

# Health, Nutrition & Wellness

"Solutions In Your Community"

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## Family & Consumer Sciences

Welcome to the latest edition of the University of Maryland Extension Family and Consumer Sciences Newsletter.

Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals through education, research and community outreach.

Our mission is to strengthen families, communities, and individuals. Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness.

Harford County Faculty Extension Family & Consumer Sciences & Nutrition Educator, Jennifer Dixon Cravens, provides research based programs on Health Nutrition, Wellness,

Fitness Chronic Disease Prevention, and Management Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Literacy & Communication and Food Safety

Compiled by: Faculty Extension FCS/ Nutrition Educator, Jennifer Dixon Cravens, MS



## RECIPES

Each issue includes healthy recipes! Inside this issue:

Honey Lime Fruit Salad

Spicy Corn Queso Dip

Summer Grilled Fajitas

Cool as a Cucumber Salad

Frozen Lime Ice Cream Pie

And many more!

## Stay Hydrated with Summer Foods

### Tomatoes, Squash and Zucchini

**Tomatoes** :contain healthy portions of **vitamin C, potassium, folate, and vitamin K**. Antioxidant properties of tomatoes help reduce the risk of chronic diseases like cancer and heart disease. Lycopene is an antioxidant -- it fights molecules called free radicals that can damage your cells and affect your immune system. Because of that, foods high in lycopene, like tomatoes, may make you less likely to have lung, stomach, or prostate cancer. Some research shows they might help prevent the disease in the pancreas, colon, throat, mouth, breast, and cervix as well.

**Squash** :High in fiber, squash **helps regulate the digestive system and lower cholesterol** .Yellow squash is a type of summer squash belonging to the same family as zucchini. It's rich in fiber, vitamins A and C, and minerals like potassium. It's also 95 percent water making it a low-calorie, low-carb vegetable suitable for various low-carb weight-loss diets. Find out more about yellow squash nutrition! In appearance, yellow squash looks similar to zucchini except that it has yellow and lighter skin, big seeds, and doesn't usually grow as big as a zucchini can.

**Zucchini: zucchini and yellow squash boast vitamins A and C, potassium, plus fiber**. Zucchini is packed with many important vitamins, minerals, and antioxidants. Zucchini contains zeaxanthin and several other compounds that can play a role in preventing oxidative stress. This, in turn, may limit the likelihood of developing cancer. It has a high fiber content and a low calorie count. Fiber plays an important role in digestion and may limit the likelihood of suffering from a variety of GI issues .

Source: <https://www.webmd.com/food-recipes>, <https://healthiersteps.com/yellow-squash-nutrition/>.



## June Themes

### Summer Safety Tips & Health Hazards

Top summer health hazards and how to avoid them:



- 1. Heat stroke and heat exhaustion**  
Limit strenuous outdoor activity during the day.
- 2. Mild and severe dehydration**  
Don't skimp on water intake.
- 3. Sunburn and sun damage**  
Make applying sunscreen a daily habit.
- 4. Water-related injuries**  
Practice safe and supervised swimming.
- 5. Insect bites and the spread of diseases** Use insect repellent when outdoors and check for ticks after outdoor activities.
- 6. Allergies**  
Prevent exposure or shower after being outdoors when pollen count is high.
- 7. Food safety**  
Don't let food sit out at between 40 and 140 degrees F for more than two hours at a time.

Source: [everydayhealth.com](http://everydayhealth.com)



## June Themes

### Summer Health & Wellness Tips

#### Best Summer Foods To Keep Cool

1. Cucumber
2. Melons
3. Leafy Greens
4. Water
5. Mango, Pineapples, Guava
6. Lemon
7. Berries
8. Spinach
9. Yogurt
10. Oily Fish– Salmon, Tuna etc.
11. Watermelon
12. Iced Tea
13. Water



#### 6 Summer Activities to Support Your Mental Health

1. Go outside and explore. Bring a book with you to read in a shady area, take a walk, or go hiking.
2. Start a garden.
3. Make a summertime playlist.
4. Clean the clutter , home and car.
5. Attend community events.
6. Try outdoor meditation or yoga.

Source: [everydayhealth.com](http://everydayhealth.com)

#### Healthy Summer Eating Tips and Goals

##### Why do I eat healthier in the summer?

Warmer weather means more fresh produce to choose from, which helps us have healthier eating habits. Indulge that sweet tooth by getting your sugar fix from fresh in-season fruit like kiwis, plums and berries. Looking for more seasonal foods? Read our guide to the best summer foods for weight loss.

- ◆ Make half of your plate fruits and veggies
- ◆ Make half the grains you eat whole grains
  - ◆ Switch to fat-free or low fat (1%) milk
  - ◆ Choose a variety of lean protein foods
    - ◆ Compare sodium in foods
  - ◆ Drink water instead of sugary drinks
    - ◆ Eat some seafood
  - ◆ Cut back on saturated and trans fat

Source: <https://www.fitmotherproject.com/summer-nutrition-tips/>.



## Emotional Wellness

JUNE IS  
POST-  
TRAUMATIC  
STRESS  
DISORDER  
AWARENESS  
MONTH



## June Themes

### Posttraumatic Stress Disorder (PTSD) Month

**June is Posttraumatic Stress Disorder (PTSD) Awareness Month.** Recently, the U.S. Department of Health and Human Services (HHS) Secretary, Kathleen Sebelius, gave a statement on the importance of this challenging and debilitating condition.

PTSD is an anxiety disorder that some people develop after seeing or living through an event that caused or threatened serious harm or death. PTSD may result in sleep problems, irritability, anger, recurrent dreams about the trauma, intense reactions to reminders of the trauma, disturbances in relationships, and isolation. Some people may recover a few months after the event, but for others it may take years. For some, PTSD may begin long after the events occur. However, PTSD can be treated.

The Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Institute of Mental Health (NIMH) also offer a variety of resources designed to help people who suffer from PTSD, as well as aid their families and friends in better understanding and dealing with trauma's aftermath. These resources include:

SAMHSA's [Mental Health Services Locator](#) that helps locate local treatment services and support for those with PTSD, and other mental health conditions.

NIMH and National Institutes of Health [fact sheets](#) and information on clinical trials and scientific studies on PTSD at <http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>

Information about bullying and other traumatic crises at <http://www.StopBullying.gov>.

[The National Child Traumatic Stress Network](#) provides tools and resources to assist health care providers, educators, and families.

[The National Center for Trauma Informed Care](#) provides education and training for supporting recovery and identifying specific treatment practices to address trauma.

Additionally, a list of military family resources can be found through the following:

SAMHSA's [Military Families Strategic Initiative](#).

[Veterans Chat](#) for veterans, family members or friends in crisis.

**Source:** <https://youth.gov/feature-article/posttraumatic-stress-disorder-awareness-month>.





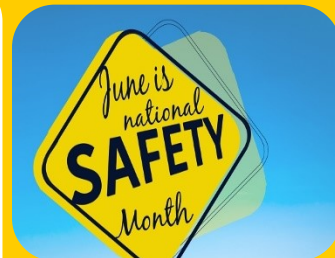
## June Themes

### National Safety Month

Each year, the National Safety Council promotes 4 safety topics for National Safety Month. This year's topics are:

1. Recognizing safety hazards
2. preventing falls
3. Coping with fatigue
4. Staying safe and alert at work
5. Check out health finder's toolkit to help spread the word about safety in June!

Source: <https://www.nsc.org/workplace/national-safety-month>



## World Sickle Cell Day (6/19)

World Sickle Cell Day raises awareness about this blood disorder that affects millions of people worldwide. Use resources from the HHS Office of Minority Health and CDC to help spread the word, and share health finder's newborn screening topic to encourage parents get their newborns tested for sickle cell disease. Shine the Light is a national awareness campaign to celebrate World Sickle Cell Day. We invite you to join with friends, family, neighbors and others in your community, as people around the nation and across the globe host and hold local gatherings to shine the light on sickle cell disease. Together, we must and will find a universal cure for sickle cell disease!

Source: <https://www.sicklecelldisease.org/get-involved/events/awareness-month-and-world-sickle-day/>.



## Financial Wellness



## 5 Financial Tips for a Stress-Free Summer

Enjoy your summer break – without breaking the bank. With exotic vacations, wedding season, and summer-body prep work out classes, Summer can be one of the worst of times for your wallet. With sun in full swing, it should be the most relaxing time of the year. But when it comes to your finances, your summer mood can quickly turn into June gloom.

We often think of summer as the time to check in on our fitness habits. But it's also a good time to check in on our financial habits, too. The summer is peak season for all the big-spending occasions: weddings, vacations, music festivals, and many, many happy hours. This leads to some sticky situations, like dropping more money on drinks than you intended to, or procrastinating too long to book a flight for your vacation to Hawaii and spending way more than you could have.

Finances can give you a headache, but there are ways you can be more mindful of your spending habits and avoid that pressure. Here are a few financial tips that can make a long-term impact on your financial (and mental) wellness.

### **Check your balance on vacation days.**

The U.S. Travel Association's Project Time Off found that 52% of American employees report unused vacation days. It's easy to forget that your PTO days have a monetary

value, and depending on your employer's policy, you might be leaving money on the table. Many employers have "use it or lose it" policies, so don't let those days go to waste. At the very least, you can take a staycation to give yourself a budget-friendly break.

And of course, the financial benefits are secondary to your mental health. You might feel more guilt taking time off for vacation while many of your co-workers will also be out. But this mentality doesn't help anyone—you, or your employer. Taking vacation is essential to your job performance, with positive effects on your motivation, energy, mood, and productivity. Take care of yourself first. Your job can wait.

### **When you do take vacation, plan your expenses ahead of time.**

If you are going to take vacation time, there are plenty of ways to relax and recharge on a budget, from choosing local destinations to just spending your vacation time more wisely. When you're making a lot of decisions like whether to go to a restaurant for dinner, how much to spend on a hotel, and whether to take a cab or walk, your vacation becomes anything but relaxing.

That's why you need to tackle those decisions before you board the plane. Book as much as you can ahead of time, from your accommodations to any planned activities.



## Summer Financial Tips, continued from prior page.

Make a budget for how much you'll spend eating out. Plan out how you'll be getting around. It's tempting to take an Uber instead of figuring out the local public transit to get around, so it helps to get the map out and plan ahead of time. And once you're there, be sure to take advantage of other travel hacks, like getting cash from the local ATMs for the best currency exchange rate or trying a local cooking Airbnb experience so you can sightsee and eat on a budget in one go.

### **Spend time with your friends without spending all of your money.**

Nearly one in four Millennials say they spent money they didn't have just to keep up with their friends at social events—a trend also called “FOMO spending.” The summer can be an especially tricky time, packed with music festivals, getaways, and weddings. It's easy to feel the pressure to pay for things you wouldn't normally allocate for in your budget, but there are a few things you can do to ease the pressure.

First, suggest activities that don't involve a high cost; maybe you switch up dinner by having a themed potluck party at someone's house instead of going out. In expensive cities like San Francisco or New York, many people overlook all the amazing free things to do, like enjoying the park, street fairs, or a free museum day. Go volunteer with your friends at the soup kitchen or animal shelter instead of choosing expensive and indulgent activities. Another trick? Carry cash when you go out—you tend to spend less when you are actively handing over money than simply swiping your credit card. Finally, don't be afraid to be honest. Your friends are probably in the same boat (you might be in this whole student debt thing together) and you can all have fun together without breaking the bank.

### **Consider a summer side passion.**

If you've ever thought about spending more time on one of your passions and picking up extra cash to fund those festival passes, the summer is a great time to try it out. From Wag/Rover (for the dog lovers out there), tutoring, to rideshare apps like Lyft and Uber,

to selling your gently used clothes on Poshmark or The Real, there are a ton of summer-friendly side jobs you can get into.

At the very least, you've pursued something you enjoy doing, while earning money on the side for those times you can't talk your friends out of the Vegas weekend (okay, you didn't try that hard to talk them out of it). And who knows? Maybe you'll realize it's time to try freelancing full-time—just don't forget to enroll in benefits like health and life insurance.

### **Invest in healthier habits that will stick around after summer.**

During summer, our personal wellness and fitness are top-of-mind. Like New Year's Eve, people are thinking about making lifestyle changes—that is, until a couple of months pass and they inevitably abandon their resolutions.

The summer is the time to take another look at your budget and see if you can make room for some of those healthy changes. But it's also the time to start habits that will have staying power even as the days get shorter and colder. A good example is running; it's a lot easier to get up and go for a run outside when it's light out and warm. So get in the running groove now—but also think about things like registering for a half-marathon in the future, to keep yourself accountable. Pull the trigger on the annual membership to your favorite kickboxing studio (after you've already spent a million ClassPass credits, it's about time). While these things cost more money upfront, it will help you save money in the long run, commit to a long-term goal, and contribute to your mental well-being.

Even as we approach the end of July (how did we get here already?) it's not too late to start taking better care of both your finances and your personal well-being. By keeping these tips in mind, you'll be enjoying the stress-free fun in the sun that you deserve.

Source: <https://community.thriveglobal.com/5-financial-tips-for-a-stress-free-summer/>.



## Environmental Wellness



### YOUR HEALTHIEST SELF

## Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:



### STAY SAFE DURING HOT WEATHER

Heat is the biggest danger in the summer months. Being hot for too long can cause many illnesses, some of which can be deadly. But the warmer weather also brings lots of new opportunities to improve your health. Here's how to make the most of the summer months.

#### TO CREATE HEALTHY SUMMER HABITS:

- Beat the sun and heat with an early morning or evening activity.
- Wear protective clothing, such as hats, long-sleeve shirts, and long pants or skirts.
- Use sunscreen that blocks both UVA and UVB with a sun protection factor (SPF) of at least 15, preferably 30, and reapply frequently.
- Use sunglasses that block both UVA and UVB.
- Try to stay in the shade when outdoors during peak sunlight.
- Go to an air-conditioned gym, do water workouts, or use a fitness video at home.
- Drink plenty of water before, during, and after exercise.



## SUN SAFETY TIPS



SEEK SHADE  
OR STAY INDOORS  
FROM 10 A.M. TO 4 P.M.



WEAR  
PROTECTIVE CLOTHING



WEAR SUNGLASSES  
WITH 100% UV  
PROTECTION



WEAR  
A WIDE-BRIMMED HAT



USE SUNSCREEN  
THAT IS SPF30 OR HIGHER,  
REAPPLY REGULARLY



# Spotlight on Harford County Extension Conservation Garden

## Created through partnership with FCS, Master Gardeners & 4H

### Benefits of Conservation Landscaping and Garden.

A conservation garden was started in 2022, at UME Harford office and is ongoing and sustainable project. Citizens of Harford County have been stopping by the Extension office picking strawberries, and some of the strawberries have been used by FCS Educator for food demonstrations.

A conservation landscape is a garden that improves water quality, promotes and preserves native species, and provides wildlife habitat. Conservation landscaping replaces hard surfaces or turf grass of a traditional lawn with native plants.

### Goal: Reduce the carbon footprint in any way possible.

The most obvious reason for conservation is to protect wildlife and promote biodiversity. To provide opportunities for education and the enjoyment of the environment.

Plants act as highly effective air cleaners, absorbing carbon dioxide, plus many air pollutants, while releasing clean oxygen and fragrance. Also, a dense cover of plants and mulch holds soil in place, reducing erosion and keeping sediment out of streams, storm drains and roads.





## June Recipes

### Antioxidant Smoothie

#### Ingredients:

¾ cup Berry Medley  
¼ cup plain nonfat Greek yogurt  
¾ cup Pomegranate Juice  
2 tsp flaxseeds or ground flax  
1 tsp unsweetened cocoa powder

#### Steps:

In a blender, purée all ingredients until smooth. Pour into a glass and serve.

Nutrition information : CALORIES 230kcal  
12% FAT 3.0g 5% SATURATED FAT 0.0g.

Source: Allrecipes.com



### Grilled Stone Fruit Bowls

#### Ingredients:

2 peaches  
2 plums  
2 cups low-fat strawberry yogurt  
1 cup Nature's Promise Organic Fruit and Nut Granola  
2 tbsp honey

#### Steps:

Preheat grill to medium-high. Halve and pit the peaches and plums. Cut each half into 3 wedges. Place on grill cut sides down and cook 2 min., until grill marks appear. Turn fruit and cook another 2 min. Remove from grill and let cool.

**JUNE is  
DAIRY  
MONTH**

Cut fruit into smaller wedges. Divide the yogurt among 4 small bowls. Divide fruit and granola among bowls. Drizzle with the honey.

Nutrition information: CALORIES 594kcal 30% FAT  
16.1g 25% SATURATED FAT  
3.2g 16% CARBS 101.9g 34%  
SODIUM 150mg 6% 69.4g

sugar 5.5g fiber 13.3g protein 12mg cholesterol

Source: Savoymagazine.com



### Father's Day BBQ Chicken

#### Ingredients:

4 lbs. full chicken wings  
2 tbsp canola oil  
1 ½ cups Nature's Promise Organic Original Barbecue Sauce  
1 tbsp molasses  
1 tbsp spicy brown mustard  
2 tsp onion powder  
¼ tsp black pepper

#### Steps:

Set grill to medium. Toss or rub the chicken with the oil. Season with salt and pepper. Grill 20–22 min., until golden brown on most sides, turning occasionally. Meanwhile, in a large bowl, whisk the barbecue sauce, molasses, mustard, onion

powder, and black pepper to combine. Transfer ½ cup to a small bowl and set aside.

Reduce heat to medium-low. Add chicken to large bowl with sauce and toss to coat. Place chicken back on grill and cook 5–6 min., until chicken is cooked through and sauce is lightly charred in spots. Remove chicken from grill. Let rest 5 min. and serve with reserved sauce.

Nutrition information CALORIES 399kcal  
20% FAT 21.9g 34% SATURATED FAT 5.3g  
26% CARBS 23.8g 8% SODIUM 678mg 28%  
19.3g sugar 0.7g fiber 25.2g protein 156mg  
cholesterol

## June Recipes

### Lemon-Garlic Grilled Shrimp

#### Ingredients:

1 (12 oz.) bag Nature's Promise® Large Raw Shrimp, peeled and deveined, thawed  
1 lemon  
1 orange  
3 tbsp olive oil  
1 sprig rosemary  
1 tbsp minced garlic

#### Steps:

Pat the shrimp dry with paper towels. Into a medium bowl, squeeze the juice from the lemon and orange. Whisk in the oil. Chop the rosemary and add to bowl, along with the garlic. Season with salt. Add the shrimp

to the marinade, tossing to coat. Refrigerate 10 min.

Set grill to medium-high. Remove the shrimp from marinade and grill 5 min., until just cooked, turning once. Arrange on a platter and serve immediately.

Nutrition information CALORIES 170kcal 9% FAT 11.0g 17% SATURATED FAT 2.0g 10% CARBS 8.0g 3% SODIUM 480mg 20% 3.0g sugar 1.0g fiber 12.0g protein 105mg cholesterol.

Source: Savoymagazine.com



### Breakfast Tacos

#### Ingredients:

2 oz. pork sausage  
4 large eggs  
1 tbsp butter  
4 (8-inch) flour tortillas  
½ cup shredded Cheddar cheese  
¼ cup Pace Chunky Salsa - Mild or Pace Picante Sauce - Medium

#### Steps:

Heat a 10-inch skillet on medium. Add sausage and cook until browned and cooked through, 4-5 min. Remove sausage from pan, discarding fat in pan.

Whisk the eggs in a bowl. Melt 1 tbsp butter in pan over medium. Stir in the eggs and

sausage and cook until the eggs are set, stirring often. Season to taste with salt and pepper.

Warm tortillas according to package directions. Divide the egg mixture down the center of each tortilla. Divide the cheese and salsa among the tortillas. Fold the tortillas around the filling.

Nutrition information: CALORIES 663kcal 33% FAT 36.0g 55% SATURATED FAT 15.0g 75% CARBS 52.0g 17% SODIUM 1485mg 62% 6.0g sugar 4.0g fiber 31.0g protein 422mg cholesterol

Source: Allrecipes.com



### Honey Lime Fruit Salad

#### Ingredients:

4 cups strawberries, sliced  
3 kiwis, peeled and sliced  
1 cup green grapes  
¼ cup honey  
1 lime, juiced

#### Steps:

In a large bowl, combine the strawberries,

kiwi and grapes. In a small bowl, stir together the honey and lime juice.

Pour the honey-lime mixture onto the fruit and stir well. Serve and enjoy!

Nutrition information CALORIES 180kcal 9% FAT 1.0g 2% SATURATED FAT 0.1g

Source: Allrecipes.com



## June Recipes

### Summer Grilled Fajitas



#### Ingredients:

1 lb. beef skirt steak  
 3 tbsp Nature's Promise<sup>®</sup> organic balsamic vinaigrette  
 1 yellow summer squash  
 1 (12 oz.) pkg fajita vegetable mix  
 1 tbsp olive oil  
 8 (6-inch) corn tortillas

#### Steps:

Slice the steak into ½-inch strips and place in a heavy-duty resealable plastic bag. Add balsamic vinaigrette and shake to coat the beef. Refrigerate or store in cooler until ready to grill. Thinly slice the summer squash and add to another heavy-duty resealable plastic bag along with fajita mix and olive oil. Season with salt and pepper. Store in the refrigerator or in a cooler.

Preheat grill to high heat. Using tongs,

transfer the skirt steak in a grill basket and cook for 8–10 min., tossing occasionally. Transfer cooked steak to a plate, loosely covered with foil.

While steak rests, place the vegetables in the grill basket and cook for 8–10 min., tossing occasionally or until vegetables are slightly charred and tender. While vegetables cook, place the tortillas on the grill to warm for about 10–15 sec. per side. Remove and set on a plate and cover with aluminum foil. Serve fajitas with warm tortillas and toppings of your choice.

Nutrition information CALORIES 504kcal 25% FAT 30.3g 47% SATURATED FAT 9.5g 48% CARBS 35.3g 12% SODIUM 255mg 11% 5.0g sugar 6.9g fiber 26.0g protein 80mg cholesterol

Source: Savoymgazine.com



### Spinach Salad with Salmon and Quick-Pickled Blackberries

#### Ingredients:

5 tbsp apple cider vinegar, divided  
 1 tbsp honey  
 1 (6 oz.) pkg blackberries  
 ¼ cup sliced red onions  
 4 (4 oz.) salmon fillets  
 2 tbsp olive oil  
 1 (5 oz.) pkg Nature's Promise<sup>®</sup> Baby Spinach & Spring Mix  
 ¼ cup sliced almonds  
 1 avocado, pitted and cubed

#### Steps:

In a medium bowl, combine 4 tbsp vinegar, the honey, ¼ cup water, and a pinch of salt, whisking until honey is dissolved. Add the blackberries and onions to vinegar mixture and gently toss to coat. Let sit at least 15 min.

Meanwhile, to a microwave-safe dish, add

the salmon and ¼ cup water. Season salmon with salt and pepper. Cover with vented plastic and microwave 3–4 min., until cooked through. Remove from microwave. In a small bowl, whisk together remaining 1 tbsp vinegar and the oil.

Strain blackberries and onions, discarding pickling solution. To a large bowl, add the spinach mix, blackberries and onions, almonds, and dressing. Season with salt and pepper. Toss to combine. Divide spinach salad among 4 plates. Top with salmon and the avocado.

#### Nutrition Information:

CALORIES 454kcal 23% FAT 33.0g 51% SATURATED FAT 6.0g 30% CARBS 16.0g 5% SODIUM 88mg 4% 8.0g sugar 7.0g fiber 27.0g protein 63mg cholesterol.

Source: Allrecipes.com





## June Recipes

### Spicy Corn Queso Dip

#### Ingredients:

2 ears of fresh corn  
6 oz. American cheese, cut up  
1 (4 oz.) can diced green chilies, undrained  
1 medium tomato, finely chopped  
½ tsp chili powder  
4 dashes hot sauce  
2 tbsp low-fat milk  
4 oz. pepper Jack cheese, coarsely grated  
Tortilla chips, to serve

#### Steps:

Cut kernels from the corn cobs into a medium microwave-safe bowl. To bowl, add the

American cheese, green chilies, tomato, and chili powder. Cover bowl with vented plastic. Microwave 2–3 min., until cheese is mostly melted, stirring halfway through.

Into bowl, stir the hot sauce, milk, and pepper Jack cheese. Microwave another 1 min., until cheeses are melted. Stir to combine. Serve immediately with the tortilla chips.

Nutrition information :CALORIES 129kcal  
6% FAT 8.4g 13% SAT. FAT 4.7g 23% CARBS  
7.6g 3% SODIUM 375mg 16% 3.4g sugar  
0.9g fiber 6.8g protein 29mg cholesterol

Source: Eatwell.com



### Grilled Vegetables

#### Ingredients:

½ cup olive oil  
3 tbsp red wine vinegar  
¼ cup chopped dill  
¼ cup chopped parsley  
3 cloves garlic, minced  
2 medium red onions  
2 red bell peppers  
2 yellow bell peppers  
2 medium zucchini  
2 small eggplants (about 1 lb. each)  
2 (8 oz.) pkg whole baby Bella mushrooms  
4 metal skewers

#### Steps:

Set grill or grill pan to medium-high. In medium bowl, whisk together the oil, vinegar, dill, parsley, and garlic. Season with salt and pepper. Set aside.

Cut the onions into ¼-inch-round slices. Cut the bell peppers in half lengthwise. Discard stems and seeds. Transfer onion slices and pepper halves to a large rimmed baking sheet.

Cut the zucchini and eggplants at an angle into ½-inch-thick slices and add to baking sheet. Trim ends of the mushrooms and thread mushrooms onto skewers, about 7–8 on each. Transfer skewers to baking sheet. Drizzle vegetables with 2 tbsp vinaigrette mixture and season with salt and pepper.

Place mushroom skewers on the grill. Cook 8–9 min., until mushrooms are slightly charred and softened, turning every 2 min. Transfer to baking sheet.

Add onions and peppers to grill, peppers skin-side up. Cook 4–5 min. per side. Add zucchini and eggplants and cook 3–4 min. per side. Transfer cooked vegetables to baking sheet and toss with remaining marinade. Let vegetables sit at least 10 min. before serving, or store in the refrigerator to use throughout the week.

Nutrition information: CALORIES 187kcal 9%  
FAT 14.0g 22% SATURATED FAT 2.0g 10%  
CARBS 14.7g 5% SODIUM 13mg. Source:  
Delish.com





## July Themes

### Juvenile Arthritis Awareness Month

What is childhood arthritis?

Arthritis in children is called childhood arthritis or juvenile arthritis. The most common type of childhood arthritis is juvenile idiopathic arthritis (JIA), also known as juvenile rheumatoid arthritis.

Childhood arthritis can cause permanent physical damage to joints. This damage can make it hard for the child to do everyday things like walking or dressing and can result in disability.

Is there a cure for childhood arthritis?

Although there is no cure, some children with arthritis achieve permanent remission, which means the disease is no longer active. Any physical damage to the joint will remain.

What are the signs and symptoms of childhood arthritis?

Symptoms may come and go over time. There may be times when symptoms get worse, known as flares, and times when symptoms get better, known as remission. Signs and symptoms include:

- Joint pain
- Swelling
- Fever
- Stiffness
- Rash
- Fatigue (tiredness)
- Loss of appetite
- Inflammation of the eye
- Difficulty with daily living activities such as walking, dressing, and playing

What causes childhood arthritis?

The exact cause of childhood arthritis is unknown. In childhood arthritis the immune system may not work right which causes the inflammation in the joints and other body systems.

How is childhood arthritis diagnosed?

Childhood arthritis is diagnosed through a physical examination and review of symp-

toms, X-rays, and lab tests. A doctor should make this diagnosis, particularly a rheumatologist who specializes in arthritis and other related conditions in children. These doctors are called pediatric rheumatologists.

Who gets childhood arthritis?

Childhood arthritis can affect children of all ages, races and ethnic backgrounds.

Learn more about childhood arthritis :

[Juvenile Arthritis external icon](#) from National Institute of Arthritis and Musculoskeletal and Skin Diseases

[Juvenile Arthritis: Fast Facts for Patients and Caregivers external icon](#) from the American College of Rheumatology

[Childhood Arthritis and Rheumatology Research Alliance \(CARRA\) external icon](#)

[Kids Get Arthritis Too external icon](#) from the Arthritis Foundation

Source: <https://www.niams.nih.gov/community-outreach-initiative/health-observances>.



## July Themes

### UV Awareness Month

During the hot summer months, many are excited to enjoy quality time at the pool, a family hike on your favorite trail, a trip to the beach and other outdoor activities. While soaking up some vitamin D can be beneficial, too much sun can be harmful. July is National Ultraviolet Safety Month. While sunshine is essential for your body to process vitamin D, ultraviolet (UV) radiation can quickly damage your skin, no matter your skin tone. Radiation is the emission (sending out) of energy from any source and ultraviolet (UV) radiation is a form of electromagnetic radiation.

According to the [American Cancer Society](#):

- Your skin makes vitamin D naturally when it is exposed to UV rays from the sun.
- Whenever possible, it's better to get vitamin D from your diet or vitamin supplements rather than from exposure to UV rays.
- Dietary sources and vitamin supplements do not increase skin cancer risk, and are typically more reliable ways to

get the amount you need.

- It is important to limit your exposure by taking the following actions.
- Staying in the **shade**, especially during midday hours.
- Protecting your skin with **clothing** that covers your arms and legs.
- Wearing a **hat** to protect your head, face, and neck.
- Wearing **sunglasses** that block UV rays to protect your eyes and the skin around them.
- Using **sunscreen** to help protect skin that isn't covered with clothing.

Source: <https://www.dhd10.org/uv-safety-awareness-month-2022/>.  
<https://www.marylandhealthconnection.gov/uv-safety-month/>.

<https://www.marylandhealthconnection.gov/uv-safety-month/>.

## National Minority Mental Health Awareness

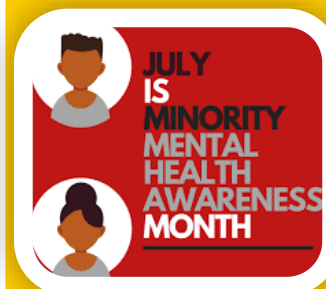
National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States.

Ways to Get Involved:

1. National Minority Mental Health

Awareness Facebook Page. Engage

2. Tweet using # Minority Mental Health.
3. Take the Pledge to raise awareness
4. Donate to the Cause , and fund research . Source: <https://nmed.net/about/nmmham/>. Image Source: <https://elibrecher.co.uk/eat-for-mental-health/>.



## July Recipes

### Summer Fruit Agua Fresca



#### Ingredients:

5 cups watermelon, cantaloupe, strawberries, peeled ripe mango, pineapple, or honeydew chunks  
4 cups water, divided  
¼ cup sugar  
ice, for serving

#### Steps:

In a large blender, blend the fruit, 1 cup water, and sugar until smooth.

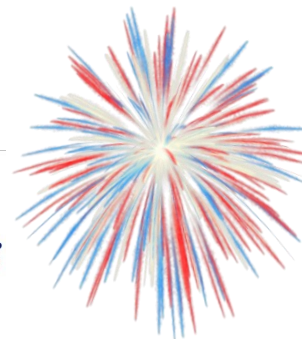
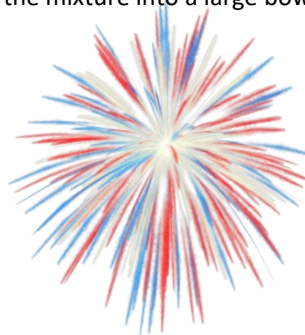
Strain the mixture into a large bowl, press-

ing down on solids. Discard solids. Pour juice into a medium pitcher. Stir in remaining 3 cups water.

Refrigerate pitcher until cold. Serve over ice.

Nutrition information : CALORIES 78kcal 4% FAT 0.1g.

Source: Allrecipes.com



### Chickpea and Cucumber Salad



#### Ingredients:

2 bell peppers  
1 English cucumber  
½ bunch green onions  
3 tbsp lemon juice  
2 tbsp olive oil  
½ cup tahini  
1 (5 oz.) pkg mixed greens  
1 (15.5 oz.) can reduced-sodium chickpeas, drained and rinsed

#### Steps:

Seed and chop the peppers. Chop the cucumber. Trim and roughly chop the green onions.

To make the dressing: In a blender, purée

the green onions, lemon juice, oil, and 5 tbsp water. Transfer to a medium bowl and whisk in the tahini until smooth. Season with salt and pepper to taste.

In a large bowl, toss the greens, chickpeas, cucumber, and peppers. Add desired dressing amount and toss until well combined.

Nutrition information: CALORIES 248kcal 12% FAT 16.4g 25% SATURATED FAT 2.1g 11% CARBS 20.8g 7% SODIUM 145mg 6% 2.0g sugar 4.7g fiber 7.9g protein 0mg cholesterol

Source: Eatwell.com



## July Recipes

### Mediterranean Sheet Pan Grazing Board with Air-Fryer Falafel

#### Ingredients:

4 regular or whole-wheat pitas  
1 (6.3 oz.) box falafel mix  
Cooking spray  
½ cup Nature's Promise® Organic Traditional Hummus  
½ cup tzatziki  
10 store-bought stuffed grape leaves  
¼ cup Kalamata olives (optional)  
1 pint grape tomatoes, halved  
½ cup pomegranate seeds

#### Steps:

Preheat air fryer to 350°F. Cut each pita into 8 triangles. Make the falafel mix according to package directions. Shape falafel into 1-inch balls. Coat air fryer basket with the cooking spray. In batches, add falafel to

basket and cook 10 min., until golden brown.

Meanwhile, add the hummus and tzatziki to 2 small bowls. Place the bowls on a 13x18-inch rimmed sheet pan. Arrange pita triangles, falafel, and grape leaves around the bowls. Add the olives, tomatoes, and pomegranate seeds to any gaps on sheet pan. Serve immediately.

Nutrition Information: CALORIES 350kcal  
18% FAT 11.0g 17% SATURATED FAT 4.0g  
20% CARBS 49.0g 16% SODIUM 104mg 4%  
7.0g sugar 9.0g fiber 13.0g protein 0mg  
cholesterol

Source: Savoyonline.com



### 4th of July Spicy Burger

#### Ingredients:

1 small red onion  
1 tbsp canola oil  
2 jalapeños  
1 (4 oz.) can chopped green chilies  
1 ¼ lbs. 85% lean ground beef  
¼ cup chopped cilantro  
1 lime  
¼ cup mayonnaise  
4 hamburger buns  
8 leaves lettuce

#### Steps:

Thinly slice the onion. Brush a large grill pan with the oil and heat on medium-high. Add onions and grill 7–8 min., until tender. Meanwhile, finely chop 1 jalapeño and drain the green chilies. In a medium bowl, add ground beef, chopped jalapeños, green chilies, salt, and pepper. Mix to combine. Divide beef into 4 equal portions and shape into patties. When onions are done, transfer to a plate. Add burgers to pan and grill 3

–4 min. per side, until desired doneness.

Meanwhile, chop the cilantro. Thinly slice remaining jalapeño. Into a small bowl, zest half of lime and squeeze all the juice. Stir in mayonnaise and chopped cilantro.

Toast the buns, if desired. Spread cut sides of buns with cilantro mayonnaise. Top with 2 lettuce leaves, burger, grilled onion, and sliced jalapeño.

Nutrition information: CALORIES 581kcal  
29% FAT 37.0g 57% SATURATED FAT 10.4g  
52% CARBS 28.8g 10% SODIUM 528mg 22%  
5.8g sugar 2.5g fiber 31.8g protein 102mg  
cholesterol.

Source: Savoymagazine.com



## July Recipes

### Cool as a Cucumber Salad



2 cups cucumbers (2 medium ) sliced about 1/8 inch thick  
 1 cup thinly sliced red onion  
 ½ cup non-fat (0%) Greek yogurt (optional)  
 2 tbsp lemon juice or white distilled vinegar  
 1 tsp fresh dill weed  
 Pepper to taste

lemon juice, sugar and dill weed.  
 Add the cucumbers and stir to coat. Refrigerate until ready to serve.

Nutrition information CALORIES 52kcal 3% FAT 0.2g

Source: FCS Educator

#### Steps

In a medium bowl, mix onion, Greek yogurt,

### Triple Melon Salad



#### Ingredients:

½ cantaloupe, seeds removed  
 ½ honeydew melon, seeds removed  
 ½ small seedless watermelon  
 1 lemon  
 ¼ cup fresh mint

bowl.

Squeeze juice from the lemon over the melon balls. Finely chop the mint and add to bowl. Toss to combine. Refrigerate at least 30 min. before serving.

Nutrition Information: CALORIES 80kcal FAT 0.0g.

Source: Allrecipes.com

#### Steps:

From the cantaloupe, honeydew, and watermelon, scoop flesh with a 1-inch melon baller. Add all the melon balls to a large

### Summer Fries



#### Ingredients:

1 ½ lbs. baking potatoes or red potatoes  
 ¼ cup Lite House Italian Dressing  
 ¼ cup Reduced Fat Parmesan Style Grated Topping

Bake 22 to 25 min. or until potatoes are crisp and golden brown, turning after 12 min.

Nutrition information: CALORIES 105kcal 5% FAT 4.1g 6% SATURATED FAT 1.7g 8% CARBS 13.8g 5% SODIUM 253mg 11% 1.0g sugar 2.0g fiber 3.4g protein 9mg cholesterol.

Source: Healthyeating.com

#### Steps:

Heat oven to 425°F.  
 Cut potatoes into 1/4-inch-thick sticks; place in large bowl. Add remaining ingredients; toss to coat.  
 Spread into single layer on large rimmed baking sheet sprayed with cooking spray; lightly spray with additional cooking spray.

## July Recipes

### Texas Caviar

#### Ingredients:

1 (16 oz.) can black-eye beans, drained and rinsed  
 1 (16 oz.) can black beans, drained and rinsed  
 2 cups frozen (thawed) or fresh corn kernels  
 2 small green and/or red bell peppers, seeded and finely chopped  
 ½ small red onion, finely chopped  
 1 - 2 jalapenos, seeded and very thinly chopped  
 ½ cup red wine vinegar  
 ½ cup olive oil  
 2 tbsp sugar  
 1 medium clove garlic, finely chopped  
 ¼ cup finely chopped fresh cilantro  
 1 (8 oz.) Organic Yellow Corn Tortilla Chips (optional).

Steps: Take ingredients and mixed together.

Nutrition information: CALORIES 228kcal  
 11% FAT 14.0g 22% SATURATED FAT 2.0g  
 10% CARBS 22.0g 7% SODIUM 216mg 9%  
 6.0g sugar 4.0g fiber 5.0g protein 0mg cholesterol.

Source:



### Spicy Air Fryer Crispy Tofu Bowl

#### Ingredients:

1 (14 oz.) block extra-firm tofu  
 4 cups (about 10oz) broccoli florets  
 Cooking spray  
 1 tbsp canola oil  
 2 tbsp cornstarch  
 1 (16 oz.) Whole-Grain brown rice  
 1 tbsp Sriracha  
 2 tbsp reduced-sodium soy sauce  
 2 tbsp rice vinegar

#### Steps:

Arrange 2 layers of paper towels. Place the tofu on paper towels and cover with 2 more layers of paper towels. Top with a flat cutting board or small baking sheet and weigh down with 2 cans. Let stand 15 min. Meanwhile, in a microwave-safe bowl, combine the broccoli with ¼ cup water. Cover with vented plastic and microwave 4 min. Remove from microwave and let stand, covered.

Coat air fryer basket with cooking spray. Cut tofu into ¼-inch-thick slices. Brush with the

oil and coat with the cornstarch. Add to air fryer basket, in batches, if necessary. Set temperature to 390°F. Close lid and cook 13–15 min., gently shaking basket every 5 min., until tofu is golden brown.

While tofu cooks, heat the rice according to package directions. In a small bowl, stir together the sriracha, soy sauce, and rice vinegar. Divide the brown rice among 4 bowls. Top with steamed broccoli and tofu. Drizzle with sauce.

Nutrition information: CALORIES 405kcal  
 20% FAT 12.0g 18% SATURATED FAT 1.0g  
 5% CARBS 28.0g 9% SODIUM 389mg 16%  
 3.0g sugar 6.0g fiber 18.0g protein 0mg cholesterol.

Source: Savoyonline.com





## August Themes

### August 1: World Lung Cancer Day

Since its inception in 2012, World Lung Cancer Day has been observed every year on August 1 in order to raise awareness of lung cancer issues and magnify the need for more lung cancer research funding.

#### Take the Right Steps to Breathe Healthy.

Ways to Support and Give:

- Monthly Gift. Tribute Gift. Giving Stock.
- Share Your Story. Become

an Advocate by sharing Alerts & Petitions.

- Promote the Cycle for Air Event for Youth & Young Adults In Action.
- Attend Events Near You. Get involved today by raising funds and awareness in your community.
- Share your voice and advocate for policies that will save lives.

Source: <https://lcfamerica.org/get-involved/events/world-lung-cancer-day/>. Image—Thehealthsite.com.



## 5 Superfoods

### for Lungs



Garlic



Pomegranates



Ginger



Turmeric



Apples

credihealth



## August Themes

### August 1-7: World Breastfeeding Week

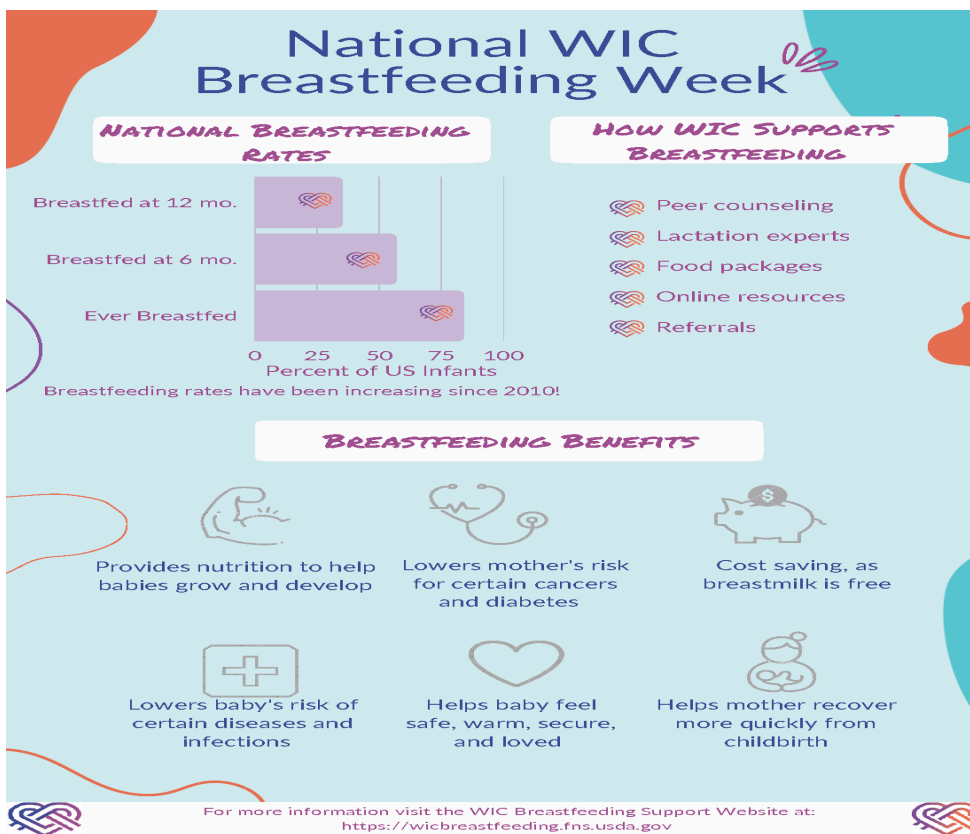
World Breastfeeding Week is celebrated every year across the world from **August 1 — August 7**. T

his global campaign aims to raise awareness about breastfeeding and its advantages with annual themes including healthcare systems, women and work, the International Code of Marketing of Breastmilk Substitutes, community support, ecology, economy, science, education and human rights. Over the years, digital conversations have become an important communication tool. It is easy to be a part of the breastfeeding conversation, or start your own, with your participants!

Share [breastfeeding-related messages, images, and hashtags](#) on your personal or organization's social media accounts. Find messages, developed by WIC State agencies as part of their [participation in a grant](#) to implement and evaluate the WIC

Breastfeeding Support campaign, by topic: **Mom** Motivation, Thriving Baby, WIC Resources, Breastfeeding Tips, Family and Friends and Breastfeeding Month. The collection will continue to grow as more messages are added on an ongoing basis. Let's Lets Get : #WI breastfeeding, #Mom Motivation, #WICspeaksBF, #WBW2022 and other hashtags trending. Talk about Breast feeding with grandparents, parents, and other women for additional support.

Sources :!https://wicworks.fns.usda.gov/resources/national-wic-breastfeeding-week.https://www.womenshealth.gov/its-only-natural/addressing-breastfeeding-myths/breastfeeding-myths-African-american-community.



## August Recipes

### Broccoli-Cheddar Rice Bake



#### Ingredients:

1 (15.9 oz.) precooked Whole Grain Brown Rice  
 2 tbsp olive oil  
 1 tbsp butter  
 3 tbsp all-purpose flour  
 1 ½ cups reduced-fat milk  
 ¼ tsp dried thyme  
 ½ tsp onion powder  
 6 oz. Cheddar cheese, coarsely grated, divided  
 1 (16 oz.) pkg frozen chopped broccoli, thawed

#### Steps:

Preheat oven to 375°F. Heat the rice according to package directions.

In a medium pot, heat the oil and butter on medium until melted. Sprinkle in the flour. Cook 2 min., stirring constantly. Gradually whisk in the milk until smooth. Heat to a boil on high, stirring occasionally. Reduce

heat and simmer 2 min. Stir in the thyme, onion powder, and most of the Cheddar, reserving ⅓, until smooth.

Into pot, stir the broccoli and rice until well combined. Season with salt and pepper to taste. Transfer to a 1½-qt baking dish. Top with reserved Cheddar. Cover with foil and bake 15–20 min., until hot.

Nutrition information: CALORIES 574kcal 29% FAT 28.0g 43% SATURATED FAT 12.0g 60% CARBS 62.0g 21% SODIUM 371mg 15% 6.0g sugar 7.0g fiber 21.0g protein 57mg cholesterol

Source: Allrecipes.com

### Marinated Tomato Caprese



#### Ingredients:

3 small tomatoes  
 1 pint red or yellow cherry tomatoes or tomato medley  
 3 tbsp white balsamic vinegar  
 3 tbsp olive oil  
 1 (8 oz.) fresh mozzarella ball  
 ¼ cup basil leaves

#### Steps:

Cut the tomatoes into thick slices. Halve the cherry tomatoes. Add to a bowl and toss with the balsamic vinegar and oil. Season with salt. Let marinate 30–60 min.

Using a slotted spoon, transfer tomatoes onto a platter, reserving excess liquid in bowl. Cut the mozzarella in half, breaking up pieces to scatter around platter, if desired. Garnish with the basil leaves and drizzle any remaining juices from bowl over tomatoes

and mozzarella. Season with salt and pepper to taste.

Nutrition information: CALORIES 306kcal 15% FAT 23.2g 36% SATURATED FAT 9.4g 47% CARBS 10.8g 4% SODIUM 329mg 14% 7.1g sugar 1.9g fiber 14.1g protein 45mg cholesterol

Source: Savoyonline.com

## August Recipes

### Frozen Lime Ice Cream Pie

#### Ingredients:

2 limes  
2 cups lime sherbet, slightly softened  
1 cup vanilla ice cream, slightly softened  
3 cups whipped topping  
1 (6 oz.) fully baked graham cracker crust

#### Steps:

From the limes, grate all the zest and squeeze 2 tbsp juice.

With a standing or hand mixer, beat the sherbet, ice cream, 1 cup whipped topping, and juice until mostly combined but not melted. Spread in the graham cracker crust.

Spread remaining 2 cups whipped topping over ice cream mixture. Garnish with lime zest. Freeze until firm, about 3 hours.

Nutrition information: CALORIES 278kcal  
14% FAT 12.1g 19% SATURATED FAT 5.3g  
27% CARBS 39.6g 13% SODIUM 136mg 6%  
23.0g sugar 0.9g fiber 2.5g protein 24mg  
cholesterol.

Source: Savoyonline.com



### Pasta with Chicken and Olives

#### Ingredients:

1 (16 oz.) package pappardelle or wide egg noodles  
1 tbsp olive oil  
1 cup chopped onion  
1 (10 oz.) package cherry tomatoes  
12 oz. fresh chicken breast tenderloin  
1 cup tomato and basil pasta sauce  
3 tbsp white balsamic vinegar  
1 (3 oz.) package julienne-cut sun-dried tomatoes  
1 cup pitted Kalamata olives  
¼ cup parsley leaves

#### Steps:

Bring a pot of salted water to a boil and cook pasta according to package directions. While pasta cooks, heat the olive oil in a skillet over medium heat and sauté the onions with salt (in moderation) and pepper until tender, 3 min. Halve the cherry tomatoes.

Cut the chicken into large chunks and add

to the skillet. Sear the chicken over medium-high heat for 3 min., stirring frequently. Add tomato sauce and simmer until chicken is just cooked through, 5 min. Add the balsamic vinegar and cherry tomatoes and cook 2 min.

Stir the sun dried tomatoes and olives into the chicken mixture and cook 2 min. Season with salt (in moderation) and pepper. Drain the pasta and top with the tomato sauce. Garnish with parsley.

Nutrition information: CALORIES 806kcal  
40% FAT 25.6g 39% SATURATED FAT 4.4g  
22% CARBS 118.8g 40% SODIUM 1202mg  
50% 12.3g sugar 7.1g fiber 30.0g protein  
20mg cholesterol.

Source: Foodnetwork.com



## September Themes

### National Food Safety Education Month



September is National Food Safety Education Month (FSEM). It's a great time to focus on key illness prevention steps, For a safe plate, don't cross-contaminate. An estimated 1 in 6 Americans get food-borne illness (food poisoning) every year, but you can help protect yourself and others from getting sick. Always follow four simple steps to prevent food poisoning: [Clean, Separate, Cook, and Chill](#). Other tips ;such as avoiding cross-contamination in your kitchen. Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods, like salads or food that is already cooked. These germs include [Campylobacter](#), [Salmonella](#), [Clostridium perfringens](#), and [E. coli](#). They can make people sick and even lead to hospitalization and death in serious cases. The key to avoiding cross-contamination is to keep raw meat, poultry, seafood, and eggs separate from foods that won't be cooked before you eat them (ready-to-eat foods) when grocery shopping and preparing food in the kitchen.



#### STEPS TO AVOID CROSS-CONTAMINATION

- Separate raw meat, chicken and other poultry, seafood, and eggs from other food in shopping cart.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.
- Do not wash raw chicken or turkey.
  - Use one cutting board or plate for

raw meat, poultry, and seafood and a separate cutting board or plate for produce, bread, and other foods that won't be cooked (ready-to-eat foods).

- If you only have one cutting board, cut produce, bread and other ready-to-eat foods first then wash cutting board with soap and hot water before cutting raw meat, poultry or seafood on it.
- Wash hands for at least 20 seconds with soap and water after touching raw meat, poultry, seafood, or eggs.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing raw meat, poultry, seafood, or eggs.
- If you marinate raw meat, poultry, or seafood and want to reuse that marinade on the food after it is cooked, bring marinade to a boil first.
- Keep cooked meat, poultry, seafood, and eggs on a separate plate from raw meat, poultry, seafood and eggs.

Help spread awareness, not germs. During Food Safety Education Month, follow along on social media to get and share tips about how to avoid cross-contamination. Look for hashtag #FSEM2022 on [@CDCgov Twitter](#), [@CDC NCEZID Twitter](#), [CDC .Facebook](#) , [CDCgov Instagram](#), and [@Foodsafetygov Twitter](#). Source: <https://www.cdc.gov/foodsafety/education-month.html>, FDA.com.





## September Recipes

### Sautéed Fava Bean with Green onion

#### Ingredients:

2 tablespoons extra virgin olive oil  
 3 cloves garlic sliced thinly  
 2 pounds fava beans in their pods shelled, blanched, and peeled (yields ~1 1/2 cups)  
 5 green onions chopped  
 1/4 teaspoon salt  
 1 tablespoon Dried Basil or two tablespoons fresh basil, chopped

#### Instructions:

In a large (12-inch) skillet, heat the olive oil and garlic over medium heat.

When the garlic is just beginning to brown, add the fava beans, green onions, and salt to the skillet. Sauté until the green onions are wilted and have lost their raw bite, about three minutes.

Nutrition information : Calories 361, Sugar 6g, Sodium, 204 mg, Fat 9 g, Carbs 27, Protein 18g , Cholesterol 0mg.

Source: Leftyspoon.com



### Kale & Chicken Soup

#### Ingredients:

1 tablespoon extra-virgin olive oil  
 1 1/2 cups chopped yellow onion  
 1 tablespoon minced garlic  
 1 (15 ounce) can no-salt-added great northern beans, rinsed  
 12 ounces boneless, skinless chicken breast or chicken tenders  
 2 medium Yukon Gold potatoes, peeled and diced (1/2-inch)  
 6 cups unsalted chicken broth  
 3 thyme sprigs  
 1 teaspoon kosher salt  
 1/2 teaspoon ground pepper  
 3 cups chopped kale or 1 10-ounce package frozen chopped kale  
 2 tablespoons lemon juice

#### Directions:

Heat oil in a large heavy pot over medium heat. Add onion; cook, stirring occasionally, until softened, about 5 minutes. Add garlic; cook, stirring constantly, until fragrant, about 1 minute. Add beans, chicken, potatoes, broth, thyme, salt and pepper. Bring to a boil over medium-high heat; reduce

heat to maintain a simmer.

Simmer, covered, until the potatoes are tender and an instant-read thermometer inserted in the thickest portion of the chicken registers 165 degrees F, about 18 minutes.

Transfer the chicken to a plate and, using 2 forks, shred it into bite-size pieces. Stir kale into the soup; cook over medium heat, stirring often, until the kale is wilted and tender, about 2 minutes. Remove from heat; stir in the shredded chicken and lemon juice. Remove the thyme sprigs before serving. Serve hot.

Nutrition Information: Calories 271, Fat 5g Carbs 30g, Protein 16 grams.

Source: Eatingwell.com



# Save The Dates! Upcoming Classes

Date	Class Description	Time	Cost
June 28	Nutrition, Health and Wellness: The MIND Diet for Brain and Mental Health & Wellness	11:30 am	Free
July 5	Nutrition, Health and Wellness: Summer Nutrition 101– How to Eat Seasonal Foods for Wellness	11:30 am	Free
July 12	Nutrition, Health & Wellness - The Mediterrane Diet– A Healthy & Sustainable Eating Plan	11:30 am	Free
August 9	Nutrition, Health and Wellness: Vegetarian & Plant Based - The Power Plate Eating Plan Webinar	11:30 am	Free
August 23	Food Safety - Capture the Flavor with Herbs and Spices Webinar	11:30 am	Free
Sep-tember 6	Nutrition Health & Wellness—Dash Plus—Eating for Hypertension Prevention and Management	11:30 am	Free



Register at  
[Agnr.umd.edu/  
events](https://Agnr.umd.edu/events)  
 or  
[www.jenniferdc.ev  
entbrite.com](http://www.jenniferdc.ev<br/>entbrite.com)

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 MARYLAND  
 EXTENSION



If you need a reasonable accommodation to participate in any event or activity, please contact your local University of Maryland Extension Office.

**Contact the Faculty Extension FCS/Nutrition Educator for more information**

**Jennifer Dixon Cravens, MS email: [jdixoncr@umd.edu](mailto:jdixoncr@umd.edu)**

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