



## CURRY TOFU LETTUCE CUPS

### SERVES 4

Naturally “cuppy” lettuce like Bibb, Boston and butter varieties are natural holders for a rich, spiced filling. Here, ground tofu stands in for traditional chicken or beef, creating a lighter, brighter plant-based dish.

- 1 Tbsp (15 mL) coconut oil
- 1 - 12 oz (350 g) package extra-firm tofu, finely crumbled
- 2 Tbsp (30 mL) Thai green curry paste
- 1 tsp (5 mL) low-sodium soy sauce
- 1/3 cup (80 mL) finely chopped fresh cilantro, plus more to garnish
- 1 Tbsp (15 mL) lime juice, plus more for serving
- 1 ripe mango, peeled, cored and cut into matchsticks
- 1 cucumber, peeled, seeded and diced
- 1/2 cup (125 mL) fresh or frozen defrosted peas
- 1 head butter, Bibb or Boston lettuce, leaves separated

In large, high-sided skillet, heat oil over medium. Add tofu and cook until beginning to brown, about 8 to 10 minutes. Stir in green curry paste (if green curry paste is very thick, thin with a splash of water to incorporate more easily) and soy sauce. Cook tofu with curry paste for 1 to 2 minutes, until fragrant. Remove from heat and stir in cilantro and lime juice.

To serve, add tofu mixture (warm or chilled), mango, cucumber, peas and more cilantro to lettuce cups and season with an additional squeeze of lime juice.

**EACH SERVING CONTAINS:** 219 calories; 12 g protein; 12 g total fat (4 g sat. fat, 0 g trans fat); 19 g total carbohydrates (11 g sugars, 4 g fiber); 313 mg sodium



## RADICCHIO WEDGE SALAD

### SERVES 4

Wedge salads have come and gone, but we're bringing them back in style, this time with a contemporary, colorful twist. Instead of cloying blue cheese dressing, a gently sweet honey mustard dressing revs up boats of radicchio. A walnut crumble adds crunch (instead of croutons and bacon bits!).

1/2 cup (125 mL) walnut pieces  
1/4 cup (60 mL) sesame seeds  
1 Tbsp (15 mL) whole coriander seeds  
1/4 tsp (1 mL) ground black pepper  
1/2 cup (125 mL) plain yogurt  
2 Tbsp (30 mL) lemon juice  
2 Tbsp (30 mL) tahini  
1 Tbsp (15 mL) Dijon mustard  
1 Tbsp (15 mL) honey  
1/4 tsp (1 mL) salt  
2 heads radicchio, quartered

For crumble, in mortar and pestle or food processor, crush or pulse walnuts, sesame, coriander and pepper to a medium-fine grind (leave some texture). Add mixture to dry skillet and toast over medium heat, stirring almost constantly, for 4 to 6 minutes, until fragrant and medium-brown in color. Use immediately, or cool and store in airtight container in refrigerator for up to 3 months. Make in advance for busy weeknight dinners.

For dressing, in medium bowl, whisk together yogurt, lemon juice, tahini, mustard, honey and salt.

To serve, add 2 radicchio wedges to each serving plate, drizzle dressing on top and sprinkle with crumble.

**EACH SERVING CONTAINS:** 245 calories; 7 g protein; 19 g total fat (3 g sat. fat, 0 g trans fat); 15 g total carbohydrates (7 g sugars, 4 g fiber); 269 mg sodium



## SHREDDED CALIFORNIA CHICKEN AND BLUEBERRY SALAD

### SERVES 4

Influenced by Southern California's Orange County, which sees near-perfect grilling weather year-round, this meal is a heartier lettuce-based option for summertime lunches and dinners.

Tender marinated chicken, plump blueberries, romaine, simple homemade croutons and a light vinaigrette combine to create a toss that will please any appetite.

### **SALAD**

2 boneless, skinless chicken breasts

1/2 cup (125 mL) plain yogurt

1 Tbsp (15 mL) lemon juice

1/4 tsp (1 mL) salt

2 slices whole wheat bread

1 head romaine, small leaves removed, large leaves shredded

1 cup (250 mL) fresh blueberries

### **ORANGE VINAIGRETTE**

1/4 cup (60 mL) olive oil, plus more for the grill

3 Tbsp (45 mL) freshly squeezed orange juice

1 Tbsp (15 mL) apple cider vinegar

1 Tbsp (15 mL) Dijon mustard

1/2 garlic clove, grated

1/8 tsp (0.5 mL) ground black pepper

Add chicken to large nonreactive bowl. Mix in yogurt, lemon juice and salt. Cover and marinate in refrigerator for at least 1 hour or up to 1 day. (Have this ready for when you get home from work!)

Preheat grill or grill pan to medium. Lightly brush grill with oil. Grill chicken, leaving marinade intact on flesh, for about 6 minutes per side, or until completely cooked through. Transfer to plate, cover and rest for 10 minutes. Meanwhile, toast bread on hot grill until crisp; reserve.

In small bowl, whisk together all vinaigrette ingredients until emulsified.

Shred chicken and tear bread into bite-sized pieces and add to large serving bowl along with lettuce and blueberries. Toss with vinaigrette. Serve.

**EACH SERVING CONTAINS:** 362 calories; 32 g protein; 17 g total fat (3 g sat. fat, 0 g trans fat); 20 g total carbohydrates (9 g sugars, 5 g fiber); 406 mg sodium



# 41%

is how much higher the overall mortality rate is for US men compared to women. In general, men are less healthy than women, die younger and see the doctor less often. Men, it's time to take control of your health! Simple steps like eating well, exercising regularly, reducing stress and seeking medical care can all add years to your life—and life to your years.

# 10 to 20%

lower rates in likely depression, absence and productivity loss were measured in workers who scored high in resilience in a recent study. Resilience was also shown to reduce stress and the risk of burnout and sleep problems. Resilience is paramount for overcoming obstacles and stressful situations, like the ones that we encounter at work. Thankfully, we can work to improve our resilience.



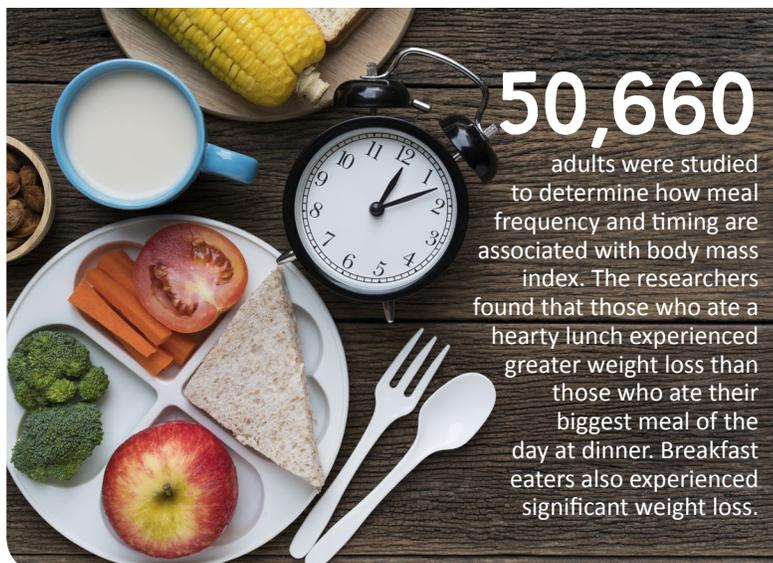
# 46%

of prediabetic study participants were no longer considered prediabetic after 16 weeks of regular high intensity interval training (HIIT) workouts. This type of exercise has also been championed for its positive effects on heart health and muscle tone. Better yet, workouts can be as short as four minutes, so it's easy to fit HIIT into your busy workday.



# 20

studies were compiled by researchers to determine the effect of spending time in forests on participants' blood pressure. The recent meta-analysis concluded that "forest bathing" (or what the Japanese call *Shinrin-yoku*) significantly reduced both systolic and diastolic blood pressure. Why not take some time to enjoy the great outdoors this weekend? Your heart will thank you!



# 50,660

adults were studied to determine how meal frequency and timing are associated with body mass index. The researchers found that those who ate a hearty lunch experienced greater weight loss than those who ate their biggest meal of the day at dinner. Breakfast eaters also experienced significant weight loss.