

The New Green

Green Tea For The Brain



Grilled Salmon with Green Tea Sauce is a delicious and easy way to get the benefits of antioxidants into your diet. The Chinese have known of the health benefits of drinking green tea since ancient times. It was used medicinally to treat many ailments such as headaches and depression. Over the last few decades, there have been several scientific and medical studies on the health benefits of green tea. These studies showed evidence that green tea drinkers have a lower risk of both heart disease and cancer.

Most recently, a Japanese study on the natural properties of green tea by Shinichi Kuriyama, MD, PhD indicated that green tea may possess neuroprotective properties that lead to improved cognitive function. The study included about 1,000 Japanese participants aged 70 and over. Those that drank the most green tea showed a lower prevalence of cognitive impairment based on tests of mental status. Further, drinking at least two cups of green tea a day regularly was linked with individuals having a sharper mind, than those who did not drink green tea.

Green tea is made from leaves of *Camellia sinensis* which undergo minimal processing. Green teas also provide more antioxidant polyphenols than black or oolong teas. In particular, the abundance of the powerful antioxidant EGCG (epigallocatechin gallate) may account for the improved cognitive function in the study's participants.

Adding green tea to your daily diet is easier than you think. Green tea is not just a calorie-free drink, but also an easy way to add subtle flavor to your dishes. Incorporate green tea in your recipes. Try green tea in sauces with salmon, or cook rice with green tea in lieu of water. Green tea flavored with lemon, fruit, jasmine or rose is a delightful addition to cakes, cookies, ice creams, puddings, smoothies or shakes.

Grilled Salmon

4 wild Alaskan salmon fillets, 4 ounces each
2 Tablespoons lemon juice
olive oil spray

Preheat the grill. Sprinkle lemon juice on both sides of fillets. Spray the grill with olive oil spray.

Grill the fillets for three to five minutes, or until the fish flakes easily with a fork and the internal temperature reaches 155°.

Serve each fillet with two ounces of Green Tea Sauce.

Green Tea Sauce

1/8 cup green onions, chopped
1/2 Tablespoon ginger root, fresh, minced
1/2 teaspoon minced garlic cloves, fresh
1/2 teaspoon lemon peel, grated
1 cup orange juice, 100%
2 green tea bags
1/2 Tablespoon cornstarch
1/2 Tablespoon water

In a saucepan over medium heat, add the green onions, ginger, garlic and lemon zest, and cook for one minute to soften the onions. Add orange juice and green tea bags.

Simmer for five minutes. Strain through a fine mesh strainer, and discard bulk. Return broth to pan, and simmer.

Whisk cornstarch and water together, and add to broth. Stir until thickened. Keep warm.

NUTRITIONAL INFORMATION per fourounce fillet and two ounces sauce: 150 calories, 23.3 g protein, 6.9 g carbohydrates, 5.4 g fat, 84 mg cholesterol, 60.5 mg sodium, .3 g fiber.