



Take 5 for your health

3 RECIPES. 5 HEALTH FACTS.
1 QUICK READ FOR YOUR COFFEE BREAK.

Turn your fave foods into soups

Hearty, filling and healthy, soup is the best way to lighten things up while still delivering the familiar flavors we gravitate toward in the cold weather. The delicious proof is in the **Lasagna Soup**, **Thai Takeout Soup** and **Burrito Soup** recipes in this issue of *Take 5*!

These soups riff on different comfort foods but have one thing in common: they feature whole grain pasta. Choosing whole grain pasta over the refined variety is not only a tastier choice, but healthier, too, delivering B vitamins, vitamin E, protein, fiber and myriad minerals.

With soup, a little pasta goes a long way, giving us the comfort food texture we love in a portion-controlled way—especially important for diabetics monitoring their sugar levels. In addition, whole grain pasta digests gradually, keeping blood sugar levels from plummeting and hunger pangs at bay. For other healthy approaches to balancing blood sugar, check out our *Take 5* health facts.



LASAGNA SOUP

SERVES 4

This dish is lasagna in soup form—but unlike lasagna, it comes together in a snap! If you'd rather skip the tortellini, try broken lasagna noodles (a great way to use up scraps) and top with ricotta cheese before serving.

- 1 Tbsp (15 mL) extra-virgin olive oil or unsalted butter
- 1 onion, diced
- 4 cups (1 L) low-sodium vegetable or chicken broth
- 1 - 28 oz (796 mL) can no-salt-added whole tomatoes, coarsely chopped or crushed with hands
- 12 oz (350 g) whole grain cheese tortellini
- 2 cups (500 mL) de-stemmed, thinly sliced kale
- 1 cup (250 mL) chopped fresh basil
- 1/2 tsp (2 mL) ground black pepper

In large pot, heat oil or butter over medium heat. Add onion and sauté until soft, about 8 minutes. Add broth and tomatoes and bring to a boil. Reduce to a simmer, cover and cook for 5 minutes. Stir in tortellini and return to a boil. Reduce to a simmer and cook, uncovered, for 10 minutes, stirring often. Just before serving, stir in kale, basil and black pepper; cook for another minute, or until kale is wilted. If too thick for your liking, thin with a splash of water. Ladle into bowls and serve hot.

EACH SERVING CONTAINS: 364 calories; 14 g protein; 10 g total fat (4 g sat. fat, 0 g trans fat); 56 g total carbohydrates (9 g sugars, 6 g fiber); 455 mg sodium



THAI TAKEOUT SOUP

SERVES 4

Create a heat alert in January with this spicy bowl. For a more filling meal, add your favorite protein to this soup when it's simmering. Chicken, tofu or chickpeas will all work well.

8 oz (225 g) whole wheat spaghetti or linguini
1 Tbsp (15 mL) extra-virgin olive oil
2 cups (500 mL) peeled, diced sweet potato
1 onion, sliced into half-rounds
1 red bell pepper, seeded and sliced
1 garlic clove, minced
2 Tbsp (30 mL) mild or hot red curry paste
1 tsp (5 mL) maple syrup
3 cups (750 mL) low-sodium vegetable or chicken broth
1 - 14 oz (398 mL) can light coconut milk
2 Tbsp (30 mL) lime juice, plus lime wedges for serving
1/2 cup (125 mL) chopped fresh cilantro
1/4 cup (60 mL) unsalted roasted peanuts, roughly chopped

Bring large pot of water to a boil. Cook pasta according to package directions. Drain and rinse with cold water. Divide noodles among 4 large, deep bowls.

In same large pot, heat oil over medium heat. Add sweet potato, onion, bell pepper and garlic. Sauté for 10 minutes, or until vegetables begin to soften (alternatively, you can roast the vegetables). Stir in curry paste and syrup. Slowly add broth, stirring constantly to incorporate the curry paste, followed by coconut milk. Bring to a boil, reduce to a simmer and cook, uncovered, for 5 to 10 minutes, or until sweet potatoes are soft.

Immediately before serving, stir in lime juice. Ladle soup onto noodles and garnish with cilantro and peanuts. Serve hot with lime wedges for seasoning.

EACH SERVING CONTAINS: 518 calories; 13 g protein; 22 g total fat (6 g sat. fat, 0 g trans fat); 72 g total carbohydrates (9 g sugars, 5 g fiber); 363 mg sodium

BURRITO SOUP

SERVES 5

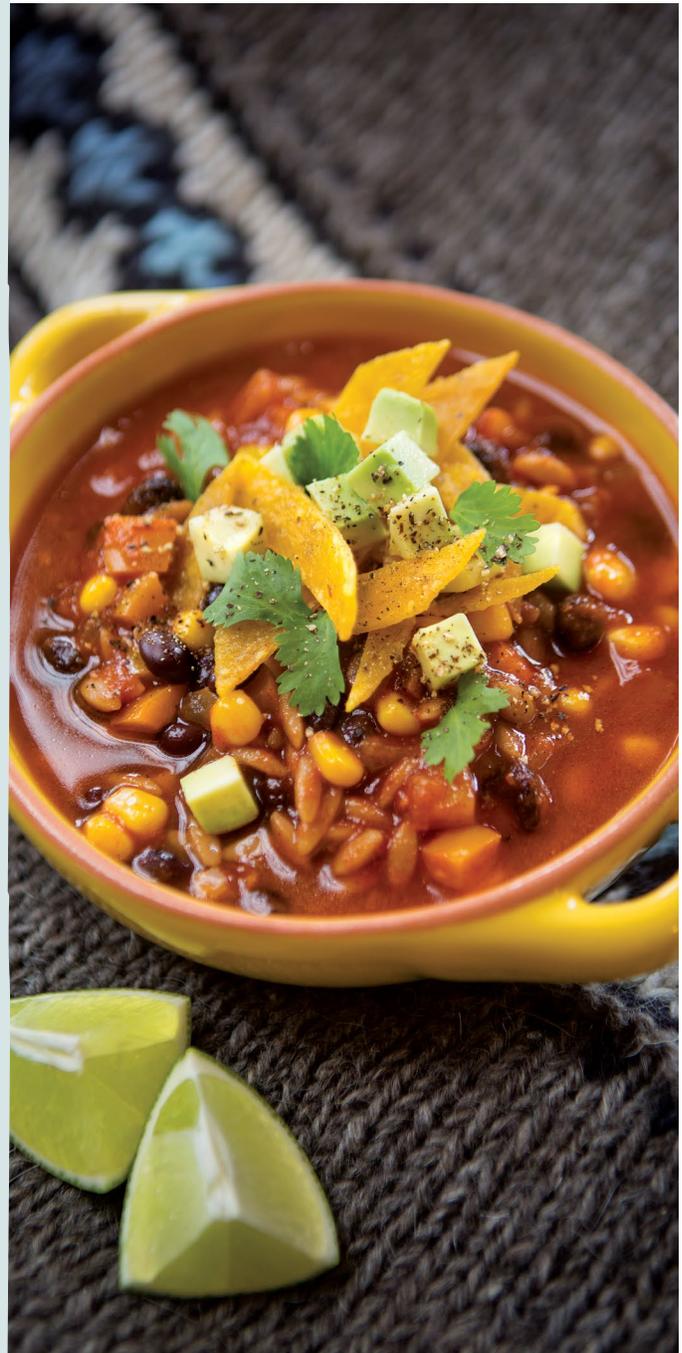
This soup has both corn and orzo, a rice-shaped pasta, for a stick-to-your-ribs meal that will transport you to Mexico at the first spoonful. Alternatively, you can use up the remains of a whole wheat spaghetti package in place of orzo. Just lightly crush the spaghetti to break it into bite-sized morsels.

- 2 Tbsp (30 mL) extra-virgin olive oil
- 3 - 6 in (15 cm) corn tortillas, cut into thin strips
- 1 onion, diced
- 2 red or orange bell peppers, seeded and diced
- 2 garlic cloves, minced
- 1 Tbsp (15 mL) chili powder
- 2 tsp (10 mL) ground cumin
- 4 cups (1 L) low-sodium vegetable or chicken broth
- 1 - 28 oz (796 mL) can no-salt-added crushed tomatoes
- 1/2 cup (125 mL) whole wheat orzo
- 2 cups (500 mL) cooked black beans, drained and rinsed if using canned
- 2 cups (500 mL) frozen corn kernels, defrosted
- 1/2 cup (125 mL) chopped fresh cilantro
- 1 avocado, diced
- 1 lime, cut into wedges

In large pot, heat oil over medium-high heat. Add half the tortilla strips and sauté until they begin to lightly brown, about 1 to 2 minutes. Transfer to plate using slotted spoon. Repeat with remaining half of tortilla strips.

In same large pot over medium heat, add onion, bell peppers, garlic, chili powder and cumin. Sauté for 5 to 10 minutes, or until vegetables begin to soften, adding a splash of water if pot begins to dry out. Stir in broth, tomatoes and orzo and bring to a boil. Reduce to a simmer and cover. Cook, stirring often, for 10 minutes, or until orzo is cooked through. Stir in black beans and corn; cook until heated through, about 3 to 5 minutes. Ladle into bowls and garnish with reserved tortilla strips, cilantro and avocado. Serve hot with lime wedges on the side.

EACH SERVING CONTAINS: 447 calories; 15 g protein; 14 g total fat (2 g sat. fat, 0 g trans fat); 73 g total carbohydrates (6 g sugars, 18 g fiber); 340 mg sodium





1 YEAR

on a low-fat vegan diet paired with exercise and stress reduction was associated with a 4 percent decrease in prostate-specific antigen (PSA) levels in a group of men with prostate cancer, according to one study. PSA levels, which can be used to track prostate cancer growth, increased by 6 percent in a control group of men who also had prostate cancer. Other research has shown tomatoes, soy and cruciferous vegetables may have a protective effect against prostate cancer.

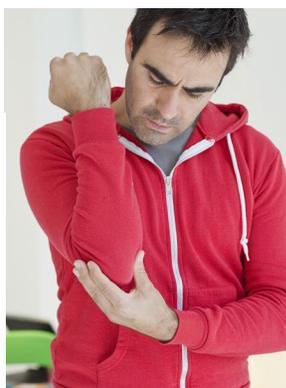


14- TO 18-YEAR-OLDS

are the demographic most likely to have inadequate intake of vitamins and minerals, with teenaged girls generally having lower nutrient intake than teenaged boys. More than 40 percent of American adults get less vitamin A, C, D and E, calcium and magnesium than what they need (based on the average requirements for their demographic). To learn how to tackle and prevent common nutrient deficiencies, read "Are You Getting Enough?" in alive@work online.

40 YEARS OLD

People over this age are more likely to get tendinitis than younger people are. Why? Our tendons tolerate less stress and are less elastic as we get older. Repetitive, subtle stresses on tendons are the main cause of tendinitis, so activities like raking, golfing and tennis can lead to the condition. Limiting repetitions and stopping an activity if you feel pain can help you avoid tendinitis.



68 to 91 mcg

of selenium are contained in just one Brazil nut. Selenium is a trace mineral that we need in our diets, but the recommended daily allowance is 55 mcg for most adults, and the tolerable upper intake level is 400 mcg for the average adult, according to the National Institutes of Health. So eat these selenium powerhouses only in moderation!



58%

Regular physical activity plus modest weight loss can lower type 2 diabetes risk by up to this much, according to studies of people at a high risk of developing the disease. For ways to thrive with diabetes, read "Diabetes: Your Cold Weather Game Plan" in alive@work online.

