HEALTHIER WY - YEAR 2

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Test Your Rest

ADEQUATE SLEEP IS ESSENTIAL TO YOUR HEALTH

health matters

EDUCATE ENGAGE EMPOWER

CREATING A CULTURE OF WELLNESS

Wyoming

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February 1, 2010

Laugh and the world laughs with you, snore and you sleep alone. - Anthony Burgess

Sleep Tip
Keep your clock turned away from you. Don't try to find out the time when you wake during the night.

Soup of the Day - Creamy Broccoli Soup
Servings: 4 Serve. Size: 2 Cup(s) Prep. Time: 0:20
Ingredients
3 Cup(s) Vegetable Stock
4 Medium Carrot, chopped
1 Cup(s) Celery, diced
1/2 Cup(s) Onion, chopped
10 Ounce(s) Broccoli frozen, 10 oz pkg
1/2 teaspoon(s) Salt
1/4 teaspoon(s) Pepper
2 Cup(s) Milk skim
1/4 Cup(s) All purpose flour
6 Ounce(s) Cheddar, Healthy Choice FF

Bring vegetables to boil in stock. Reduce heat and simmer for ten minutes. Mix milk and flour. Slowly add into soup. Heat to boiling, stirring constantly. Boil and stir for 1 minute. Remove from heat. Ladle hot soup over cheese into four bowls.

Nutritional Analysis Calories: 199 cal Calories from Protein: 42 % Carbohydrate: 55 % Fat: 3 %

February 2, 2010

A well-spent day brings happy sleep. - Leonardo Da Vinci

Sleep Tip
Eat a light snack before bedtime. Foods such as warm milk or turkey contain a natural sleep inducer called L-tryptophan.

Soup of the Day - Zesty Minestrone
1/2 c onions, chopped
2 cloves garlic, minced
20 ozs chicken or vegetable broth
1 1/2 c water
6 ozs tomato paste
1 tsp Italian seasoning
1/4 tsp black pepper
15 ozs mixed vegetables, canned and drained
1/2 c elbow macaroni, uncooked

1. Put onions and garlic in a medium pot and cook until tender. 2. Add broth, water, tomato paste, seasoning, and black pepper to the onions and garlic. Stir and bring to a boil. 3. Reduce heat to low and cook for ten minutes. 4. Add mixed vegetables and macaroni. Bring to a boil. 5. Reduce heat to low and cook ten minutes, or until macaroni is done. 6 servings; (With chicken broth) 99 Calories, 2g Fat, 4g Protein, 18g Carbohydrate, 1mg Cholesterol, 1060mg Sodium

February 3, 2010

Sleep is the golden chain that ties health and our bodies together. - Thomas Dekker

Sleep Tip
Keep the temperature moderate (about 65° F, adjusting your heater, air-conditioner, fan, and number of blankets before you retire).

Soup of the Day - Tomato with Basil-Parmesan Cream

Preparation time : 20 minutes Cooking time : 35 minutes

Ingredients

1/2 tablespoon olive oil
1/2 cup finely chopped carrots
1/2 cup finely chopped celery
1 large onion, chopped
10 ripe plum tomatoes, halved
salt to taste
freshly ground black pepper
1 bay leaf
1/4 teaspoon dried oregano
3 cups low-sodium chicken broth or vegetable broth
1/4 cup chopped, fresh basil leaves
1/4 cup freshly grated Parmesan cheese
3 tablespoons non-fat sour cream

Cooking Instructions

1. Heat the olive oil in a saucepan over low-medium heat. Add the carrot, celery, onion and tomatoes, season lightly with salt and pepper, and cook for 10 minutes.
2. Add the bay leaf, oregano and broth and bring to a boil quickly over high heat.
3. Lower the heat and simmer until the vegetables are completely tender, about 20 minutes.
4. Blend the basil, Parmesan cheese and sour cream together and set aside.
5. Remove the bay leaf and puree the soup in a blender. Strain and adjust the salt and pepper.
6. Serve the soup in bowls with a dollop of basil-Parmesan cream.

Nutrition Facts Serving Size about 1 1/2 cups Amount Per Serving Calories 114 Total Fat 4 g Saturated Fat 1 g Cholesterol 5 mg Sodium 271 mg Total Carbohydrate 16 g Dietary Fiber 4 g Protein 6 g Percent Calories from Fat 28% Percent Calories from

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February 4, 2010

It is better to sleep on things beforehand than lie awake about them afterward. - Baltasar Gracian

Sleep Tip
Jot down all of your concerns and worries. Think about your worries and possible solutions before you go to bed, so you don't need to ruminate in the middle of the night. A journal may be very helpful in letting you put away these concerns until the next day when you are fresh.

Soup of the Day - Chicken and Corn Chowder

This recipe serves: 4
Preparation time : 10 minutes
Cooking time : 25 minutes

Ingredients

2 large ears of corn, shucked
1 slice uncooked bacon, diced 1/2 cup chopped onion
1/2 cup chopped celery
1 sprig fresh thyme
1 bay leaf
1 1/2 cups low-sodium chicken or vegetable broth
6 small red potatoes
1 pound boneless, skinless chicken breasts, cut into 1/2" pieces
2 cups reduced fat (2%) milk
1 red pepper, diced
1 teaspoon chopped, fresh dill

Cooking Instructions

1. Preheat the grill or broiler.
2. Grill or broil the corn until it turns golden brown. Set aside to cool.
3. Put the bacon in a soup pot and heat over low heat. Add the onion, celery, thyme and bay leaf, turn the heat up to medium, and cook until the vegetables are soft, about 10 minutes.
4. Meanwhile, slice the corn kernels from the cob.
5. Dice the potatoes and add them to the soup pot with the chicken broth. Simmer until the potatoes are just tender, about 10 minutes. Add the milk, peppers, chicken and dill and cook until the chicken is just cooked through. Remove the thyme and bay leaf. Adjust the salt and pepper and serve.

Nutrition Facts Serving Size 1 cup Amount Per Serving 4 Calories 291 Total Fat 4 g Saturated Fat 2 g Cholesterol 51 mg Sodium 312 mg Total Carbohydrate 42 g Dietary Fiber 5 g Protein 28 g Percent Calories from Fat 12% Percent Calories from Protein 35% Percent Calories from Carbohydrate 53%

February 5, 2010

Without enough sleep, we all become tall two-year-olds. - JoJo Jensen

Sleep Tip
Make your bedroom primarily a place for sleeping. It is not a good idea to use your bed for paying bills, doing work, etc. Let your body recognize that this is a place for rest or intimacy.

Soup of the Day - Oh So Good French Onion

Recipe Summary
Prep Time: 10 minutes
Cook Time: 25 minutes
Yield: 4 servings
1 tablespoon extra-virgin olive oil
2 tablespoons butter
6 medium onions, thinly sliced
Salt and freshly ground black pepper
2 teaspoons fresh thyme, picked and chopped or poultry seasoning
1 bay leaf, fresh or dried
1/2 cup dry sherry
6 cups beef stock
4 thick slices crusty bread, toasted
2 1/2 cups shredded Gruyere or Swiss cheese

Heat a deep pot over medium to medium high heat. Work next to the stove to slice onions. Add oil and butter to the pot. Add onions to the pot as you slice them. When all the onions are in the pot, season with salt and pepper and 1 teaspoon fresh thyme. Cook onions 15 to 18 minutes, stirring frequently, until tender, sweet and caramel colored. Add bay leaf and sherry to the pot and deglaze the pan drippings. Add 6 cups stock and cover pot to bring soup up to a quick boil. Arrange 4 small, deep soup bowls or crocks on a cookie sheet. Preheat broiler to high. Once soup reaches a boil, ladle it into bowls. Float toasted crusty bread on soup and cover each bowl with a mound of cheese. Sprinkle remaining fresh thyme on cheese and place cookie sheet with soup bowls on it under hot broiler until cheese melts and bubbles.

February 8, 2010

Life is something that happens when you can't get to sleep. - Fran Lebowitz

Sleep Tip
If you can't fall asleep within 20 minutes or if you wake up in the middle of the night, get up and do something boring until you feel sleepy. Go into another room and do something relaxing. Sit quietly in the dark or read the warranty on your refrigerator. Don't expose yourself to bright light while you are up. The light gives cues to your brain that it is time to wake up. Don't read anything job related or watch a stimulating TV program (commercials and news shows tend to be alerting). When you feel sleepy, go back to bed.

Soup of the Day - Tortilla

Ingredients
6-inch corn tortillas cut into 1/2-inch strips
2 tomatoes
1/2 small onion, chopped
1 garlic clove, minced
1/2 green pepper, chopped
2-cup chicken stock
1 tbsp cilantro, freshly chopped
1/4 cup low-fat monterey jack cheese, freshly grated
Directions
Bake tortilla strips in the oven at 325 F for 5 to 7 minutes or until crisp. Puree tomatoes, onion, garlic and pepper in a food processor or blender. Bring stock to a boil in a 2-quart pot. Stir in the tomato puree and cilantro. Simmer on low heat for about 10 minutes. Stir half of the tortilla strips into the soup. Garnish with remaining tortilla strips and the cheese. Yield: 6 servings, 3 cups One Serving = 1/2 cup Calories: 71 Protein: 4 g Fat: 3 g Carbohydrate: 9 g Fiber: 1.3 g Cholesterol: 5 mg Sodium: 313 mg Potassium: 210 mg

February 9, 2010

Never work just for money or for power. They won't save your soul or help you sleep at night. - Marian Wright Edelman

Sleep Tip
Avoid troubling news right before bed. Violence in newspapers, on television, or on the internet may bother some people making it difficult to fall asleep. Try reading a book instead.

Soup of the Day - Vegetarian Black Bean Soup with Cilantro-Lime Cream

This recipe serves: 4 Preparation time : 20 minutes Cooking time : 1 hour
2 cups dried black turtle beans, soaked
1 teaspoon olive oil
1 cup diced onion
1/2 cup diced celery
1/2 cup diced green pepper
1 tablespoon minced jalapeño pepper
freshly ground black pepper
1 clove garlic, minced
1 bay leaf
2 tablespoons finely chopped cilantro stems
6 cups low-sodium canned vegetable broth
salt to taste
1/4 cup chopped cilantro leaves
1 tablespoon fresh lime juice
4 tablespoons non-fat sour cream

Cooking Instructions 1. Drain the beans and set aside. 2. Heat the oil in a 4-quart pot over low-medium heat for 2 to 3 minutes. Add the onion, celery, green pepper and jalapeño pepper, season lightly with black pepper and cook until the vegetables begin to soften, about 5 minutes. Add the garlic and cook for 1 more minute. 3. Add the bay leaf, cilantro stems, beans and broth and bring to a boil quickly over high heat. 4. Lower the heat and simmer until the beans are completely tender, about 30 to 40 minutes. 5. Remove and discard the bay leaf, puree half of the soup in a blender and then add it to the rest of the soup. Season with salt and pepper and keep warm. 6. Blend the cilantro leaves, lime juice and sour cream together. 7. Serve the soup in warm bowls with a dollop of cilantro-lime cream. NOTE: Do not add salt until the beans are fully cooked because salt will prevent them from becoming tender.

Nutrition Facts Serving Size about 1 cup Amount Per Serving 4 Calories 203 Total Fat 2 g Saturated Fat 1 g Cholesterol 3 mg Sodium 250 mg Total Carbohydrate 34 g Dietary Fiber 12 g Protein 13 g Percent Calories from Fat 10% Percent Calories from Protein 25% Percent Calories from Carbohydrate 66%

February 10, 2010

The best bridge between despair and hope is a good night's sleep. - E. Joseph Cossman

Sleep Tip
Make sure your bed is comfortable. Add various thicknesses of foam rubber pads, if necessary, to adjust the hardness of the mattress to your taste.

Soup of the Day - Italian Ravioli

Ingredients
2 cup frozen ravioli (meat or cheese)
1 tbsp olive oil
1 medium onion, chopped
1 tbsp Italian seasoning
Salt, to taste
Freshly-ground black pepper, to taste
1 package frozen Italian vegetables - (16 oz)
1 cup shredded cabbage
5 cup fat-free reduced-sodium chicken broth
Directions
Boil the ravioli according to package directions. Drain and set aside. In a large saucepot over medium-high heat, heat the olive oil. Add the onions and seasonings. Cook for 2 to 3 minutes. Add the Italian vegetables and cabbage. Cook for another 3 to 4 minutes. Add broth and ravioli. Cook for another 15 minutes. This recipe yields 6 servings. Serving size: about 1 cup. Nutrition Facts: Calories 192; Calories from Fat 42; Total Fat 5g; Saturated Fat 2g; Cholesterol 15mg; Sodium 529mg; Carbohydrate 27g; Dietary Fiber 3g; Sugars 5g; Protein 10g.

February 11, 2010

There is no pillow so soft as a clear conscience. — French proverb

Sleep Tip
If you smoke, do not smoke to get yourself back to sleep. Do not smoke after 7:00 P.M., or give up smoking entirely. Smoking can keep you awake, and make it impossible for you and others around you to breathe properly to sleep.

Soup of the Day - Scallop Dill Chowder

Preparation time : 20 minutes Cooking time : 30 minutes

Ingredients
1 slice bacon, diced
1/2 cup diced onion
1/2 cup diced celery
1 sprig fresh thyme
1 bay leaf
1 1/2 cups clam juice or fish stock
6 small red potatoes
2 cups reduced fat (2%) milk
2 cups fresh bay scallops
1 teaspoon chopped, fresh dill

Cooking Instructions
1. Put the bacon in a soup pot and heat over low heat. Add the onion, celery, thyme and bay leaf and cook until the vegetables are soft, about 10 minutes.
2. Dice the potatoes and add them to the soup pot with the clam juice. Simmer until the potatoes are just tender, about 10 minutes. Add the milk, scallops and dill and heat thoroughly. Remove the thyme and bay leaf. Adjust the salt and pepper to taste.
Nutrition Facts Serving Size 1 cup Calories 197 Total Fat 3 g Saturated Fat 1 g Cholesterol 19 mg Sodium 316 mg Total Carbohydrate 33 g Dietary Fiber 3 g Protein 15 g Percent Calories from Fat 12% Percent Calories from Protein 28% Percent Calories from Carbohydrate 61%

February 12, 2010

A ruffled mind makes a restless pillow. - Charlotte Brontë

Sleep Tip
Do not use stimulants or drink things that contain caffeine (tea, coffee, cola etc.) six hours before bedtime.

Soup of the Day - Broccoli Soup with Cheddar Cheese

This recipe serves: 4 Preparation time : 20 minutes
Cooking time : 40 minutes Ingredients
1/2 tablespoon olive oil
1/2 cup finely chopped celery
1 large onion, chopped
salt to taste
freshly ground black pepper
1 small russet potato
1 bay leaf
1/4 teaspoon dried oregano
about 1 quart low-sodium chicken broth or vegetable broth
5 cups broccoli florets
6 tablespoons shredded sharp cheddar cheese

Cooking Instructions
1. Heat the olive oil in a saucepan over low-medium heat. Add the celery and onion, season lightly with salt and pepper and cook for 10 minutes. 2. Peel and slice the potato and add it to the pot. Add the bay leaf, oregano and broth and bring to a boil quickly over high heat. 3. Lower the heat and simmer until the vegetables are completely tender, about 15 minutes. 4. Add the broccoli and simmer until just tender, about 5 to 7 minutes. 5. Remove the bay leaf and puree the soup in a blender. Strain and adjust the salt and pepper. 6. Serve the piping hot soup in bowls, sprinkled with a tablespoon of cheddar cheese. Nutrition Facts Serving Size about 1 1/2 cups Amount Per Serving 4 Calories 104 Total Fat 3 g Saturated Fat 1 g Cholesterol 7 mg Sodium 249 mg Total Carbohydrate 13 g Dietary Fiber 3 g Protein 7 g Percent Calories from Fat 28% Percent Calories from Protein 26% Percent Calories from Carbohydrate 46%

February 15, 2010

People who say they sleep like a baby usually don't have one. - Leo J. Burke

Sleep Tip
Don't take "over-the-counter" sleep aids and make sure that your prescribed medications do not cause insomnia. There's little evidence that supplements and other over-the-counter "sleep aids" are effective. In some cases, there are safety concerns. Antihistamine sleep aids, in particular, have a long duration of action and can cause daytime drowsiness. Always talk to your doctor or healthcare practitioner about your concerns.

Soup of the Day - Pineapple, Lime, and Ginger Soup

Serves 4
Ingredients:
1 tbsp minced fresh ginger root
1 tsp ground cumin
1 minced hot green chili peppers
2 cups water
1 cup crushed pineapple
1 tomato, diced (optional)
1 1/2 tsp salt
1 tbsp fresh cilantro leaves
2 limes, juiced
1 tbsp vegetable oil
1 1/2 tsp cumin seeds
Directions:
Use a blender to grind the ginger, 1 teaspoon cumin, and green chili peppers. In a medium saucepan, add 1 cup water, pineapple, tomato, and salt. Place over a low heat. When the pineapple and water have come to boil, add the ground mixture. Raise and lower the heat to bring to a boil several times. Add the remaining water, and bring to a boil again. Add cilantro, and remove from heat. Mix in lime juice. In a small pan, heat oil over medium heat, and add the remaining cumin seeds. Fry till golden, and add to the soup as a garnish.
Nutrient Analysis per serving Calories 90 kcal Protein 1 g Fat 4 g Carbohydrate 15 g Sodium 883 mg Cholesterol 0 mg

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February 16, 2010

Health is the first muse, and sleep is the condition to produce it. - Ralph Waldo Emerson

Sleep Tip
Exercise at the right time promotes sleep. In general, exercising regularly makes it easier to fall asleep and contributes to sounder sleep. However, exercising sporadically or right before going to bed will make falling asleep more difficult. In addition to making us more alert, our body temperature rises during exercise, and takes as much as 6 hours to begin to drop. A cooler body temperature provides a signal that it is time to sleep. Finish your exercise at least 3 hours before bedtime. Late afternoon exercise is the perfect way to help you fall asleep at night.

Soup of the Day - Tomato and Spinach Soup

Prep Time: 7 minutes
Cook Time: 20 minutes
Yield: 4 servings
Ingredients:
2 tablespoons extra-virgin olive oil, 2 turns of the pan
1 large shallot, finely chopped
2 cloves garlic, chopped
1 (28-ounce) can diced tomatoes in juice, drained
1 can crushed tomatoes, 28 ounces
2 cups good quality vegetable stock, available on soup aisle
1/2 ten-ounce sack triple washed spinach, stems removed and spinach shredded with knife
Salt and pepper to your taste
Directions:
Heat a medium soup pot over moderate heat. Add oil, shallots and garlic. Sauté 5 minutes. Add drained tomatoes and crushed tomatoes, stir. Add stock and stir to combine soup. Stir in spinach in handfuls to wilt it and combine with soup. Season soup with salt and pepper to your taste. Bring soup to a bubble, reduce heat and simmer 10 to 15 minutes to reduce.

February 17, 2010

To achieve the impossible dream, try going to sleep. - Joan Klempner

Sleep Tip
If you are having trouble sleeping at night, do not nap during the day. But, if you are feeling especially tired, and feel as if you absolutely must nap, be sure to sleep for less than 30 minutes, early in the day.

Soup of the Day - Apple, Walnut, and Cheddar Soup

Preparation - 25 minutes
Ingredients:
1 tsp sweet margarine
1/2 pound apples, cored, pared, and chopped
1/2 cup chopped onion
1/2 ounce shelled walnuts
1 cup canned ready-to-serve low sodium chicken broth
3/4 ounce reduced-fat Cheddar cheese, shredded
Directions:
In 1 1/2 quart nonstick saucepan melt margarine; add apples, onion, and walnuts. Cover and cook over medium heat, stirring until apples are soft, about 10 minutes. Let cool slightly.
Transfer mixture to blender, add broth and process until smooth. Return to saucepan; stir in cheese and cook over low heat, stirring until cheese melts, about 2 minutes.
Nutrient Analysis per serving Calories: 181 kcal Protein 6 g Fat 9 g Carbohydrate 20 g Calcium 115 mg Sodium 103 mg Cholesterol 8 mg

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February 18, 2010

Fatigue is the best pillow. - Benjamin Franklin

Sleep Tip
Incorporate bedtime rituals. Listening to soft music, or any set routine, cues your body that it's time to slow down and begin to prepare for sleep.

Soup of the Day - Spiced Pumpkin Soup

Ingredients:
1 Tablespoon butter
1 cup onion, chopped
3 Tablespoons all-purpose flour
1/2 teaspoon curry powder
1/4 teaspoon cumin
1/4 teaspoon ground nutmeg
2 garlic cloves, crushed
1 cup peeled and cubed sweet potato
1/4 teaspoon salt
2 14-oz cans of nonfat and low-sodium chicken broth
1 15-oz can of pumpkin
1 cup 1% milk
1 Tablespoon fresh lime juice
Nonfat sour cream (optional)
Chopped cilantro for garnish (optional)

Directions: 1. Melt butter in a Dutch oven or large saucepan over medium-high heat. Sauté onion for 3-4 minutes then add flour, curry, cumin and nutmeg and sauté for 1 minute. 2. Add sweet potatoes, salt, chicken broth and pumpkin and bring to a boil. Reduce heat to medium-low and simmer, partially covered for about 20-25 minutes or until sweet potatoes are cooked through and softened. Remove from heat and let stand for 10 minutes to cool. 3. Place half of the pumpkin mixture in a blender and process until smooth. Using a strainer, pour soup back into pan. Repeat with rest of soup. 4. Raise heat to medium then stir in milk and cook for 5 minutes or until soup is heated through. 5. Remove from heat and add lime juice. 6. Serve with an optional dollop of nonfat sour cream and/or sprinkled with chopped cilantro. Makes 6 servings. Nutrition facts per serving (1/6 of recipe or 300 grams): 128 calories, 31 calories from fat, 3 grams fat, 2 grams saturated fat, 7 milligrams cholesterol, 351 milligrams sodium, 19 grams carbohydrates, 3 grams dietary fiber, 0 gram sugars, 6 grams protein, 405% Vitamin A, 15% Vitamin C, 8% Calcium, 8% Iron.

February 19, 2010

Man should forget his anger before he lies down to sleep. - Thomas De Quincey

Sleep Tip
Expose yourself to bright light/sunlight soon after awakening. This will help to regulate your body's natural biological clock. Likewise, try to keep your bedroom dark while you are sleeping so that the light will not interfere with your rest.

Soup of the Day - Turkey and Vegetable
Servings: 6
Ingredients:
1-cup onions, chopped
10 3/4 ozs condensed tomato soup
1 cup red and green bell peppers, chopped
8 oz taco sauce
2 cup turkey light meat, skinless, cooked and cubed
2 tsps chili powder
1 3/4 cup no-salt-added canned corn, drained
1 clove garlic, minced
14 1/2 oz chicken broth
Directions:
In a skillet over medium-high heat, cook onions and bell peppers until tender. Add turkey, corn, chicken broth, tomato soup, taco sauce, chili powder, and garlic. Bring to a boil. Reduce heat. Simmer until heated through. Nutrient Analysis per serving Calories 185 kcal Protein 16 g Fat 2 g Carbohydrate 23 g Sodium 811 mg Cholesterol 32 mg

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February 22, 2010

No day is so bad it can't be fixed with a nap. - Carrie Snow

Sleep Tip
Keep a regular sleep schedule. Our sleep-wake cycle is regulated by a "circadian clock" in our brain and the body's need to balance both sleep time and wake time. That is also why it is important to keep a regular bedtime and wake-time, even on the weekends when there is the temptation to sleep-in.

Soup of the Day - Italian Wedding Soup
Ingredients
· 1 Head of escarole. Washed, steamed and chopped to bite size.
· 2 Hard boiled eggs chopped
· 1 1/2 lbs. of chicken, cut up.
· Small meatballs, marble size.
· 1 Large onion and celery leaves
· 1/2 Cup carrots
· 1/2 cup chopped celery
· 1 Cup crushed egg noodles or pastene

Directions
1. Place chicken, onion, celery leaves in a pot. Cover with water and bring to boil. Reduce heat and simmer until chicken is very tender and falls away from the bone. (1-11/2 hours.) 2. Remove chicken, celery leaves and onion. Chop chicken to bite sized pieces. Reserve broth. 3. Put celery and carrots in broth. Cook until tender (4-5 minutes) 4. Add escarole, meatballs, noodles, eggs, and chicken. Bring to a boil. simmer for until noodles are cooked.

Ingredients for Meatballs
· 1 lb. of hamburger
· 1/4 cup of bread crumbs
· 1 egg
· 1/4 cup parmesan cheese
· 1/4 cup of milk
· 3-4 cloves of garlic, minced. If available, use a garlic press Reserve one whole clove.
· Basil, parsley, oregano salt and pepper to taste
· Olive oil

Directions 1. Add the hamburger to a large mixing bowl. 2. Add the bread crumbs, egg, parmesan, milk, spices and garlic. (Remember to reserve one whole clove.) 3. Mix thoroughly by hand. Make meat balls. 4. Add a small amount of olive oil to a frying pan on medium heat. Place one whole clove of garlic in oil and cook until it starts to change color. Discard. 5. Add meat balls and gently cook until done. 6. Sample one (or more) meatballs with someone else in the kitchen or sample alone. (Mandatory step!)

Hints and Tips. Be careful when you add the meatballs to the frying pan. The hot oil may splatter. Don't make the olive oil to hot. If the oil starts to smoke, remove frying pan from the burner and reduce the heat. You can buy commercial bread crumbs if you like, but you don't have to. Use any type of crusty bread you have. In a pinch, make toast and use that for the bread crumbs. To lower the fat, substitute ground chicken or turkey for 1/2 of the hamburger.

February 23, 2010

A good laugh and a long sleep are the best cures in the doctor's book. - Irish proverb

Sleep Tip
Before hitting the road, drivers should:

Get a good night's sleep. While this varies from individual to individual, sleep experts recommend between 7-9 hours of sleep per night.

Plan to drive long trips with a companion. Passengers can help look for early warning signs of fatigue or switch drivers when needed. Passengers should stay awake to talk to the driver.

Schedule regular stops, every 100 miles or 2 hours.

Soup of the Day - Asparagus Soup

This recipe serves: 4 servings
Preparation time : 20 minutes
Cooking time: 40 minutes
Ingredients
1-tablespoon peanut oil
1/3 cup finely chopped carrots
1/3 cup finely chopped celery
1/3 cup finely chopped onions
Salt to taste
Freshly ground black pepper
About 1 quart Basic Chicken Stock (see recipe), or low-sodium canned
5 cups chopped asparagus stalks
Fresh dill to taste (optional)

Cooking Instructions 1. Heat the peanut oil in a saucepan over low heat. Add the carrots, celery and onion, season lightly with salt and pepper, and cook for 10 minutes. 2. Add the stock and bring to a boil quickly over high heat. 3. Lower the heat and simmer until the vegetables are completely tender, about 15 minutes. 4. Add the asparagus and simmer until just tender, about 5 to 7 minutes. 5. Puree in a blender and strain. 6. Add the dill if desired. 7. Adjust the salt and pepper to taste. Nutrition Facts Serving Size about 1 cup Amount Per Serving Calories 75 Total Fat 4 g Saturated Fat 1 g Cholesterol 3 mg Sodium 389 mg Total Carbohydrate 8 g Dietary Fiber 3 g Protein 5 g Percent Calories from Fat 39% Percent Calories from Protein 23% Percent Calories from Carbohydrate 28%

February 24, 2010

Sufficient sleep is not a luxury — it is a necessity — and should be thought of as a vital sign of good health. - Wayne H. Giles, MD

Sleep Tip
Maintain a healthy weight! An estimated 18 million Americans have sleep apnea, which is often associated with people who are overweight. Sleep apnea is a serious, potentially life-threatening condition that is characterized by brief interruptions in breathing during sleep. The risk of sleep apnea increases due to compromised respiratory function as a result of weight gain, especially in the neck and trunk area.

Soup of the Day - Creamy Potato & Pesto Soup

Ingredients:
1-tablespoon olive oil
1- 1 1/4 lbs. potato, peeled and chopped
1 clove garlic
1-tablespoon fresh thyme (or 1 teaspoon dried thyme)
1-cup low fat milk
1½ cups low salt chicken stock
Freshly ground black pepper to taste
Pesto
½ cup chopped fresh parsley
½ cup chopped fresh basil
¼ cup pine nuts
1 tablespoon grated Parmesan cheese
2 teaspoons olive oil
2 tablespoons lemon juice
¼ cup boiling water

Directions:
Heat oil in a saucepan and add potato, garlic and thyme. Cook, stirring for 3 minutes. Stir in milk, stock and pepper. Bring to the boil, reduce heat and simmer for 30 minutes or until potatoes are cooked. Cool slightly, transfer to a food processor and process until smooth. Return to saucepan and reheat. Serve topped with pesto. Pesto: Puree all ingredients, except water in a food processor. Just before serving.

February 25, 2010

There is only one thing people like that is good for them; a good night's sleep. - Edgar Watson Howe

Sleep Tip
Just as snoring isn't always a sign of dangerous apnea, neither is a sleepless night or two necessarily a medical emergency. Sometimes sleep patterns differ based on simple factors like age and lifestyle. People should consider getting help if their sleeplessness persists and appears to be unrelated to life circumstances.

Soup of the Day - Slow Cooker Curry Cauliflower Soup
Prep: 15 min, Cook: 7:30.
* 1 lb. cauliflower florets
* 1-3/4 lbs. canned diced tomatoes, undrained
* 14 ounces vegetable or beef stock
* 1 onion, chopped
* 1/2 tsp. garlic powder
* 2 tsp. curry powder
* 1/8 tsp. ground cumin

Combine first 5 ingredients in an electric slow cooker on low heat. Cover and cook about 7 hours, or until cauliflower is tender. Increase heat to high. Stir in remaining ingredients and salt and pepper to taste. Cover and cook another 30 minutes. Serve hot or cold. This recipe serves 4 people. Because this recipe is for a particular size pan, it adjusts the number of servings only in multiples of 4. Per serving: calories 106, fat 0.4g, 3% calories from fat, cholesterol 0mg, protein 4.5g, carbohydrates 22.5g, fiber 3.2g, sodium 356mg.

February 26, 2010

Sleep is the best meditation. - Dalai Lama

Sleep Tip
More than one-quarter of the U.S. population report occasionally not getting enough sleep, while nearly 10% experience chronic insomnia. However, new methods for assessing and treating sleep disorders bring hope to the millions suffering from insufficient sleep. Fundamental to the success of all of these efforts is the recognition that sufficient sleep is not a luxury—it is a necessity—and should be thought of as a "vital sign" of good health.

Soup of the Day - Firehouse Lentil Soup
Ingredients:
1-1/2 cups uncooked lentils
6 cups water
1/2 tsp black pepper
1/2 tsp cumin
1/2 tsp oregano
2 bay leaves
4 oz can diced green chilies, undrained
1 medium red bell pepper, chopped
1 medium carrot, diced
1/4 cup lime juice
1 Tbsp olive oil

Directions: Place first 6 ingredients in large pot. Bring to a boil and simmer until lentils are tender, about 20 minutes. Remove 1 cup of lentils and puree with green chilies in blender. Add back to the soup. Add bell peppers and carrots and cook until the vegetables are tender. Discard bay leaves before serving and serve with lime juice and olive oil. Nutrition Facts Firehouse Lentil Soup Serving Size 1/6 recipe Amount Per Serving Calories 200 Calories from Fat 25 % Daily Value (DV)* Total Fat 3g 5% Saturated Fat 1g 3% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 80mg 3% Total Carbohydrate 32g 11% Dietary Fiber 12g 48% Sugars 3g Protein 13g Vitamin A 40% Vitamin C 80% Calcium 6% Iron 25% * Percent Daily Values are based on a 2,000 calorie diet.