

# SUPER SEEDS

## PEOPLE WITH NUT ALLERGIES CAN REAP HEALTH BENEFITS

**If you're looking for an alternative to nuts, a way to lower your blood sugars or a food that will help provide more nutrients to your diet, look to seeds.**

Unlike nuts, seeds aren't common allergens, so people with food sensitivities can tolerate them better. Plus, several seeds are rich in hard-to-get nutrients, such as omega-3 essential fatty acids, making them desirable even for people who don't have food sensitivities and allergies.

**SUNFLOWER SEEDS:** People are commonly the most familiar with these seeds, and they make a good snack. They are rich in protein, unsaturated fats and E and B vitamins.

**PUMPKIN SEEDS:** Pumpkin seeds also make a quick snack, and they are sold ready to eat in the grocery store. Pumpkin seeds can keep you healthy and happy. Besides being a rich source of vitamins and minerals, they contain a significant amount of L-tryptophan, which has been shown to help alleviate depression.

**SESAME SEEDS:** These seeds are nice additions to stir-fries and gluten-free breads. Sesame seeds contain minerals that can keep the vascular and respiratory systems healthy, prevent colon cancer and keep bones strong.

**FLAXSEEDS:** These are a good source of omega-3s, which have anti-inflammatory properties and are commonly found in salmon and other fatty fish. Americans typically don't have enough omega-3s in their diets, so incorporating flaxseed into your food can help you reach your recommended daily dose. Flaxseeds tend to pass through the system undigested, so to get the most out of flaxseeds without digestive distress, it's best to grind whole flaxseeds before sprinkling on food. Keep a coffee grinder on hand for freshly ground flaxseeds anytime.



Stirring one tablespoon of ground flaxseeds into six ounces of yogurt is an easy way to get your daily recommended amount of flaxseeds.

## Teriyaki Sesame Chicken Strips

### Marinade:

15 ounces low-sodium teriyaki sauce  
2 tablespoons sesame oil  
¼ teaspoon minced garlic  
1 lemon, juiced  
1 tablespoon sugar substitute

4 boneless, skinless chicken breasts  
¼ cup sesame seeds, toasted

### Directions:

Mix all marinade ingredients together in a large container. Cut chicken into ½ inch strips and place them in the marinade, cover and refrigerate for at least one hour.

Preheat oven to 375°. Arrange chicken strips on a baking sheet. Place in oven and bake for about 30 minutes or until fully cooked. Sprinkle with sesame seeds before serving.

To toast sesame seeds on the stovetop, use a wide frying pan. Heat the sesame seeds on medium heat, shake pan occasionally to keep seeds from burning. Remove the seeds when they darken and become fragrant.