

Kitchen Diva by Angela Shelf Medearis Overcome 'Fear of Fish' with This Easy Dish

I've found during my years of teaching adults how to cook that the thing they fear most (and ruin most often) is fish. My favorite fish recipe for novice cooks is Italian-Style Salmon cooked in the microwave. The microwave is the perfect way to cook seafood because it cooks food from the inside out and also creates steam, which keeps the fish moist. Salmon can be prepared in the microwave in just five minutes! If you've been afraid to venture out into the deep, start your voyage with salmon. It's flavorful, versatile, easy to cook and a healthy source of protein.

Salmon is low in mercury and high in omega-3 fatty acids. Eating two to three servings per week of foods rich in omega-3 is a healthy choice. While 80% of all of the salmon sold is farm-raised, wild salmon is the best option.

A 4-ounce serving of wild salmon provides a full day's requirement of vitamin D, and more than half of the necessary B-12, niacin and selenium. It's an excellent source of B-6 and magnesium, too. Omega-3 fats also have been found to help slow cognitive problems such as Alzheimer's disease and age-related mental decline, and reduce incidences of depression and aggression.

Canned salmon has almost the same health benefits as fresh, and it's inexpensive. Canned salmon

is typically wild Alaskan salmon that is processed and packaged immediately onsite. Canned salmon also contains large amounts of calcium (due to the bones of the fish, which are soft and easily digestible). Canned salmon is ready to eat and can be used in a variety of dishes from soups to stir-fry.

Fresh salmon can be baked, broiled, grilled or pan-fried in 10 minutes or less. This recipe for Italian-Style Microwave Salmon is the perfect dish to conquer your "fear of fish." Eat more salmon and ride the "wave" this summer by using your microwave to get in and out of the kitchen in record time!



Photo Courtesy Deposit Photos

ITALIAN-STYLE MICROWAVE SALMON

You can vary the flavor of this recipe by changing the type of olive oil-based salad dressing you use. Try substituting an Asian, citrus-flavored or honey-mus-

tard-based oil dressing for the Italian dressing to create a flavorful new fish dish!

- 3 pounds salmon fillets with skin, thawed, washed and patted dry
- 1 tablespoon poultry seasoning
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup Italian salad dressing
- 1/4 cup diced green or red bell peppers (or a combination of both)
- 1 tablespoon orange juice or lemon juice

1. Season both sides of the fillets with the poultry seasoning, salt and pepper. Place the fillets in a shallow microwave-safe baking dish. Fold and tuck the narrow ends of the filets under to make the pieces uniform in shape. This will help the fish to cook evenly. Place the thickest pieces near the edge of the dish.

2. Using a small bowl, mix together the Italian dressing, bell peppers and orange or lemon juice. Pour dressing mixture over the fillets. Cover with microwave-safe plastic wrap. Fold back a small (1-inch) section of the plastic wrap in the corner of the dish to allow steam to vent.

3. Place a small, microwave-safe saucer, upside down, on the turntable in the microwave. Place the dish containing the fillets on top of the saucer to elevate the dish and ensure that the fish cooks evenly. Microwave for 4 to 5 minutes on High. Fish should be moist and flake easily. Serve immediately. Serves 6.

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Births -- Baptist Health of Richmond

County	DOB	Parents	Town	Gender
Estill	July 1, 2020	Kendra and Benjamin Chaney	Ravenna	Boy
Madison	July 2, 2020	Bryana Harlan & Khareem Franklin	Richmond	Girl
Rockcastle	July 2, 2020	Samantha and Anthony McKinney	Mt. Vernon	Girl
Madison	July 4, 2020	Jennifer Mascenic & Bobby Crepack	Berea	Girl
Madison	July 5, 2020	Sarah and Kevin Watts	Richmond	Girl
Rockcastle	July 7, 2020	Miranda and Wesley McHargue	Mt. Vernon	Girl
Madison	July 7, 2020	Jessica and Isaac Neal	Richmond	Boy
Estill	July 14, 2020	Melissa Robinson	Irvine	Boy
Madison	July 14, 2020	Emily Bowling and Philip Tartt	Richmond	Girl
Madison	July 15, 2020	Diamond Murphy & Dmitri Carter	Richmond	Girl
Madison	July 15, 2020	Natisha and Michael Harrod III	Richmond	Girl
Madison	July 16, 2020	Courtney and Gregory Dargavell	Richmond	Boy
Lee	July 17, 2020	Takela Brewer and Mike Terry	Beattyville	Girl
Madison	July 17, 2020	Hannah Robinson	Berea	Boy
Madison	July 18, 2020	Jacqueline and John Harding	Richmond	Boy
Madison	July 18, 2020	Haley Wynn and Nicholas Harrison	Berea	Girl
Estill	July 19, 2020	Tiffany and Christopher Beaty	Irvine	Boy
Madison	July 20, 2020	Jasmine Wilder and Cody Goodie	Berea	Boy
Madison	July 21, 2020	Danielle and Steven Hutchinson	Richmond	Girl
Madison	July 21, 2020	Jennifer and Michael Hopkins	Berea	Girl
Lee	July 21, 2020	Hannah McIntosh & Denny Willoughby	Beattyville	Girl
Madison	July 22, 2020	Chrystal Taylor and Zackery Collins	Berea	Boy
Madison	July 22, 2020	Skylar Roll and Alexander Cabrera	Richmond	Girl
Madison	July 22, 2020	Caitlin and Bobby Charlton	Berea	Girl
Madison	July 22, 2020	Samantha Isaacs	Richmond	Girl
Madison	July 23, 2020	Valerie and Steve Shisley	Richmond	Girl

A Message of Solidarity from Interfaith Wellness Ministry

Since its formation as a non-profit in 1997, Interfaith Wellness Ministry has been dedicated to helping Estill County become a healthier community. We work with our local food bank, the public school system, public housing, the health department and hospital, several local churches and many members of our community to help those in need. Without discriminating in any way, including race, we have provided a wide range of services including free:

- school supplies, dictionaries and reading materials,
- food for the hungry,
- blood pressure checks,
- personal health counseling,
- health talks and educational materials,
- diabetes management guidance,
- gardening and nutrition assistance, and
- guided exercise classes.

We are not affiliated with any particular religion. As our very name indicates, we work with and through all religions and faiths to promote wellness. We know that we serve our community best by combining words with actions. Recent events have given us time for reflection. What can we learn here from what has been happening all across the nation? What does it mean to be non-discriminatory with regards to race while living and working in a community like Estill County, which is over 98% white?

It means we must work harder to be inclusive and welcoming to the 2% of our neighbors and fellow community members who are non-white. It means we must work harder to model anti-racist behaviors. It is not enough to be non-racist. We must encourage anti-racist discussions so that all of us, especially our young people, will be better equipped to be part of the solution and not part of the problem.

The problems highlighted today by the Black Lives Matter movement are not new to our society. What is new is the increased level of awareness that there are systemic injustices in the world. We are being given an opportunity to understand on a deeper level how we each play a role in perpetuating such a system, even by our silence while others suffer. "We would do well to remember that evil can only be substantially overcome by collective good. When one part is hurt, we all share in that pain, and if one part is liberated, we all share in the joy." (Richard Rohr, OFM)

No one should say "All Lives Matter" without pushing for real changes that show "black lives matter" too. When a house is on fire, we don't sit back telling ourselves that "All houses matter". We call the Fire Department. Systemic injustice is like a house on fire in our community. We can't ignore it any longer.

We condemn violence of every kind. We stand with the peaceful protestors working diligently for justice and equality for the black community. We call on all members of our community to work together so that our nation can be whole again in body, mind and spirit.

Donna M. Crow, Executive Director

Sr. Loretta Spotila, Founder/President

Background:

Interfaith Wellness Ministry was founded in 1997 by Sister Loretta Spotila, RN, CSA to help the people of Estill County build a healthier community. Its mission is to assist local churches and the community to integrate faith and health by promoting wholeness in body, mind, and spirit.

Interfaith Wellness Ministry does not discriminate with regards to race, ethnicity, religion, sexual orientation, gender identification, financial status, disability, age or even political affiliation. We welcome any discussion as to how we may serve our community better and more equitably.

Interfaith Wellness Ministry has long been supported and encouraged by the Sisters of Charity of St. Augustine. We agree with their recent message that:

...We must work in solidarity to end the racism and violence that continues to devastate the health and well-being of too many individuals and communities.

...We will continue our pursuit of both unlearning and learning anew the complex systems within philanthropy that impede progress toward our vision of an equitable community. We will ask ourselves difficult questions and reckon with the truth.

...We must hold one another accountable to examine our policies and practices to determine who is excluded or disadvantaged, and we must make room for their influence, voice and power in redesigning the systems that result in a noticeable change within our community. This requires collaboration among new voices with different experiences that think, look and listen differently, and we must provide them equal platforms as we seek solutions together.

The Estill County Tribune

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**Seniors, 65 and older, may deduct \$2.50 from above totals

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