30 mL) extra virgin olive oil
- 2 tsp (10 mL) red wine vinegar
- ¼ tsp (1 mL) each salt and pepper
- ¾ cup (175 mL) water (approx.)
- ½ cup (125 mL) lightly packed parsley leaves

1. Combine chick peas, almonds, olives, garlic, olive oil, red wine vinegar, salt and pepper in the bowl of a food processor fitted with metal blade.

2. With the motor running, gradually add water until mixture is smooth (you may need a bit extra to achieve desired consistency). Add parsley and pulse until finely chopped. Serve as a dip with fresh-cut vegetables and whole wheat pita wedges or use as a sandwich filling. Store leftovers in a covered container in the refrigerator for up to 5 days.

PER SERVING (3 TBSP/45 ML): 80 calories, 3 g protein, 5 g total fat (0.5 g sat. fat), 0 mg cholesterol, 6 g carbohydrates, 2 g fibre, 180 mg sodium, 50 mg potassium

ASIAN GRILLED SALMON SALAD

Pretty on the plate and a source of omega-3 from the salmon, we won't be surprised if this salad becomes your new go-to.

PREP TIME: 10 min. **TOTAL TIME:** 20 min. **SERVES:** 4

- 2 tbsp (30 mL) rice or white wine vinegar
- 1 tbsp (15 mL) *Compliments* Soya Sauce, 30% Less Salt
- 1 tbsp (15 mL) brown sugar
- 1 tbsp (15 mL) grated fresh ginger (or more, to taste)
- 1 small clove garlic, minced
- 2 tbsp (30 mL) vegetable oil
- 4 (5 oz/150 g) fresh salmon fillets
- ½ pkg (156 g) *Compliments Organic* Mixed Baby Greens
- 1 cup (250 mL) *Compliments* Stringless Sugar Snap Peas, thinly sliced lengthwise
- 1 cup (250 mL) shredded or julienned carrots

1. Whisk together vinegar, soya sauce, brown sugar, ginger and garlic; slowly whisk in oil. Divide dressing, reserving half.

2. Preheat grill to medium-high and brush or rub with a little vegetable oil. Brush fillets evenly with dressing. Grill on first side for 3 to 4 min. Turn, brush with more dressing, and grill 3 to 4 min. longer or until salmon flakes easily with a fork but is still coral-coloured in the centre.

3. Break fish into large chunks and toss with greens, sliced peas and carrots. Drizzle with reserved dressing and mix to coat. Divide evenly among four plates and serve.

PER SERVING (¼ OF THE RECIPE): 300 calories, 29 g protein, 16 g total fat (2.5 g sat. fat), 75 mg cholesterol, 10 g carbohydrates, 2 g fibre, 320 mg sodium, 770 mg potassium



FRESH BITES

These better-for-you items contain vitamins A and C, which are known to be skin-friendly.

- Compliments Balance* Acai Five Juice Blend, 1.89 L
- Compliments Organic* Baby-Cut Carrots, 454 g
- Compliments* Sweet Bell Peppers