



HEALTHY to a "T"

January 2018

Harvest of the Month

Arugula



FUN FACTS:

Arugula is tender leafy green in the mustard family.

The lobed green leaves are 3 or 4 inches long with an attached pale creamy green stem.

Both leaves and flowers are edible. Arugula is most commonly used as a salad green.

The leaves have a mild, radish-type zip that is sometimes compared to the flavor of horseradish.

Arugula is an important ingredient in the cuisines of Italy, Morocco, Portugal, France and Turkey.

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Make 2018 Your Best Year!

New Year's resolutions may sound cliché, but scientific research has found positive ties with individuals who write down and create an action plan for their goals and resolution success. Make sure you set yourself up for success, don't take the easy road by choosing goals that don't challenge or better you. Reach for goals to improve you or the community. Some examples to make 2018 your best year:

Set Positive Resolutions...Setting a resolution of 'eat an extra serving of vegetables daily' rather than 'never eat sweets again' will provide much more success and happiness without deprivation.

De-clutter Your Life...We have all heard the statement, less is more. Well, the statement does hold some truth. Less visual distractions and better organization help keep your mind clear. But take this one slow, reducing clutter can be a big change in your life.

Commit to Your Wellness and Health...Whether your goal is to increase the amount of physical activity or to quit a harmful habit like smoking, make sure the goal is challenging, attainable and specific. Vagueness will allow you too much 'wiggle room' which will limit your success before you commit to the goal.

Embrace Happiness...Challenge yourself to look for what is going right in your life every day. This positive habit will help you develop healthy thought patterns and look for the good in each day.

Make 2018 one of your best years and set a life-long resolution.

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HARVEST OF THE MONTH RECIPE—JANUARY

Arugula Salad

Yield: 4 servings

- 4 cups Arugula Baby Leaves
- 12 Cherry Tomatoes (cut in half)
- 1/4 cup Toasted Pine Nuts
- 2 Tbs Olive Oil
- 1 Tbs Rice Vinegar
- 1/4 cup Grated Parmesan Cheese
- 1 tsp Kosher Salt
- 1/2 tsp Ground Black Pepper
- 1 Avocado (peeled, pitted and sliced)

1. In a large plastic bowl with a lid, combine arugula, cherry tomatoes, toasted pine nuts, oil, vinegar and Parmesan cheese.
2. Season with salt and pepper.
3. Place lid on bowl and shake.
4. Divide salad onto plates. Top with the sliced avocado. ENJOY!

NUTRITION SNAPSHOT ~ 1 serving

235 calories, 19g total fat, 3g saturated fat, 5g protein, 0mg cholesterol, 9g carbohydrate, 482mg sodium, 1g sugar, 2g fiber

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