

## Oat: the balanced grain for the summer

### **NUTRI-lipidomica**

*Nutrizione molecolare e sana alimentazione*



### Fresh oat salad with salmon and Mediterranean vegetables

Oat is the star food of the summer and fresh recipe. This cereal has unique peculiarities. It provides a good protein quota and a particular fiber, the beta-glucan, whose effectiveness in controlling the cholesterol level is confirmed by many data, and has been recognized by EFSA which authorized some claims. In this dish it has been combined with Mediterranean vegetables sources of antioxidants such as lycopene of tomatoes, betaine of beets, quercetin of capers, considered real superfoods. With the addition of the right fats such as omega-9 of extra virgin olive oil and avocado and the lean proteins of wild salmon, there's nothing missing from this dish.

### Nutrilipidomic Recipe

#### **Ingredients**

- Oats 150 g
- Wild salmon 150 g
- Barattiere cucumbers or cucumber carousels g 200
- Avocado 100 g
- Cherry tomatoes 100 g
- Red beetroot 100 g
- Capers in brine 25 g
- Lemon juice 20 g
- Greek natural fat free yogurt 50 g
- EVO oil 20 g

## Method:

Soak the oats in cold water for 5 hours.

In the meantime, cut the wild salmon into strips, dice the cucumber and avocado, cut the beetroot julienne tomatoes in half.

In a bowl mix the Greek yogurt and work it with lemon juice.

Add the salmon and vegetables and finally season with the extra virgin olive oil.

*(Image for illustrative purposes)*



## Nutritional values per recipe and per person

| Food            | Kcal  | Proteins (g) | Carbs (g) | Sugar (g) | Fats (g) | Saturated (g) | Monounsaturated (g) | Polysaturated (g) | Fibers(g) | Cholesterol (g) |
|-----------------|-------|--------------|-----------|-----------|----------|---------------|---------------------|-------------------|-----------|-----------------|
| Oat             | 583   | 25,33        | 99,40     |           | 10,35    | 1,82          | 3,26                | 3,80              | 15,9      |                 |
| Wild salmon     | 175,5 | 27,4         |           |           | 6,84     | 1,39          | 3,03                | 1,43              |           | 34,5            |
| Cucumbers       | 24    | 1,18         | 4,32      | 2,76      | 0,32     | 0,026         | 0,004               | 0,006             | 1,4       |                 |
| Avocado         | 160   | 2            | 8,53      | 0,66      | 14,66    | 2,126         | 9,799               | 1,816             | 6,7       |                 |
| Cherry tomatoes | 18    | 0,88         | 3,89      | 2,63      | 0,2      | 0,028         | 0,031               | 0,083             | 1,2       |                 |
| Red beetroot    | 43    | 1,61         | 9,56      | 6,67      | 0,17     | 0,027         | 0,032               | 0,06              | 2,8       |                 |
| Capers          | 4,4   | 0,07         | 1,38      | 0,50      | 0,048    | 0,008         | 0,001               | 0,004             | 0,06      |                 |
| Lemon juice     | 4,4   | 0,07         | 1,38      | 0,50      | 0,048    | 0,008         | 0,001               | 0,004             | 0,06      |                 |
| Greek yogurt 0% | 115   | 5,15         |           | 1,5       |          |               |                     |                   |           | 1               |
| Evo oil         | 178,4 |              |           |           | 20       | 2,76          | 14,59               | 2,1               |           |                 |
| Per recipe      | 1307  | 64,23        | 128,3     | 14,91     | 52,15    | 8,24          | 30,76               | 9,37              | 14,86     | 35,5            |
| Per person      | 653   | 32,11        | 64,15     | 7,455     | 26,07    | 4,12          | 15,38               | 4,68              | 7,43      | 17,75           |

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*The food recommendations in the article are not intended to replace a personalized food plan and are to be adapted to specific cases.*