

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

APRIL 2018



Tip!

Transform leftover chickpea salad into a grain-free taco by adding it to the center of a romaine lettuce leaf. Or scoop on top of cucumber rounds for a quick snack or appetizer.

SMASHED CHICKPEA SALAD IN AVOCADO BOATS

SERVES 4

This classic retro appetizer skips the shellfish, getting a makeover with chickpeas instead. The healthy monounsaturated fats in the avocado not only taste rich and luxurious, but also work to promote cardiovascular health.

1 1/2 cups (350 mL) cooked chickpeas, drained and rinsed if using canned
1/4 cup (60 mL) finely chopped dill pickles
1/4 cup (60 mL) finely diced red onion
2 Tbsp (30 mL) mayonnaise
1 Tbsp (15 mL) lemon juice
1 Tbsp (15 mL) chopped fresh dill
1/4 tsp (1 mL) ground black pepper
2 avocados, chilled, halved, pits removed

In large bowl, smash chickpeas with fork or potato masher until mixture holds together, leaving some texture. Stir in remaining ingredients except avocado. Place avocado halves, cut side up, on serving plates, and mound chickpea salad mixture on top (there will likely be leftovers). Serve immediately.

EACH SERVING CONTAINS: 317 calories; 8 g protein; 22 g total fat (3 g sat. fat, 0 g trans fat); 27 g total carbohydrates (4 g sugars, 12 g fiber); 129 mg sodium

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Tip!

This dish is served raw, but it can be made into a warm side dish by sautéing the minced romanesco with olive oil until heated through. Stir in remaining ingredients off the heat.

GRAIN-FREE ROMANESCO “RICE” WITH CILANTRO AND LIME

SERVES 4

If you’re getting a little tired of plain old rice as a side, you’ll love this twist. Invite verdant romanesco—a spiky, broccoli-like cruciferous vegetable—into your kitchen to stand in for rice tonight. (Cauliflower also works beautifully!)

- 1 head romanesco or cauliflower, cored and roughly chopped
- 1 cup (250 mL) chopped fresh cilantro
- 1 Tbsp (15 mL) finely chopped jalapeño pepper
- 1 Tbsp (15 mL) extra-virgin olive oil
- 1 Tbsp (15 mL) lime juice
- 1/4 tsp (1 mL) salt

In food processor, pulse romanesco or cauliflower until the size of rice (this may need to be done in two batches, depending on the size of your food processor). Transfer to large bowl and stir in remaining ingredients. Serve.

EACH SERVING CONTAINS: 85 calories; 4 g protein; 4 g total fat (0 g sat. fat, 0 g trans fat); 12 g total carbohydrates (5 g sugars, 5 g fiber); 210 mg sodium

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ORANGE ROASTED TURKEY BREAST WITH OLIVE-HERB RELISH

SERVES 8

Surprise! Turkey isn't just for the holiday season anymore. High in protein and low in fat, it makes an excellent addition to your dinner rotation, be it for a special occasion or for the everyday.

1 - 5 lb (2.25 kg) bone-in turkey breast, skin removed
1 Tbsp (15 mL) extra-virgin olive oil
Zest of 1 orange
1/4 tsp (1 mL) ground black pepper
1 orange (from zested orange), sliced into wedges

OLIVE-HERB RELISH

1 cup (250 mL) pitted, finely chopped Kalamata olives
1 cup (250 mL) sliced fresh basil
1 garlic clove, minced
1 Tbsp (15 mL) red wine vinegar

Preheat oven to 375 F (190 C).

Place turkey breast flesh side up on roasting tray. Rub with olive oil, orange zest and pepper. Arrange orange wedges around turkey. Roast for 1 to 1 1/2 hours, until juices run clear when pierced with knife and thermometer inserted in thickest part of the meat registers 170 F (77 C). Cover with parchment and set aside to rest for 15 minutes before carving.

While turkey is resting, mix all relish ingredients together in medium bowl. Carve and plate turkey with roasted orange wedges, and serve with relish on top or on the side.

EACH SERVING CONTAINS: 128 calories; 18 g protein; 4 g total fat (1 g sat. fat, 0 g trans fat); 5 g total carbohydrates (0 g sugars, 2 g fiber); 179 mg sodium

alive@work

HEALTHY LEARNING AT WORK

*Take 5
for your health*

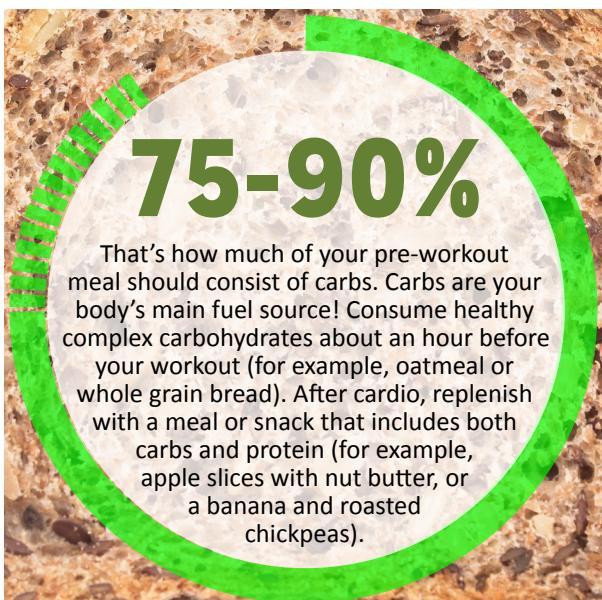
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85 percent

of food allergies in children involve cow milk, eggs, fish, peanuts, shellfish, soy or wheat. Four to 7 percent of preschool-aged children experience immunoglobulin E (IgE)-mediated food allergies (which trigger an immune response). That figure declines to 1 to 2 percent in adults.



That's how much of your pre-workout meal should consist of carbs. Carbs are your body's main fuel source! Consume healthy complex carbohydrates about an hour before your workout (for example, oatmeal or whole grain bread). After cardio, replenish with a meal or snack that includes both carbs and protein (for example, apple slices with nut butter, or a banana and roasted chickpeas).



of brisk walking for five days a week has been shown to reduce the risk of catching a cold by one-third. A meta-analysis found that that, when exercise groups were compared with control groups, the exercise groups spent approximately 3.5 fewer days sick with a cold.