



CHUNKY ICED GAZPACHO

SERVES 8

This delicious soup is perfect for serving in shot glasses at a summer party. It's also a winner for those warm days spent outdoors. Pack it into individual Mason jars and partially freeze, then tuck the jars into your picnic basket.

2 cups (500 mL) seeded and finely diced tomatoes
1/2 cup (125 mL) finely diced yellow pepper
1 cup (250 mL) finely diced, unpeeled English cucumber
1/2 cup (125 mL) finely chopped red onion
1 cup (250 mL) low-sodium vegetable stock
1/4 cup (60 mL) olive oil
Juice of 1/2 lemon
2 Tbsp (30 mL) balsamic vinegar
1/4 cup (60 mL) minced parsley
1 Tbsp (15 mL) minced fresh oregano, or 1 tsp (5 mL) dried oregano
2 Tbsp (30 mL) Worcestershire sauce
Black pepper
2 large garlic cloves, peeled
Pinch of salt
5 1/4 cups (1.3 L) tomato juice
Tabasco sauce, to taste

Combine diced vegetables in large bowl or container with tight-fitting lid large enough to hold 12 cups (3 L).

Add vegetable stock, oil, lemon juice, vinegar, parsley, oregano and Worcestershire sauce. Gently stir to blend, and add black pepper to taste. Set aside.

Place garlic in small bowl and sprinkle with a little salt. Mash with fork until pasty.

Stir tomato juice and garlic into vegetable mixture. Add Tabasco sauce to taste. Cover and refrigerate for at least 4 hours for flavors to blend. Gazpacho flavors heighten when refrigerated overnight.

EACH SERVING CONTAINS: 112 calories; 2 g protein; 7 g total fat; (1 g sat. fat, 0 g trans fat); 13 g total carbohydrates (8 g sugars, 3 g fiber); 500 mg sodium



COOL CANTALOUPE GINGER SOUP

SERVES 6

This delicious summer soup is both satisfying and pretty to look at. When served with crisp fruit and nut crackers, it's a lovely start to a light lunch.

1 large ripe cantaloupe, peeled, seeded and cut into cubes, about 4 to 5 cups (1 L to 1.25 L)
2 Tbsp (30 mL) slivered crystallized ginger
1 Tbsp (15 mL) lemon juice
2 tsp (10 mL) orange zest
1 tsp (5 mL) peeled, finely grated fresh ginger
1 tsp (5 mL) maple syrup or honey
1 cup (250 mL) pulp-free orange juice
1/2 tsp (2 mL) cinnamon
Pinch of salt
1/3 cup (80 mL) plain yogurt
Fresh mint sprigs

Place cubed cantaloupe in blender or food processor. Add remaining ingredients, except yogurt and mint. Puree until smooth, adding more orange juice if too thick. Chill until ready to serve, about 3 to 4 hours.

To serve, place in small bowls and swirl a spoonful of yogurt into each serving. Garnish each serving with a sprig of mint.

EACH SERVING CONTAINS: 91 calories; 3 g protein; 0 g total fat (0 g sat. fat, 0 g trans fat); 21 g total carbohydrates (14 g sugars, 1 g fiber); 64 mg sodium



CREAMY MINTED PEA SOUP

SERVES 8

This lovely pea soup is delicious on a hot summer evening. And, should the nighttime temperature take a sudden dive, this soup can also be served warm.

1 Tbsp (15 mL) unsalted butter
2 large shallots, peeled and diced
1 garlic clove, peeled and minced
4 cups (1 L) low-sodium chicken stock
6 cups (1.5 L) frozen peas, thawed
1 tsp (5 mL) peeled, grated fresh ginger
1/4 cup (60 mL) lightly packed parsley
1/4 cup (60 mL) lightly packed mint leaves
1 to 2 tsp (5 to 10 mL) fresh lemon juice
Salt and pepper, to taste
1/4 cup (60 mL) sour cream

Melt butter in medium-sized saucepan over medium heat. Add shallots and sauté just until soft. Stir in garlic and sauté for another minute. Be careful not to let shallots and garlic brown.

Stir in chicken stock and bring to a gentle boil. Remove from heat and stir in peas and grated ginger. Do not cook peas or they will lose their bright green color.

Stir in herbs. Whirl in blender or use hand-held immersion blender and puree until soup is very smooth. Add a little water if soup is too thick. Add lemon juice, plus salt and pepper to taste, and strain if you wish. Refrigerate until chilled, about 2 hours.

To serve, place in small bowls and garnish with a dollop of sour cream.

EACH SERVING CONTAINS: 164 calories; 9 g protein; 6 g total fat (3 g sat. fat, 0 g trans fat); 20 g total carbohydrates (7 g sugars, 5 g fiber); 293 mg sodium



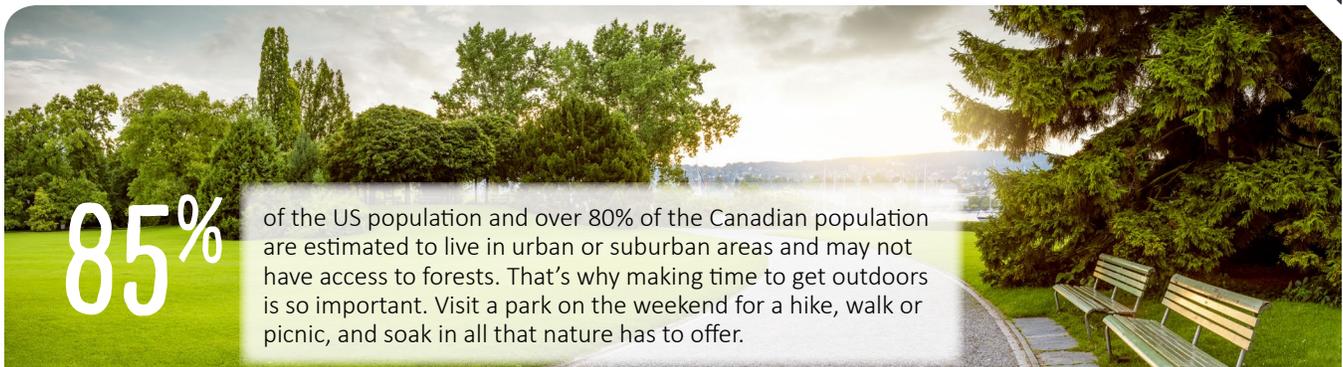
30 minutes

of cycling was completed by participants in a recent study. Half the exercise was done in an outdoor setting and half was done indoors. While cycling outdoors, the participants engaged in more social interactions. Their mental focus was also improved after cycling outdoors (versus indoors). Why not try moving your workout outdoors and see how you feel? No need to be a cyclist—even a brisk walk or park bench workout can have beneficial effects.



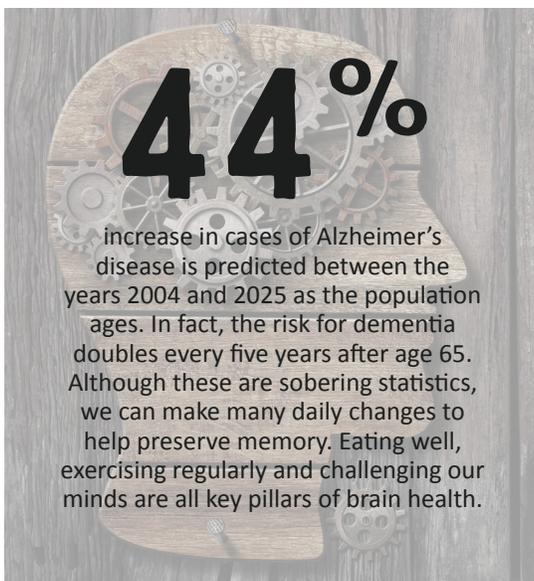
1 IN 4

workers report feeling highly stressed on a daily basis. Thankfully, there are many simple ways to help lower our stress levels at work. Take a quick break for a healthy snack, utilize deep breathing techniques and get away from your desk to eat with others at lunch. Bonus points if you eat outside!



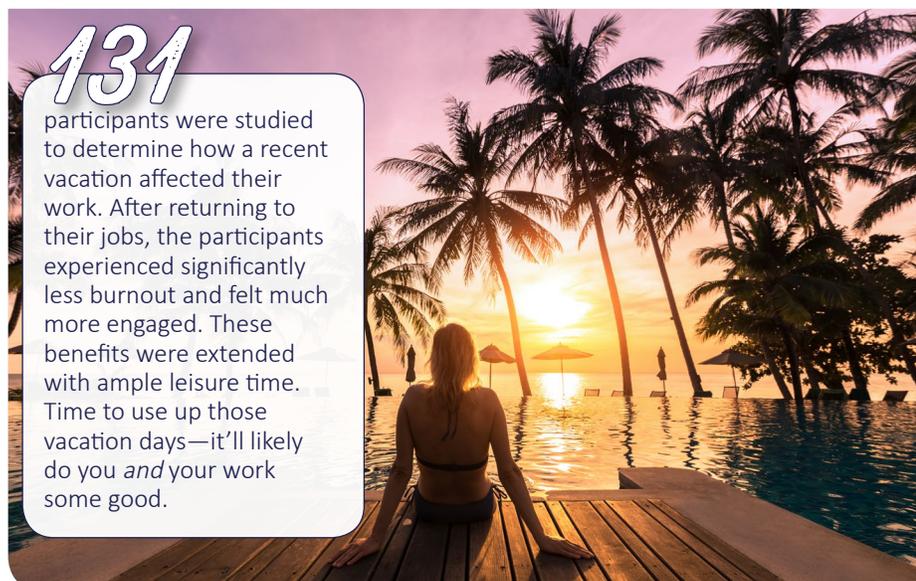
85%

of the US population and over 80% of the Canadian population are estimated to live in urban or suburban areas and may not have access to forests. That's why making time to get outdoors is so important. Visit a park on the weekend for a hike, walk or picnic, and soak in all that nature has to offer.



44%

increase in cases of Alzheimer's disease is predicted between the years 2004 and 2025 as the population ages. In fact, the risk for dementia doubles every five years after age 65. Although these are sobering statistics, we can make many daily changes to help preserve memory. Eating well, exercising regularly and challenging our minds are all key pillars of brain health.



131

participants were studied to determine how a recent vacation affected their work. After returning to their jobs, the participants experienced significantly less burnout and felt much more engaged. These benefits were extended with ample leisure time. Time to use up those vacation days—it'll likely do you *and* your work some good.