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◀ ALUMNI SPOTLIGHT

Graduate Young Gerstmyer

Young Gerstmyer's journey began in Seoul, South Korea during the 1960's and has since brought her to MUIH. At age 74, she just completed the Doctor of Oriental Medicine program and will be the oldest graduate attending this year's commencement ceremony.

Q: How did your journey begin?

A: When I was a young woman in Seoul, South Korea in the 1960's, I was told that a girl my age was too old to go to college. I was 26 years old at the time. Then I learned that it was possible to attend college in the United States, even if a person was 80 years old! I decided to come to the United States to attend college. It was a long and difficult path from Korea to the U.S. but I persevered, and I earned a bachelor's degree in biology from Towson University. After college, I worked as a medical technologist in several different hospital labs in Baltimore for forty years, got married, and raised a family. My husband and I have two sons and seven grandchildren.

My interest in holistic healing came from a persistent cough I developed during my medical technologist days. The cough lingered for nearly a year. My primary care physician (PCP) could not help me, despite prescribing seven different antibiotics. He could not diagnosis my illness,

In Touch WITH OUR MANAGING EDITOR

Congratulations to the Class of 2018! This month, over 400 MUIH students will be moving forward into the next stages of their personal and professional journeys. Among them are the next generation of leaders in health and wellness care, and we wish them all much joy and success in their future endeavors.

In honor of our esteemed graduates, we've dedicated this month's issue of *Explore MUIH* to the Class of 2018. We're honored to spotlight the journey of Young Gertmyer, this year's oldest graduate who, at 74, will be receiving her Doctorate of Oriental Medicine. We commend Serena Wills, a 2018 grad of our Health and Wellness Coaching program, who has recently published a compelling poetry collection. And we are excited to highlight the first of many panel events the Career Services Center will be hosting for current and graduating students, as well as MUIH alumni.

June is also National Men's Health Month. Faculty expert Michael Tims tells us about three herbs that can help men reach their fitness goals, and the latest *Wellness Minute* explores the benefits of naturopathy and nutrition for treating various men's health issues.

We'd love to hear from you! If you have story ideas, or would like to contribute as a guest writer, email your thoughts to advancement@muih.edu.

Warm regards,

Natalie Williams

Natalie Williams
Vice President of
University Advancement



▼ LATEST NEWS

Announcing Three New Student Benefits

Maryland University of Integrative Health is pleased to announce three new benefits for students, beginning this fall 2018. These benefits will expand access to MUIH's distinctive academic programs, while offering students affordable, health-focused support services throughout their academic journey.



1. Student Health and Wellness Benefit (SHWB)

The Student Health and Wellness Benefit at MUIH offers students a wide range of integrative health services at the reduced price of \$15 per service, the same discount available to MUIH staff. The services are provided in the University Teaching Clinic in the Natural Care Center (NCC). Students will be allowed up to 10 visits per trimester.

The affordable services available to students through the SHWB include:

- Acupuncture
- Herbal Medicine Consultation
- Herbal Medicine Consultation
- Yoga Therapy
- Nutrition Counseling
- Health and Wellness Coaching

Students will also receive discounted prices at the Herbal Dispensary and gain free access to the NCC Student Health Portal. This new, online feature allows students to conveniently schedule appointments, receive and send secure messages, fill out surveys, upload forms, and communicate directly with NCC providers and staff. Students interested in the Student Health and Wellness Benefit program should contact the **NCC at 410-888-9048 ext. 6614** or naturalcarecenter@muih.edu.

2. Counseling Services

Balancing graduate school, work, family, and life can be stressful, and sometimes we all need a little support. Starting this fall, MUIH is pleased to offer an onsite counselor who can help! The counselor, a trained psychotherapist, will work part time, with a private office on campus for meetings with students. They will also be available to provide virtual counseling for online students or those who are otherwise unable to come to campus. The counselor will also set up ongoing group sessions and consult with other members of the University to provide students with support beyond the classroom.

From the Expert

Three Herbs to Support Your Summer Fitness Goals



BY MICHAEL TIMS, PH.D.

Summer is here, and with the warm weather comes more opportunities to enjoy your inner animal. When it comes to fitness, the idea is to have fun without getting hurt. But are there herbs that can help improve your performance? As a matter of fact, there are three! All have a long history in tradition medicine systems. Turmeric

(*Curcuma longa*) and ashwagandha (*Withania somnifera*) come to us from the Ayurvedic system of medicine out of the Indian subcontinent, while cordyceps (*Cordyceps sinensis*) was used in Traditional Chinese Medicine (TCM). Contemporary science is now catching up with these traditional bodies of knowledge. Here's a quick run-down of how they can be used to improve your workout routine.

As anyone who has begun exercising more frequently or intensely can attest, muscle soreness can be a barrier to getting a regular habit started. An anti-inflammatory agent, turmeric can help to reduce pain as well as improve physical function (Chin, 2016) during and after both anaerobic and aerobic activity. A dose of 150 mg 12 hours before exercise has helped reduce the loss of maximal voluntary contraction and enzyme activity associated with muscle damage during muscle strengthening exercise (Tanabe, et al., 2015). Dosing can range from 160-320 mg, three times per day. No side effects have been noted.

While you are worrying that your six pack and biceps are not what they once were, consider a more holistic approach to your summer of fun and fitness. Ashwaganda (*Withania somnifera*), another Ayurvedic herb, is traditionally considered a rejuvenator, promoting deep vitality and reducing fatigue. A major, active chemical in the plant root is Withaferin A. Contemporary science has shown it reduces the stress hormone cortisol and the experience of anxiety within 60 days of use (Chandrasekhar et al., 2012). We now understand that chronic psychological stress can be the source of inflammation and physical dysfunction (Cohen, et al., 2012). More specific benefits are noted below:

- Over eight weeks of regular use combined with resistance exercise, ashwaganda improved absolute strength (Singh, et al., 2010), upper and lower body strength, recovery and serum testosterone levels (Wankhede, et al., 2015).

▼ LATEST NEWS

University Welcomes New Leadership

MUIH is pleased to welcome Nigel Long and Kathleen Holloway as the University's new Vice President of Enrollment Management and Director of Institutional Assessment and Effectiveness, respectively.

Nigel Long, M.B.A., was named Vice President of Enrollment Management in May 2018. Mr. Long joins the MUIH team with a wealth of experience in various areas of enrollment and student affairs at both public and private institutions. While serving in the position on an interim basis, Nigel successfully developed a new enrollment management communications plan, implemented a new comprehensive reporting process, and initiated two comprehensive referral campaigns.

Before joining MUIH, Nigel served as the Associate Vice President for Enrollment Services at Mansfield University where he created, implemented, and managed integrated recruiting and admission strategies and evaluated the effectiveness and efficiency of enrollment services functions, testing and assessment, new student experience/mentor program, and call center operations.

Also in May 2018, Kathleen Holloway, Ed.D., was named the new Director of Institutional Assessment and Effectiveness. In her new role, Kathleen will lead, initiate, and coordinate institutional assessment and effectiveness and assessment activities across the University.

Kathleen completed her doctoral degree from Benedictine University in Lisle, IL in the Higher Education and Organizational Change program. Prior to earning her doctorate, she worked in positions that involved research, evaluation, assessment,



Values, Diversity, and Inclusion LGBTQ+ Pride Celebration

Each year during the month of June, the LGBTQ+ community and its allies celebrate National LGBT Pride Month. Around the world, educational and celebratory events acknowledge the identities of LGBTQ+ people and continue the movement against homophobia, transphobia, and heterosexism.

In 2009, President Barack Obama proclaimed the month of June National LGBT Pride Month and called for a commitment “to eliminate prejudice everywhere it exists and to celebrate the great diversity of the American people.”

The month of June was chosen in remembrance of the Stonewall

Riots, which were organized in June 1969 after police raided The Stonewall Inn, a gay club in Greenwich Village, New York. In response to the raid, members of the LGBTQ+ community led a series of demonstrations for six days in protest of the police harassment and persecution to which they were routinely subjected. This event served as a catalyst for the modern gay rights movement in the United States and around the world.

Please join the MUIH community for a brown bag lunch activity and discussion to explore the topic of what it means to “come out” for the LGBTQ+ community.

Date: Wednesday, June 20

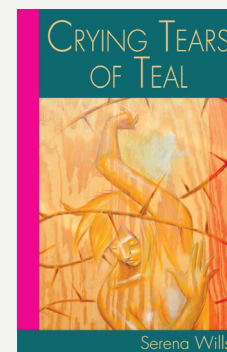
Time: 12 noon to 1:30 p.m.

Place: MUIH Main Campus

To register for the event please email diversity@muih.edu.

▼ AUTHOR BOOK SIGNING: Serena Wills

Stop by the Meeting Point the afternoon of Saturday, June 9 to meet Serena Wills, a 2018 graduate of MUIH's Health and Wellness Coaching program and author of *Crying Tears of Teal*.



Serena's compelling poetry collection travels the paths of those battling gynecological cancer, their caregivers, their grieving families, and those who survived. *Crying*

Tears of Teal chronicles the travails of diagnosis, prognosis, the battle, the love, the healing, the grief, and the victory. It is dedicated to the warriors, their families, and loved ones.

Written from the bedside perspective of a caregiver, as Serena lovingly tended to her mother who battled ovarian cancer. This book raises awareness of ovarian cancer and other gynecological cancers.

Crying Tears of Teal is available now at the Meeting Point Bookstore. Learn more about the author at www.serenawills.com.



MUIH NUTRITION SYMPOSIUM: NUTRITIONAL GENOMICS AND CLINICAL PRACTICE – PATIENT MANAGEMENT

WHEN: JUNE 15–17, 2018 | WHERE: MUIH
Learn more at muih.edu/events

Career Services Center Hosts First Panel Event for Students and Alumni

On May 16th, the MUIH Career Services Center hosted its first Career Panel event for students and alumni. The panel included several alumni of the Acupuncture and Oriental Medicine program who answered questions and offered attendees practical tips for breaking into the acupuncture field, specializations within the field, self-care, and growing as a healer and practitioner. They also provided business advice on various topics such as starting a practice, types of employment arrangements, and whether or not to accept insurance.

The goal of the event was to provide real-world information and resources to students while also giving them the opportunity to network with practitioners. It also gave alumni the opportunity to reconnect with the MUIH community, and to meet and support students who are following in their footsteps.

The event's panel of alumni from MUIH's Master of Acupuncture program included:

- **Cara-Michele Nether**, Class of 2005 (www.strengthvitalitywellness.com)
- **Gina Olenick**, Class of 2014 (www.croftonacupuncture.com)
- **Sarah O'Leary**, Class of 2006 (www.mendacupuncture.com)
- **Mary Rieger**, Class of 1996 (www.healingartscapitolhill.org)
- **Deb Earley**, Class of 2004 (www.earleywellnessgroup.com)

To learn more about other upcoming events sponsored by the Career Services Center, contact **Rob Brooks** at rbrooks1@muih.edu or call **410-888-9048 x6613**.

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Three Herbs to Support Your Summer Fitness Goals

- For endurance-based exercise, eight weeks of supplementation lead to better blood hemoglobin, time of exhaustion, and improved oxygen intake (Malik et al., 2013); Shenoy et al., 2012).

A general dose of 500 mg, three times per day is suggested. No side effects have been noted.

Believe or not, the last herbal supplement, cordyceps (*Cordyceps sinensis*), is a fungus that invades and kills a specific species of caterpillar in China. The herbal medicine has long been used in TCM. It is not found locally the United States, and wild sourced material from China is extremely expensive. So it is grown as fungal strains in the laboratory. When you are looking for the product, C-4 strain is the most consistent lab supplied material to date.

The supplement is excellent for increased energy and faster recovery. In the 1993 Chinese National Games, nine women athletes who were taking cordyceps shattered nine world records. This was not based on use of performance-enhancing substances that occurred later during the Olympics held in Beijing. The effect of cordyceps seems to be based on enhanced fat mobilization, sparing glycogen usage during prolonged exercise (Nicodemus et al., 2001). Studies have also found increased aerobic capacity over a two-week training period at an altitude of 2200 meters, specifically the time to exhaustion (Chen et al., 2014). A dosing regimen of 500 mg, three times per day is recommended.

For all of these herbs, multiple products exist in the market. Choose companies that are serious about Quality Assurance in the manufacturing process, or work with a clinical herbalist.

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Graduate Spotlight

except perhaps as “GOK” (“God Only Knows”). I had to be off from work for one month.

Q: What drew you to MUIH?

A: Because my PCP was unable to stop my cough, I visited an acupuncturist and was prescribed Chinese herbs. Thanks to these actions, my cough gradually diminished and I became interested in alternative medicine. I attended The Southern College of Naturopathic Medicine in Arkansas in 2002, taking courses in naturopathy, herbal medicine, and acupuncture.

After I retired in 2010, I began looking for an acupuncture school near me. MUIH, then known as the Tai Sophia Institute, showed up in my research so my husband and I went to an open house for prospective students. My decision to attend Tai Sophia was based primarily on its convenient location, only twenty minutes from my home. Also, I have always enjoyed challenges. I like learning new things.

After obtaining master’s degrees in acupuncture (2013) and in Chinese herbal medicine (2015), I am proud to earn a Doctorate in Oriental Medicine (D.O.M.) this year. When I began my studies, I had no idea it would take me nearly ten years to finish them. But I am determined, and I keep going no matter what. I struggled with language challenges (English is my second language), as well as the challenge of returning to school at an older age, and being older than all of my classmates.

Q: What excites you about your academic field of study?

A: Since I am Asian, I was excited to have the opportunity to learn about acupuncture and Chinese herbal medicine, methods used successfully for more than 5,000 years. Korea has a tradition of acupuncture and herbal medicine as well, since China and Korea have had a shared history and intercultural exchange. I really enjoyed learning the Five Element Theory because it makes a lot of sense, as each individual person is entirely unique. As acupuncturists, we endeavor to bring balance to a whole person’s body, mind, and spirit, instead of merely treating a disease. I believe that this is the main difference between Chinese medicine and Western medicine. However, we cannot work alone; we should consider working with medical doctors in an integrative setting.

Q: What is your best MUIH memory?

A: My best MUIH memory is the slogan, “Upset is optional.” A lot of people do not accept this slogan because sometimes it’s very hard not to get upset. However, it is always your choice. If you are upset, you hurt yourself more than any other person. If you choose to stay free of upset, your body is happy, and qi moves through your body smoothly to keep you healthy and balanced.

Another memory is when my classmates knew me as the great-grandmother who was never too old to keep learning new things. The more classes I took, the more confidence I gained. I overcame my feelings of being small or “stupid” because I sometimes struggled more than others. Once

I even had to repeat a class because I did poorly on tests – it was embarrassing! When I was a young girl in Korea, I had always done well in school. I had earned academic honors and awards for perfect attendance in middle school and high school, even though I attended school at night because I worked full time to help support my family. (After the Korean War, times were very hard in Korea.)

While earning my degrees at MUIH, I learned that my brain is the same as everyone else’s. I’m just a different type of learner. I learn in a different way than other people. Repetition was helpful to me. I learned to ask a lot of questions, to ask questions again if I did not understand them the first time, and to get extra help from my teachers and classmates when I needed it. MUIH is truly a supportive community of learning.

Most importantly, MUIH taught me the true meaning of “joy.” It is a great gift to genuinely smile from the bottom of my heart. Through nearly a decade of study here at Tai Sophia/MUIH, I have learned self-assurance, faith, patience and perseverance, and these have enhanced my quality of life.

Q: Is there anything else you’d like to add?

A: I would like to thank the teachers and librarians who gave me friendly encouragement and help during my studies, especially: Janet Padgett, Rhonda Sapp, Tyme Gigliotti, Heidi Most, and Stacey MacFarland in the acupuncture department, and Jenifer Kirin and Stuart Rhodes in the Sherman Cohn Library.

COMMUNITY CORNER

I also deeply appreciate Dr. Steve Combs for his recognition and support as the oldest student enrolled at MUIH. The first time I met Dr. Combs was over a year ago, at a “meet and greet” event for new staff and students. I find him to be a down to earth leader, a kind person, and a good listener.

And finally, my warmest, deepest gratitude goes to my beloved and Godly husband Andy, for his constant support and encouragement during my MUIH journey.

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Announcing Three New Student Benefits

3. Federal Work-Study (FWS)

MUIH was recently approved to participate in the Federal Work-Study program. Through this program, students with financial need are eligible for part-time, on-campus jobs in order to earn money to help pay for their education. Federal requirements restrict the FWS program to campus-based jobs only. Individuals who would like to participate in FWS should first complete the Free Application for Federal Student Aid (FAFSA) online at www.fafsa.ed.gov. Contact the Office of Financial Aid at 410-888-9048 ext. 6628 or financialaid@muih.edu to learn more about MUIH’s participation in the Federal Work-Study program.

MUIH is committed to supporting our students. As we draw near to the fall term, stay tuned for further announcements on these three exciting new benefits.

In honor of Men’s Health Month, this month’s episode of *The Wellness Minute* explores the benefits of naturopathy and nutrition for treating various health issues men may face throughout their lives. Special guests Randy Gastwirt, N.D., instructor at MUIH, and Juanita Cox, CNS, LDN, licensed nutritionist at the Natural Care Center at MUIH, inform viewers on the benefits of these health therapies.



This month’s *The Wellness Minute* is hosted by Rebecca Pille, Ph.D., M.S., CHWC, CWP, director of the health and wellness coaching program at MUIH. Residents of the city of Laurel can catch this month’s episode on Laurel TV, available on Verizon FiOS Channel 12, Comcast Channel 996 (HD), and Comcast 71 (SD). *The Wellness Minute* will also be available on MUIH’s YouTube channel and Facebook page.



Three graduates of MUIH’s Yoga Therapy program who are now staffers with the International Association of Yoga Therapists (IAYT) recently visited the Ancient Yoga Center in Austin, Texas. Laurie Hyland Robertson, M.S., C-IAYT, is editor in chief of IAYT publication, *Yoga Therapy Today*. Tina Paul, M.S., C-IAYT, and Ann Swanson, M.S., C-IAYT, presently work in communications for the association.



Diane Finlayson, M.A., C-IAYT, ERYT-500, MUIH’s Department Chair of Yoga Therapy, will be a speaker at the Business Women’s Network of Howard County Scholarship Foundation’s Women’s Health and Wellness Speaker Series on June 5. The series benefits the foundation’s Lifelong Learner Scholarship Program, which assists women in the pursuit of educational and training opportunities instrumental for success in business and leadership in the Howard County community.

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University Welcomes New Leadership

and strategic planning. She has worked as an evaluation specialist for philanthropic organizations and the State of Louisiana, held a leadership role as a director of institutional research and effectiveness, and worked in a supportive role as a research associate for a state-funded grant.



SALMON CAKES WITH RED PEPPER AND JALAPEÑO COULIS

Students combine knowledge learned through their coursework with culinary skills to create heart-healthy and delicious recipes from market basket ingredients.

Recipes created by: Mazie Hollenbaugh, Coleen Loomis, Angela Taylor, and Denise Wagoner

SALMON CAKES

Yields: six 3 oz. cakes

- 1 7.5 oz. can salmon
- 2 carrots
- ¼ cup almonds
- ½ head garlic
- ¼ teaspoon ginger, finely minced
- Pinch cayenne
- 1 teaspoon of olive oil (divided)
- 3 entire scallions, thinly sliced, white and green parts divided
- Sea salt and black pepper to taste
- High-temp oil for frying (i.e. grapeseed or avocado)

Directions:

1. Preheat the oven to 350°.
2. Dice carrots into ½ inch pieces, place them on a parchment lined 9x12 inch baking sheet.
3. Slice off approximately 1" from the top of a large red bell pepper, discard stem but save and julienne slice this 1 inch of the raw pepper for incorporation into the simple salad. Deseed and compost the seeds, slice the two halves of the red pepper into large pieces and place on the sheet of parchment paper lined baking sheet for roasting.
4. Slice off the top stem of the ½ head of garlic and place on a small sheet of parchment paper, drizzle a ¼ teaspoon of olive oil onto the top of the cut garlic head then roll in the parchment paper so the garlic head is in the center of the now balled parchment paper, wrap this balled garlic in aluminum foil and place onto the cooking sheet with the diced carrots.
5. Using disposable gloves, slice the top stem off the jalapeño pepper, slice down the center of the pepper and remove the seeds (compost stem and seeds). Place the two halves of the pepper on a small sheet of parchment paper and coat with ¼ teaspoon of olive oil, roll in the parchment paper so the pepper is in the center of the parchment paper, ball the parchment paper pepper inside a piece of aluminum foil and place onto the cooking sheet with carrots and wrapped garlic. Roast at 350° for 35 minutes.
6. Remove garlic, jalapeño, and red pepper from oven. Cool. Remove garlic cloves from papery skins.
7. Make the coulis (see directions below).
8. Thinly slice the entire scallion, set aside (Note: save a small portion of the scallion green tops for final garnishment plate presentation). Sauté the white/light green parts in 1 teaspoon of high temperature oil in a small frying pan over medium heat.
9. Remove the roasted carrots, garlic, red pepper, and jalapeño pepper filled baking sheet and set aside to cool for later incorporation into salmon cake.
10. Use a food processor to grind the almonds into a fine powder. Set aside the almond flour.
11. Use a food processor to puree the carrots into a paste.
12. Use can opener to open the canned Salmon. Drain and discard the packing liquid. Use hands to finger-flake the salmon into large mixing bowl. (Remove round vertebrae bones if desired; best to keep for additional calcium)
13. Add to bowl: almond flour, carrot paste, garlic, scallion, ginger, cayenne pepper. Mix thoroughly. Add salt and black pepper to taste, stir again (save a small amount of the green tops for final garnishment).
14. Divide salmon mixture into 28 equal portions. Roll each portion into a ball, flatten with palm of hand, and line up all raw patties on a tray.
15. Preheat a large frying pan with ¼ inch high-temperature oil over medium heat until shimmering (about 350°).
16. In batch #1, gently sauté half the cakes in oil in a large frying pan for 2 minutes. Use offset spatula and spring loaded tongs to turn



each patty. Cook for 2 more minutes. Remove patties to paper towels to drain. Repeat for batch #2.

17. Serve warm on a bed of watercress with a top dollop of the red pepper and jalapeño coulis (recipe below) and a small topping of the saved scallions. Garnish with sliced red pepper slices.

Storage: Store leftovers in covered container in refrigerator for up to 5 days.

RED PEPPER AND JALAPEÑO COULIS

Yields: ½ cup

- 1 roasted red bell pepper
- 1 roasted jalapeño
- 2 Tablespoons Avocado Oil
- 2 Tablespoons Olive Oil
- 1 teaspoon grey sea salt
- 1 teaspoon ground pepper

Directions:

- Place roasted red bell pepper and roasted jalapeño along with oils, salt and pepper into vitamix or comparable blender.
- Pulse until well blended
- Add additional salt and pepper to taste
- Serve dolloped on top of salmon cakes

Storage: Store in a covered container in the refrigerator for 5 days.

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