



## 6 Best Fresh Summer Herbs to Use

For people with diabetes, fresh herbs can be a game changer. They boost the deliciousness of a recipe without needing to add excess salt or butter. Research finds herbs, in general, provide naturally occurring polyphenols with strong antioxidant properties, offering potential benefits for people with or trying to prevent type 2 diabetes.

### 1. Basil

Pairs well with vegetables (including cauliflower, corn, cucumbers, eggplant, peas, potatoes, spinach, tomatoes, and zucchini), fruits, grains, pasta, pulses (beans), eggs, cheese dishes, chicken, and tuna.



### 2. Cilantro

Pairs well with vegetables (including bell peppers, carrots, corn, cucumbers, sweet potatoes, and tomatoes), fruits (including avocado), grains, pulses (beans), and chicken.



### 3. Mint

Pairs well with vegetables (including bell peppers, carrots, corn, cucumbers, eggplant, green beans, peas, potatoes, and tomatoes), fruits, grains, yogurt, red meat, and chocolate.



### 4. Oregano

Pairs well with vegetables (including artichokes, bell peppers, corn, eggplant, mushrooms, onions, summer squash, and tomatoes), pasta, pulses (beans), eggs, fish (including anchovies), chicken, and red meat.



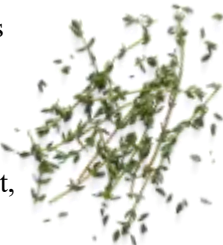
### 5. Rosemary

Pairs well with vegetables (including bell peppers, cabbage, peas, potatoes, and tomatoes), apricots, oranges, pulses (beans), soups/stews, eggs, fish, chicken, and ham.



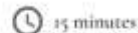
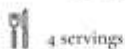
### 6. Thyme

Pairs well with vegetables (including bell peppers, cabbage, carrots, cauliflower, corn, mushrooms, onions, parsnips, and potatoes), blueberries, lemons, pulses (beans), soups/stews, ricotta, eggs, fish, chicken, duck, rabbit, and red meat.



# Salmon and Rice Bowls

salmon, rice, and fresh vegetables



## INGREDIENTS

- salmon filets: 4 filets, 4 ounces each (16oz)
- lower sodium soy sauce (2tbsp)
- honey (2tsp)
- sesame oil (1 tbsp)
- ginger: minced (2 tsp)
- garlic: minced (2 cloves)
- cooked brown rice (2 cups)
- broccoli: steamed (1 cup)
- carrots: shredded (1 cup)
- avocado: sliced (1/4)
- green onion: chopped (2 stalks)

## Nutrition Facts

4 Servings

Serving Size 1 salmon filet, 1 cup of mixture

Amount per serving

**Calories 364**

Total Fat 13.6g

Saturated Fat 2.1g

Trans Fats 0g

Cholesterol 62mg

Sodium 348mg

Total Carbohydrate 33g

Dietary Fiber 5g

Total Sugars 5g

Added Sugars 0g

Protein 27g

Potassium 0mg

Phosphorous 0mg

## DIRECTIONS

1. In a small bowl, whisk together soy sauce, honey, sesame oil, minced ginger, and minced garlic to create the sauce.
2. Brush salmon with some of the sauce.
3. Heat a large skillet over medium high heat and sear the salmon until cooked through, about 4 minutes per side.
4. Brush the top of the salmon with more marinade.
5. Build the bowls with brown rice, steamed broccoli, salmon, and avocado. Drizzle with sauce. Finish with green onions.

<https://diabetesfoodhub.org/recipes/salmon-and-rice-bowls>

<b>ROTA</b> <b>Benefit Issuance Schedule</b>		<b>SAIPAN</b> <b>Benefit Issuance Schedule (8:00AM-3:00PM)</b>		
Rota Distribution Time is from 8:00AM to 3:00PM. Closed on Weekends and Holidays.		NAP coupons will be issued through a walk-in at the JTV Building in As Lito based on the set schedule below: <b>Subject to change in case of Emergency</b>		
<b>AUG. 30, 2024</b> <b>FRIDAY</b>	M-Z	<b>SEPTEMBER 2024</b>		
<b>AUG. 30, 2024</b> <b>FRIDAY</b>	Elderly, Special Needs Clients/ A-L	<b>SEPT. 03, 2024</b>	<b>TUE</b>	Case Record ID ending with '3 & 4'
<b>AUG. 30, 2024</b> <b>FRIDAY</b>	OPEN DAY	<b>SEPT. 04, 2024</b>	<b>WED</b>	Case Record ID ending with '5 & 6'
<b>SEPT. 30, 2024</b> <b>MONDAY</b>	Elderly, Special Needs Clients/ A-L	<b>SEPT. 05, 2024</b>	<b>THU</b>	Case Record ID ending with '7 & 8'
<b>SEPT. 30, 2024</b> <b>MONDAY</b>	M-Z	<b>SEPT. 06, 2024</b>	<b>FRI</b>	Case Record ID ending with '9 & 0'
<b>SEPT. 30, 2024</b> <b>MONDAY</b>	OPEN DAY	<b>SEPT. 09, 2024</b>	<b>MON</b>	Case Record ID ending with '1 & 2'
<b>TINIAN</b> <b>Benefit Issuance Schedule</b>		<b>SEPT. 10, 2024</b>	<b>TUE</b>	<b>OPEN DAY</b>
Tinian Distribution Time is from 8:00AM to 3:00PM. Closed on Weekends and Holidays.		<b>OCTOBER 2024</b>		
<b>AUG. 30, 2024</b> <b>FRIDAY</b>	Elderly, Special Needs Clients	<b>OCT. 01, 2024</b>	<b>TUE</b>	Case Record ID ending with '1 & 2'
<b>AUG. 30, 2024</b> <b>FRIDAY</b>	A-L	<b>OCT. 02, 2024</b>	<b>WED</b>	Case Record ID ending with '3 & 4'
<b>AUG. 30, 2024</b> <b>FRIDAY</b>	M-Z	<b>OCT. 03, 2024</b>	<b>THU</b>	Case Record ID ending with '5 & 6'
<b>SEPT. 30, 2024</b> <b>MONDAY</b>	Elderly, Special Needs Clients	<b>OCT. 04, 2024</b>	<b>FRI</b>	Case Record ID ending with '7 & 8'
<b>SEPT. 30, 2024</b> <b>MONDAY</b>	A-L	<b>OCT. 07, 2024</b>	<b>MON</b>	Case Record ID ending with '9 & 0'
<b>SEPT. 30, 2024</b> <b>MONDAY</b>	M-Z	<b>OCT. 08, 2024</b>	<b>TUE</b>	<b>OPEN DAY</b>
		<b><u>ORIENTATION ANNOUNCEMENT</u></b>		
		NAP Office does not require an applicant to attend the Mass Orientation, instead NAP has an Orientation in paper version, where you can obtain a copy from the NAP Office or in the NAP Website: <a href="http://www.cnminap.gov.mp">http://www.cnminap.gov.mp</a> Make sure to read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.		
		<b><u>IMPORTANT REMINDER</u></b>		
		NAP would like to remind all NAP clients to <b>renew as early as the first week of each month</b> to avoid delays of issuance of benefit for the following month. If the NAP I.D. expires at the end of the month, that means your renewal should be done on the same month except on the first week. Application package can be picked up at the Certification Unit or downloaded online at <a href="http://www.cnminap.gov.mp">www.cnminap.gov.mp</a>		

## COUPON VALIDITY



**Effective May 2024, the validity of food benefit coupons is changed to a 1-month period.** Coupons issued from May 01, 2024 and the remaining months in 2024, will expire in 1 month.

For example:

Coupons issued on May 01, 2024 to May 31, 2024 expires May 31, 2024, 12 midnight. Coupons issued in May **CANNOT BE RE-DEEMED** at any store in June.

### NAP CONTACT INFORMATION:

<b>Certification Unit FAX</b>	(670) 237-2801-6 (670) 237-2870-4 (670) 664-2851
<b>Administration FAX Website: www.cnminap.gov.mp  Email: support@cnminap.gov.mp</b>	(670) 237-2800  (670) 664-2850
<b>Accounting</b>	(670) 237-2851-3
<b>Benefit Issuance &amp; Claims Account-ability CASHIER</b>	(670) 237-2813-15 (670) 237-2860-62/2864  (670) 237-2863
<b>Retail &amp; Redemption Unit</b>	(670) 237-2821-3
<b>Management Evaluation Unit</b>	(670) 237-2831-7 (670) 483-2021 (670) 483-2020
<b>Tinian Office</b>	(670) 433-9330
<b>Rota Office</b>	(670) 532-4627

**You can utilize your NAP coupons at the following Authorized Retailers:**

1. GREEN LEAVES STORE
2. LJ's II
3. MJ ROADSIDE VENDOR
4. CRYSTAL ICE & WATER
5. 123 STORE

To all NAP recipients and representatives, please ensure that on each coupon, you must print the following clearly:

1. Entire 10-digit Food Stamp I.D. Card Number
2. Valid Photo I.D. Number
3. Print Complete Name (No Initial Name)
4. Signature