

SUMMER SIZZLE SERIES

NOONTIME WELLNESS

AUGUST ISSUE



FENG SHUI FOR THE HOME OFFICE

- Have your office far away from the bedroom.
- Display pictures or items that make you feel successful, appreciated, and happy.
- Be mindful of the quality of air and light. Incorporate natural light as appropriate.
- Position your desk so that your back is not facing the door. Position it further from the door and not in line with it.
- Schedule clutter clearing sessions. Clutter drains your energy. Try a clutter-clearing day, and feel the difference the next day!



FENG SHUI IN THE OFFICE

We all might assume that our workplace layout is fixed and that there's no way we can incorporate feng shui in our gray cubicles. What we tend to overlook is the energy that pervades in the workplace. If our neighbor has bad energy, yes, you will be affected too. Take care of the feng shui in your office by creating good energy that will last throughout the whole day in your office.

5 EASY FENG SHUI TIPS FOR THE WORK OFFICE/CUBICLE

1. Have a clear desk. Make room for anything except clutter!
2. Carry high-energy items such as photographs, and air-purifying plants. Some great plants are lady palms, bamboo palm and rubber plants.
3. If your back is facing the door while sitting, have a mirror in your view that will allow you to see the office entrance.
4. Sustain higher personal energy levels by setting your phone or monitor to play gentle soothing sounds periodically throughout the day.
5. If your workplace is really challenging for change, create good feng shui in your bedroom.



MUST TRY: GINGERED SALMON

HOW TO MAKE:

1. Preheat oven to 375°. In a small saucepan, boil ½ cup of the balsamic vinegar for about 5 minutes. Let cool, then stir in 1 tablespoon of the canola oil.
2. On a grill pan, heat and turn corn until nicely charred all over-about 5 minutes. Let cool and cut the kernels from the cobs.
3. Arrange the salmon fillets skin side down on a work surface. Using the tip of a sharp knife, make five 1/2-inch-deep slits crosswise in the flesh of each fillet. Stuff 1 slice of ginger into each slit, then slide a short skewer through fillet.
4. In a skillet, heat 1 tablespoon of the canola oil. Season the salmon fillets with salt and pepper and add the fillets to the skillet, skin side down. Cook over moderately high heat until the skin is lightly golden, about 3 minutes. Transfer the skillet to the oven and roast the salmon for about 6 minutes, turning once halfway through.
5. In a large bowl, whisk the remaining 2 tablespoons of balsamic vinegar with the mustard and the honey. Gradually whisk the remaining 1/4 cup of canola oil into the dressing. Add the grilled corn kernels and watercress to the bowl and toss to coat. Transfer the salad to plates and top with the skewered salmon. Drizzle the fish and salad with the balsamic vinegar reduction.

INGREDIENTS

- 1/2 cup plus 2 tablespoons balsamic vinegar
- 1/4 cup plus 2 tablespoons canola oil
- 5 small ears of corn, shucked
- Four 6-ounce skin-on salmon fillets
- 20 small slices of pickled ginger (about 1 ounce)
- Salt and freshly ground pepper
- 2 teaspoons Dijon mustard
- 1/2 teaspoon honey
- 1 bunch of watercress, thick stems discarded (about 8 ounces)

TOTAL TIME: 40 MIN SERVINGS: 4

Sources:
thespruce.com
food&wine.com

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