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**Laughter - The Best Medicine**  
**RECIPE BOOK**



# matters

CREATING A CULTURE OF WELLNESS

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February 2, 2009

**Share a Laugh: Adults are always asking kids what they want to be when they grow up because they are looking for ideas. - Paula Poundstone**

**Mental Health: If we took what we know about medical benefits of laughter and bottled it up, it would require FDA approval. Laughter can lower blood pressure, increase muscle flexion and trigger a flood of endorphins (the brain chemicals that can bring on euphoria); but laughter most profoundly affects the immune system.**

### **Wellness Recipe: Fettuccine Alfredo**

Serves 6; 1/2 cup per serving

1 cup evaporated skim milk  
1 teaspoon acceptable margarine  
1/4 cup reduced-fat cream cheese  
8 ounces dried fettuccine  
2/3 cup grated Parmesan cheese  
Black pepper (freshly ground preferred)

In a large saucepan or Dutch oven, combine milk and margarine. Cook over medium heat until milk mixture simmers, about 7 minutes. Add cream cheese. Cook and stir with a wire whisk until cream cheese melts and mixture is smooth, about 3 to 4 minutes. Cover and remove from heat. Meanwhile, cook fettuccine in a large stockpot of boiling water according to package directions or until desired doneness. Do not add salt and oil. Drain thoroughly. Add fettuccine to pan with milk mixture. Cook over low heat, tossing fettuccine until well coated, about 1 minute. Add Parmesan cheese and season with pepper. Toss lightly to combine. Remove from heat; cover and let stand 1 to 2 minutes (this gives liquid a chance to slightly absorb into the pasta). Serve immediately. Calories: 242 Protein: 14 g Carbohydrates: 30 g Total Fat: 7 g Saturated Fat: 4 g Polyunsaturated Fat: 1 g Monounsaturated Fat: 2 g Cholesterol: 46 mg Sodium: 327 mg

February 3, 2009

**Share a Laugh: I figure you have the same chance of winning the lottery whether you play or not. - Fran Lebowitz**

**Mental Health: Laughter can also shut off the flow of stress hormones. Stress hormones suppress the immune system, raise blood pressure and increase the number and stickiness of platelets in our blood-which can cause fatal artery blockages.**

### **Wellness Recipe: Apricot-Studded Pilaf with Mushrooms**

Recipe Summary:

Preparation Time: 1 hour

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1.50

Ingredients:

1 Tbsp olive oil  
1 cup finely chopped onion  
3 cloves minced garlic  
8 oz Portobello mushrooms, thickly sliced  
1/2 cup sliced carrots  
1/2 cup diced green bell pepper  
1 cup long-grain brown rice  
1/2 cup wild rice  
2 cups carrot juice (or orange juice)  
1/2 tsp rosemary  
1/2 tsp dried sage  
1/4 tsp black pepper  
1/2 cup diced dried apricots

Directions: In a large saucepan, heat oil over medium heat. Add onion and garlic; cook, stirring frequently, for 5 minutes or until onion is golden brown. Stir in mushrooms, carrot, and bell pepper; cover and cook 7 minutes until the vegetables are tender. Stir in brown rice, wild rice, carrot juice, rosemary, sage, black pepper, and 2 cups of water; bring to a boil. Stir in apricots, and cook 45 minutes, or until rice is tender and liquid has been absorbed. Nutrition Facts Apricot-Studded Pilaf with Mushrooms Serving Size 1/4 recipe Amount Per Serving Calories 390 Calories from Fat 50 % Daily Value (DV)\* Total Fat 5g 8% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 100mg 4% Total Carbohydrate 78g 26% Dietary Fiber 7g 28% Sugars 13g Protein 11g Vitamin A 410% Vitamin C 40% Calcium 6% Iron 15% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 4, 2009**

**Share a Laugh: Some see the glass as half-empty some see the glass as half-full I see the glass as too big! - George Carlin**

**Mental Health: The average child laughs hundreds of times a day. The average adult only a dozen times. Source: American Association for Therapeutic Humor**

### **Wellness Recipe: Autumn Vegetable Succotash**

Recipe Summary:

Preparation Time: 20 minutes

Number of Servings: 8

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients: 1/4 cup olive oil

1 cup diced onion

2 cloves garlic, finely chopped

2 cups diced red bell peppers

2 cups diced zucchini

2 cups diced yellow summer squash

3 cups frozen lima beans

3 cups fresh or frozen corn kernels

2 Tbsp coarsely chopped fresh sage

Directions: In a skillet over medium-high heat, add oil. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage, and serve. Nutrition Facts Autumn Vegetable Succotash Serving Size 1/8 recipe Amount Per Serving Calories 220 Calories from Fat 70 % Daily Value (DV)\* Total Fat 8g 12% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 40mg 2% Total Carbohydrate 35g 12% Dietary Fiber 7g 28% Sugars 6g Protein 8g Vitamin A 30% Vitamin C 150% Calcium 4% Iron 10% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 5, 2009**

**Share a Laugh: I always wanted to be somebody, but I should have been more specific. - Lily Tomlin**

**Mental Health: There are several benefits attributed to humor and laughter, including improved immune function, increased pain tolerance, and decreased stress response. Humor therapy, laughter therapy, laughter meditation, and laughter clubs all have unique positive implications as group programs and as self-management techniques.**

### **Wellness Recipe: Eggplant Dip**

Recipe Summary:

Preparation Time: 1 hour, 30 minutes

Number of Servings: 8

Cups of Fruits and Vegetables Per Person: 0.75

Ingredients:

2 large eggplants (1 1/4 lbs)

2 Tbsp tahini

4 cloves garlic, peeled and crushed

3 Tbsp fresh lemon juice or more to taste

4 Tbsp cold water

1/4 tsp salt

1/8 tsp freshly ground black pepper

1/2 tsp olive oil

1 cup chopped tomato

1/2 cup diced onion

Parsley sprigs to garnish (optional)

Directions: Pierce the eggplants in several places with a toothpick or fork. Wrap each eggplant in aluminum foil and place on a gas grill or in the oven at 500°F. Cook until the eggplants collapse and begin to release a lot of steam, about 10-15 minutes. Remove the foil and place the eggplants into a bowl of cold water. Peel while eggplants are still hot and allow them to drain in a colander until cool. Squeeze pulp to remove any bitter juices and mash the eggplant to a puree. In a food processor, mix tahini, garlic, onion, tomato, lemon juice, and water until mixture is concentrated. With the blender running, add the peeled eggplant, salt, pepper, and olive oil. Serve in a shallow dish and garnish with black pepper, tomatoes, and parsley. Nutrition Facts Baba Ghanoush (Eggplant Dip) Serving Size 1/8 of recipe Amount Per Serving Calories 70 Calories from Fat 25 % Daily Value (DV)\* Total Fat 3g 4% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 80mg 3% Total Carbohydrate 11g 4% Dietary Fiber 5g 20% Sugars 4g Protein 2g Vitamin A 4% Vitamin C 15% Calcium 4% Iron 4% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 6, 2009**

**Share a Laugh: We've all heard that a million monkeys banging on a million typewriters will eventually reproduce the entire works of Shakespeare. Now, thanks to the Internet, we know this is not true. - Robert Wilensky**

**Mental Health: Studies by Fabio Sala at the Hay Group have shown that humor (used skillfully):**

- Reduces hostility**
- Deflects criticism**
- Relieves tension**
- Improves morale**
- Helps communicate difficult messages**

### **Wellness Recipe - Turkey-Apple Gyros**

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1.0

Ingredients:

1 medium Golden Delicious apple, cored and thinly sliced

2 Tbsp fresh lemon juice

1 cup thinly sliced onion

1 medium red bell pepper, cut into thin strips

1 medium green bell pepper, cut into thin strips

1 tsp olive oil

8 ozs cooked turkey breast, cut into thin strips

6 whole wheat pita bread rounds, lightly toasted

1/2 cup plain low-fat yogurt

1 garlic clove, minced

Directions: Toss apple with lemon juice; set aside. In a large nonstick skillet, saute onion and peppers in hot oil, stirring frequently until crisp-tender. Add turkey to skillet and stir until heated through. Stir in apple mixture. Add garlic to yogurt and mix. Fold pitas in half and fill with turkey mixture. Drizzle with yogurt mixture. Nutrition Facts Turkey-Apple Gyros Serving Size 1/4 recipe Amount Per Serving Calories 260 Calories from Fat 30 % Daily Value (DV)\* Total Fat 4g 5% Saturated Fat 1g 5% Cholesterol 50mg 17% Sodium 280mg 12% Total Carbohydrate 36g 12% Dietary Fiber 5g 20% Sugars 9g Protein 24g Vitamin A 20% Vitamin C 150% Calcium 8% Iron 15% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 9, 2009**

**Share a Laugh: "Why is there a mistletoe hanging over the baggage counter?" asked the airline passenger, amid the holiday rush. The clerk replied, "It's so you can kiss your luggage good-bye." - Seymour Rosenberg**

**Mental Health: Researchers found that our response to stressful events can be altered by whether we view something as a "threat" or a "challenge." Humor can give us a more light-hearted perspective and help us view events as "challenges," thereby making them less threatening and more positive.**

### **Wellness Recipe: California Marinated Salad**

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients: 3 nectarines, chopped

1/2 pound fresh mushrooms, quartered

1 cup cherry tomatoes, halved

1/2 cup pitted ripe olives (optional)

1/3 cup chopped green onions

1 (8oz) can artichoke hearts

1 Tbsp vegetable oil

1/4 cup lemon juice

1/4 tsp sugar

1 tsp tarragon, crumbled

1/2 tsp thyme

Directions: In a large bowl, combine nectarines, mushrooms, cherry tomatoes, olives and green onions. Drain and save liquid from the artichokes. Add the artichokes to the salad. Combine reserved liquid with remaining ingredients in a jar. Shake well and pour over the salad. Serve immediately or chill in the refrigerator for 2 hours for the best flavor. Nutrition Facts California Marinated Salad Serving Size 1/6 of recipe Amount Per Serving Calories 80 Calories from Fat 25 % Daily Value (DV)\* Total Fat 3g 5% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 100mg 4% Total Carbohydrate 13g 4% Dietary Fiber 2g 8% Sugars 7g Protein 3g Vitamin A 10% Vitamin C 25% Calcium 2% Iron 6% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 10, 2009**

**Share a Laugh: I just recently had my Visa card stolen. Now it's everywhere I want to be. - Scott Wood**

**Mental Health: A good belly laugh exercises the diaphragm, contracts the abs and even works out the shoulders, leaving muscles more relaxed afterward. It even provides a good workout for the heart. Laughing 100 times is the equivalent to 10 minutes on the rowing machine or 15 minutes on an exercise bike!**

### **Wellness Recipe: Chicken Broccoli Stir Fry**

Recipe Summary:

Preparation Time: 25 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

1/3 cup orange juice

1 Tbsp low-sodium soy sauce

1 Tbsp Schezuan sauce

2 tsp cornstarch

1 Tbsp canola oil

1 lb boneless chicken breast, cut into 1 inch cubes

2 cups of frozen broccoli florets

1 6-oz package of frozen snow peas

2 cups shredded cabbage

2 cups of cooked brown rice

1 Tbsp sesame seeds (optional)

Directions: Mix orange juice, soy sauce, Schezuan sauce, and cornstarch in a small bowl. Set aside. Heat oil in wok and add chicken. Stir fry for about 5-7 minutes. Add cabbage, broccoli, snow peas, and sauce mixture. Cook for about 5 minutes until vegetables are heated through. Serve over brown rice. Sprinkle with sesame seeds. Nutrition Facts Chicken Broccoli Stir Fry Serving Size 1/4 of recipe Amount Per Serving Calories 340 Calories from Fat 70 % Daily Value (DV)\* Total Fat 8g 12% Saturated Fat 2g 8% Trans Fat 0g 0% Cholesterol 65mg 22% Sodium 240mg 10% Total Carbohydrate 35g 12% Dietary Fiber 5g 20% Sugars 5g Protein 28g Vitamin A 4% Vitamin C 70% Calcium 8% Iron 15% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 11, 2009**

**Share a Laugh: Overheard at the Food and Drug Administration: "If laughter is the best medicine, shouldn't we be regulating it?" - Baloo in the Wall Street Journal**

**Mental Health: Laughter is contagious, so if you bring more laughter into your life, you can most likely help others around you laugh more.**

### **Wellness Recipe: Curried Celery with Pears and Onions**

Recipe Summary:

Preparation Time: 20 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

1 Tbsp vegetable oil

3 cups celery cut into 1/2" pieces

1 cup sweet red bell pepper, cut into 1/2" pieces

3/4 cup onion, cut into 1/2" pieces

2 tsp curry powder

1-1/2 cup peeled and cored ripe pears cut into 1-1/2" pieces

3/4 cup apple juice

1/2 tsp salt

2 cups steamed brown rice (3/4 cup uncooked)

Directions: In a large skillet heat oil until hot. Add celery, red pepper and onion; cook and stir until barely crisp-tender, about 5 minutes. Add curry powder; cook 1 minute. Add apple juice, pears and salt; simmer, covered, until vegetables and pears are tender, 2 to 3 minutes. Stir in steamed rice. Nutrition Facts Curried Celery with Pears and Onions Serving Size 1/4 recipe Amount Per Serving Calories 230 Calories from Fat 40 % Daily Value (DV)\* Total Fat 5g 8% Saturated Fat 1g 3% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 370mg 15% Total Carbohydrate 46g 15% Dietary Fiber 6g 24% Sugars 15g Protein 4g Vitamin A 50% Vitamin C 120% Calcium 6% Iron 10% \* Percent Daily Values are based on a 2,000 calorie

**February 12, 2009**

**Share a Laugh: It's so simple to be wise. Just think of something stupid to say and then don't say it. - Sam Levenson**

**Mental Health: People who are optimistic (who are out there laughing!) have stronger immune systems and are actually able to fight off illness better than pessimists.**

**Wellness Recipe: Fat-Free Kiwi Mango Salsa**

Recipe Summary:

Preparation Time: 15 minutes

Number of Servings: 1

Cups of Fruits and Vegetables Per Person: 0.75

Ingredients: 1 kiwi

1/4 cup mango

1 Tbsp chopped cilantro

2 tsp lime juice

1/2 tsp minced chilies

pinch of salt

Directions: Peel kiwi and cut into eighths and then dice. Place diced kiwi in bowl and mix gently with other ingredients. As an alternative, substitute 1/4 cup dried figs for the mango. Nutrition Facts Fat-Free Kiwi Mango Salsa Serving Size 1 Amount Per Serving Calories 80 Calories from Fat 5 % Daily Value (DV)\* Total Fat 1g 1% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 290mg 12% Total Carbohydrate 19g 6% Dietary Fiber 3g 12% Sugars 13g Protein 1g Vitamin A 10% Vitamin C 150% Calcium 4% Iron 2% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 13, 2009**

**Share a Laugh: A guy knows he's in love when he loses interest in his car for a couple of days. - Tim Allen**

**Mental Health: Once a week, set aside time to call someone who always adds fun to your day.**

**Wellness Recipe: Fresh Orange Compote with Granola**

Recipe Summary:

Preparation Time: 15 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 0.50

Ingredients:

2 navel oranges, peeled, separated into segments

1 apple or pear, diced

1/2 cup halved seedless red or green grapes

1 banana, peeled, thinly sliced

2 Tbsp fresh squeezed orange juice

1/2 cup low-fat granola cereal

Directions: In a medium bowl toss together orange half segments, apple, grapes, banana and orange juice. Sprinkle granola over mixture; toss lightly. Serve immediately as dessert, for breakfast topped with low-fat yogurt, or drained over lettuce as a salad. Nutrition Facts Fresh Orange Compote with Granola Serving Size 1/6 of recipe Amount Per Serving Calories 100 Calories from Fat 5 % Daily Value (DV)\* Total Fat 1g 1% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 25mg 1% Total Carbohydrate 24g 8% Dietary Fiber 3g 12% Sugars 14g Protein 2g Vitamin A 6% Vitamin C 60% Calcium 2% Iron 2% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 16, 2009**

**Share a Laugh: Psychiatrist to patient: "You have nothing to worry about - anyone who can pay my bills is certainly not a failure." - Lea Berner**

**Mental Health: In addition to the health benefits of laughter, humor and laughter provide tremendous psychological benefits as well. Humor enhances self-esteem; people with a good sense of humor are able to laugh at themselves. It promotes creativity; people with a good sense of humor are generally more creative, especially in the way they solve life's problems.**

**Wellness Recipe: Garlic Bean Soup**

Recipe Summary:

Preparation Time: 2 hours, 15 minutes

Number of Servings: 8

Cups of Fruits and Vegetables Per Person: 0.75

Ingredients:

1 lb dry Great Northern beans

1 qt water

1 qt low sodium vegetable broth

3 Tbsp olive oil

2 garlic cloves, minced

4 Tbsp chopped parsley

Directions: Place beans in large soup pot, cover with water and bring to boil. Cook 2 minutes, remove from heat. Cover pot and allow to stand for 1 hour. Drain, discarding water. Combine beans, 1 quart fresh water, and vegetable broth in slow cooker. Saute garlic and parsley in olive oil in skillet. Stir into slow cooker. Cover and cook on LOW for 8-10 hour or until beans are tender. Nutrition Facts Garlic Bean Soup Serving Size 1/8 recipe Amount Per Serving Calories 220 Calories from Fat 50 % Daily Value (DV)\* Total Fat 6g 9% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 80mg 3% Total Carbohydrate 32g 11% Dietary Fiber 10g 40% Sugars 1g Protein 12g Vitamin A 4% Vitamin C 8% Calcium 10% Iron 20% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 17, 2009**

**Share a Laugh: "I'm beginning to understand exactly how the state lottery helps education," a guy told his neighbor. "Every time I buy a losing ticket, I get a little smarter." - One To One**

**Mental Health: Read a book that makes you laugh, or sit down to watch a favorite comedy show or film. Another good bet: get together with co-workers or friends for some lighthearted conversation.**

**Wellness Recipe: Grape and Napa Cabbage Stir-Fry**

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

1 cup vertically sliced onion

1 Tbsp olive oil

4 cup napa cabbage cut into 1/2" slices

2 cup halved seedless grapes

4 dried shitake mushrooms, rehydrated and cut into 1/2" slices

2 Tbsp chopped fresh basil (2 tsp dried basil may be substituted)

salt and pepper to taste

1/4 cup water

1 tsp cornstarch

Directions: Sauté onion in oil until tender. Add cabbage, grapes, mushrooms, basil, salt and pepper and stir-fry until cabbage is crisp-tender. Combine water and cornstarch; mix well and add to grape mixture. Stir-fry about 1 minute or until sauce thickens. Nutrition Facts Grape and Napa Cabbage Stir-Fry Serving Size 1/4 of recipe Amount Per Serving Calories 130 Calories from Fat 30 % Daily Value (DV)\* Total Fat 4g 5% Saturated Fat 1g 3% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 85mg 4% Total Carbohydrate 23g 8% Dietary Fiber 3g 12% Sugars 15g Protein 2g Vitamin A 20% Vitamin C 50% Calcium 6% Iron 2% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 18, 2009**

**Share a Laugh: Give a man a fish and he has food for a day; teach him how to fish and you can get rid of him for the entire weekend. - Zenna Schaffer**

**Mental Health: Humor also improves negotiation and decision-making skills; negotiators who have a sense of humor are less anxious, have fewer contentions, and are more able to reach solutions that please both parties.**

### **Wellness Recipe: Greek Style Garbanzo Salad**

Recipe Summary:

Preparation Time: 2 hours, 10 minutes

Number of Servings: 5

Cups of Fruits and Vegetables Per Person: 0.50

Ingredients:

1-1/2 cups cooked (1/2 cup dry) or 1 can (15 oz) garbanzo beans, drained

1/2 cup thinly sliced red onion

1/2 cup diced tomato

1/2 cup chopped green bell pepper

3 Tbsp rice vinegar or apple cider vinegar

2 Tbsp lemon juice

2 tsp olive oil

2 Tbsp minced garlic

2 Tbsp chopped fresh parsley

salt and pepper to taste

Directions: Combine all ingredients in a large bowl. Let marinate at room temperature several hours then refrigerate. Nutrition Facts Greek Style Garbanzo Salad Serving Size 5 servings Amount Per Serving Calories 130 Calories from Fat 35 % Daily Value (DV)\* Total Fat 4g 6% Saturated Fat 1g 3% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 65mg 3% Total Carbohydrate 19g 6% Dietary Fiber 4g 16% Sugars 4g Protein 5g Vitamin A 6% Vitamin C 35% Calcium 4% Iron 10% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 19, 2009**

**Share a Laugh: When I was born, I was so surprised I couldn't talk for a year and a half. - Erma Bombeck**

**Mental Health: Keep a "fun first-aid kit" full of things like modeling clay, bubbles, puzzles, brain teasers, and other things you love to do available for easy use.**

### **Wellness Recipe: Jicama, Orange and Onion Salad**

Recipe Summary:

Preparation Time: 10 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

2 cups torn lettuce leaves

2 navel oranges, peeled and thinly sliced

4 red onions, thinly sliced

1 cup peeled and julienne-sliced jicama

1/3 cup orange juice

1/2 tsp light olive oil or vegetable oil

1 Tbsp finely chopped fresh cilantro

1/4 tsp chili powder

Directions: In a large salad bowl, place torn lettuce. Cut orange slices into quarters; toss into lettuce with onion and jicama. For dressing, shake together all ingredients in a shaker jar; toss with salad. Nutrition Facts Jicama, Orange and Onion Salad Serving Size 1/4 recipe Amount Per Serving Calories 110 Calories from Fat 10 % Daily Value (DV)\* Total Fat 1g 2% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 10mg 0% Total Carbohydrate 25g 8% Dietary Fiber 6g 24% Sugars 13g Protein 3g Vitamin A 40% Vitamin C 120% Calcium 8% Iron 4% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 20, 2009**

**Share a Laugh: Chicken Little on Wall Street: "The sky is making a technical correction!" - Current Comedy**

**Mental Health: Ever been in a situation where you can look back and laugh on it. Instead of complaining about life's frustrations, try to laugh about them. Think of how it will sound as a story you could tell to your friends, and then see if you can laugh about it now.**

### **Wellness Recipe: Lemon-Walnut Green Beans**

Recipe Summary:

Preparation Time: 20 minutes

Number of Servings: 8

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

8 cups small green beans

cooking spray

2 cups sliced green onions

1/3 cup chopped walnuts

1-1/2 Tbsp chopped fresh or 3/4 Tbsp crushed dried rosemary

5 Tbsp fresh lemon juice

1-1/2 Tbsp grated lemon rind

Directions: Arrange green beans in a steamer basket over boiling water. Cover and steam 8 to 12 minutes or until crisp-tender. Plunge beans into cold water to stop the cooking process; drain. Spray a sauté pan with cooking spray. Over medium-high heat, add green onions, and sauté until tender. Add green beans, walnuts, rosemary, and lemon juice; cook, stirring constantly, until thoroughly heated. Sprinkle with lemon rind. Nutrition Facts Lemon-Walnut Green Beans Serving Size 1/8 recipe Amount Per Serving Calories 80 Calories from Fat 35 % Daily Value (DV)\* Total Fat 4g 5% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 10mg 0% Total Carbohydrate 11g 4% Dietary Fiber 5g 20% Sugars 3g Protein 3g Vitamin A 20% Vitamin C 50% Calcium 6% Iron 10% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 23, 2009**

**Share a Laugh: People say New Yorkers can't get along. Not true. I saw two New Yorkers, complete strangers, sharing a cab. One guy took the tires and the radio; the other guy took the engine. - David Letterman**

**Mental Health: "Fake it, till you make it!": Just as studies show the positive effects of smiling occur whether the smile is fake or real, faked laughter also provides benefits. So smile more, and fake laughter; you'll still achieve positive effects, and the fake merriment may lead to real smiles and laughter.**

### **Wellness Recipe: Mandarin Stir-Fry Beef**

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 2.00

Ingredients:

8 oz beef top sirloin or top round steak, cut into bite-sized strips

juice from 1 to 2 tangerines (1/4 cup)

2 Tbsp Hoisin or oyster sauce

1 Tbsp lite soy sauce

2 cloves garlic, minced

1/2 cup low sodium chicken or beef broth

1-1/2 cup broccoli flowerets

1/3 cup sliced green onion

4 cups sliced Chinese or Napa cabbage

1 can (8 oz) sliced water chestnuts, drained

2 tangerines, peeled, segmented

hot cooked rice

Directions: Remove any excess fat from steak strips; place in shallow non-metal dish. In small bowl stir together tangerine juice, Hoisin sauce, soy sauce, and garlic. Pour mixture over meat; toss to coat. Cover and chill 30 minutes to several hours. Drain meat, reserving marinade. In a wok or large skillet over high heat, place 3 Tbsp broth. Stir-fry broccoli 3 minutes. Remove from wok. Add more broth if needed; stir-fry onion and cabbage for 2 minutes. Remove from wok. Add more broth if needed; stir-fry water chestnuts and tangerines for 1 minute. Add meat and cooked vegetables back to wok, along with reserved marinade. Toss well; cover and heat 1 minute. Serve with hot rice, cooked in unsalted water. Nutrition Facts Mandarin Stir-Fry Beef Serving Size 1/4 of recipe Amount Per Serving Calories 370 Calories from Fat 50 % Daily Value (DV)\* Total Fat 6g 9% Saturated Fat 2g 8% Trans Fat 0g 0% Cholesterol 35mg 12% Sodium 280mg 12% Total Carbohydrate 55g 18% Dietary Fiber 7g 28% Sugars 8g Protein 24g Vitamin A 45% Vitamin C 110% Calcium 10% Iron 15% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 24, 2009**

**Share a Laugh: I don't consider myself bald. I'm simply taller than my hair. - Thom Sharp**

**Mental Health: Laugh with friends. Have you tried going to a comedy club with your friends? Laughter is contagious and there will be plenty of it in a comedy club. Having friends over for game night is also a good way to laugh and make jokes.**

## **Wellness Recipe: Mexibeian Mock Lasagna**

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.50

Ingredients:

2 tsp olive oil

1-1/2 cup chopped onion

3 garlic cloves, minced

1 green pepper, coarsely chopped

1 red pepper, coarsely chopped

1 tsp ground cumin

2 tsp chili powder

1/8 tsp cayenne powder

1 cup frozen or fresh corn kernels

15 oz can dark red kidney beans, rinsed and drained

15 oz can black beans, rinsed and drained

1 cup no added salt tomato sauce

4 oz can diced green chilies, drained

nonstick cooking spray

6 corn tortillas

1 cup fat free ricotta cheese

3/4 cup low fat cheddar cheese, shredded

Directions: In large skillet, heat oil over medium high heat. Sauté onion, garlic, and peppers for 5 minutes. Stir in spices and sauté 1 additional minute. Remove from heat. Mix in corn, beans, tomato sauce, and diced green chilies. Spray 13" x 9" dish with cooking spray. Place 3 tortillas in the dish arranging to cover the bottom. Spoon in half of the corn mixture, and spread 1/2 cup ricotta cheese on top. Sprinkle with half of the cheddar cheese. Repeat layers, using up all the ingredients. Cook, uncovered at 350°F for 45 minutes, until casserole is thoroughly heated and cheddar cheese has melted. Let stand 5 minutes before serving. Nutrition Facts Mexibeian Mock Lasagna Serving Size 1/6 of recipe Amount Per Serving Calories 340 Calories from Fat 45 % Daily Value (DV)\* Total Fat 5g 8% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 10mg 3% Sodium 600mg 25% Total Carbohydrate 53g 18% Dietary Fiber 13g 52% Sugars 10g Protein 18g Vitamin A 30% Vitamin C 140% Calcium 25% Iron 20% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 25, 2009**

**Share a Laugh: Horse racing is very romantic. The horse hugs the rail, the jockey puts his arms around the horse, and you kiss your money good-bye. - Sachin Matage**

**Mental Health: TV and movies: Go rent a funny video or watch an episode of your favorite TV show. Watch something you know is going to be hilarious!**

## **Wellness Recipe: Orzo Skillet**

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

1 lb ground turkey

2 cups canned, crushed tomato

1 cup diced onion

1/2 cup orzo pasta, uncooked

1 cup water

1 cup chopped green bell pepper

1 Tbsp chopped fresh cilantro

1/2 tsp chili powder

1/8 tsp hot sauce

16 oz can pinto beans, rinsed and drained

Directions: Cook ground turkey in a large skillet over medium heat, stirring occasionally, until browned. Drain. Stir in remaining ingredients. Heat to boiling; reduce heat. Cover and simmer 15 minutes, stirring frequently until pasta is tender. Nutrition Facts Orzo Skillet Serving Size 1/4 of recipe Amount Per Serving Calories 330 Calories from Fat 25 % Daily Value (DV)\* Total Fat 3g 5% Saturated Fat 1g 3% Trans Fat 0g 0% Cholesterol 45mg 15% Sodium 480mg 20% Total Carbohydrate 42g 14% Dietary Fiber 8g 32% Sugars 3g Protein 38g Vitamin A 10% Vitamin C 60% Calcium 8% Iron 25% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 26, 2009**

**Share a Laugh: What's the difference between a hunter and a fisherman? A hunter lies in wait while the fisherman waits and lies. - One to One**

**Mental Health: "Your attitude is like a box of crayons that color the world. Constantly use gray colors, and your picture will always be dark and depressing. Use humor to add bright colors, and your picture begins to lighten up." - Allen Klein from the Association for Applied and Therapeutic Humor**

**Wellness Recipe: Pineapple Slaw**

Recipe Summary:

Preparation Time: 10 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 0.75

Ingredients:

2-1/2 cups shredded cabbage

1 cup shredded carrots

1 cup pineapple chunks

1/4 cup raisins

2-1/2 Tbsp pineapple juice

Directions: Combine all ingredients in large bowl. Toss and serve or put in refrigerator covered until serving time.

Nutrition Facts Pineapple Slaw Serving Size 1/6 recipe Amount Per Serving Calories 60 Calories from Fat 0 % Daily Value (DV)\* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 20mg 1% Total Carbohydrate 14g 5% Dietary Fiber 2g 8% Sugars 11g Protein 1g Vitamin A 60% Vitamin C 25% Calcium 2% Iron 2% \* Percent Daily Values are based on a 2,000 calorie diet.

**February 27, 2009**

**Share a Laugh: Public speaking is the art of diluting a two-minute idea with a two-hour vocabulary. - Evan Esar**

**Mental Health: You can't help getting older, but you can help getting old. Chronologically the clock is going to keep on ticking for all of us, but if we take a lick of humor, we can prevent a hardening of the attitudes. If we save humor, humor can be a lifesaver. - George Burns**

**Wellness Recipe: Potato Vegetable Salad with Yogurt**

Recipe Summary:

Preparation Time: 1 hour, 20 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

2 lbs red potatoes

2 cups broccoli florets

2 cups cauliflower florets

2 medium carrots, peeled

1 medium cucumber

3/4 cup sliced radishes

1/2 cup sliced scallions

1 cup plain low-fat yogurt

3 Tbsp Dijon mustard

1/2 tsp salt

1/2 tsp freshly ground pepper

Directions: Steam potatoes until they are tender. While potatoes are cooling, steam broccoli and cauliflower until slightly cooked, about 4 minutes. Set broccoli and cauliflower aside to cool. Cut carrots into thin slivers. Slice cucumber. Cut potatoes into chunks. Gently stir all vegetables together in a large mixing bowl. In another bowl, whisk together yogurt, mustard, salt and pepper. Pour yogurt dressing over vegetables and stir carefully coated evenly. Refrigerate 1 hour before serving. Nutrition Facts Potato Vegetable Salad with Yogurt Serving Size 1/6 recipe Amount Per Serving Calories 170 Calories from Fat 10 % Daily Value (DV)\* Total Fat 1g 2% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 360mg 15% Total Carbohydrate 34g 11% Dietary Fiber 5g 20% Sugars 8g Protein 7g Vitamin A 110% Vitamin C 100% Calcium 15% Iron 10% \* Percent Daily Values are based on a 2,000 calorie diet.