

Stronger

Healthier

Happier

SUNDAY MORNING WITH DEB MARCH 3, 2024



EAT

Salmon in Parchment

My husband has had some heart issues, so I am always looking for heart healthy recipes. Salmon is a healthy source of vitamins, minerals, antioxidants and Omega3 fats. It's also been known to reduce artery inflammation, lower cholesterol levels and maintain blood pressure. This recipe is quick and easy and allows for minimal cleanup.

In my opinion, cooking salmon in parchment paper is the best way to cook fish. The steam trapped in the packet will infuse the fish with flavor and moisture which will make it tender. You can add asparagus or any vegetables to the packet and cook everything at once making it a one-pan meal!



LISTEN

Wait, Wait...Don't Tell Me

Are you looking for something to pass the time on a long car ride? You will love NPR's "Wait Wait...Don't Tell Me!". It is an hour show that turns current events into a hilarious and informative quiz. It is hosted by Peter Sagal, and it features a panel of comedians and celebrity guests who compete in trivia challenges, participate in ridiculous sound effects and write listener-submitted limericks.

"Wait Wait" offers a unique perspective on the news. It's a perfect escape if you're looking for a lighthearted way to stay up-to-date and enjoy a good laugh.



WATCH

Shark Tank

My guilty pleasure is watching Shark Tank on Friday nights. It's my answer to a date night in and is a must watch!

The "Sharks" are looking for the best products and entrepreneurs come on to start, grow or save their businesses. They grill these novice business owners about their concepts, business models and profit potential. Then the "Sharks" decide whether to invest their own money in these innovative products and services.

I love to watch the entrepreneurs negotiate and try to win the Sharks over. Some really big products have taken off through Shark Tank like Bombas Socks and The Ring Doorbell.

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