

WEDNESDAY WELLNESS

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Summer Selections

Fond memories of summertime meals are of my grandmother, who would make giant BLT sandwiches, sweet corn on the cob and the best pitchers of iced tea I've ever tasted.

Summer is for lazy afternoons and cool, no cook meals served outside. Huge bowls of salads filled with sun kissed vegetables picked not too long ago—If you're buying from a farm stand, an open market or the best: picked from your own garden!
Do away with heavy foods like pasta or potatoes and fill your table with light, fresh and filling salads. Not a great fan of lettuce?
Not to worry, lettuce doesn't have to be the star! Use fresh spinach steamed green beans or chunked zucchini instead.
Add at least 5 –6 different colored veggies to fill in such as : red or yellow peppers, red onions or yellow squash.

Black beans, cooked lentils, or garbanzo beans give added fiber, and a ton of protein.

Green peas, pea pods, shredded carrots, fresh corn, artichokes, avocado and olives are great additions to any combination you design. Once your creation is complete, don't fatten it up with heavy bottled dressings.

Keep it light but tasty using heart healthy olive oil, fresh lemon juice, herbs and seasonings. For added flavor try one of the many flavored vinegars on the market.

Chunked chicken, thin slices of roast beef or cold salmon can also be added to top it off with taste and protein.

Get to Eastern Market or a farmers market near you for all your ingredients to make a summer supper. Serve with good company, on the back porch and make a memory! For a **Tasty Way To Stay Well!**

Move it, Move it!

NOW YOU KNOW

Sometime back in the 1500's daily life had challenges like houses without roofs or indoor plumbing.

Bread was always a staple, but in those days it was hard to come by for many.

However, manners still ruled!

Bread was divided up according to status.

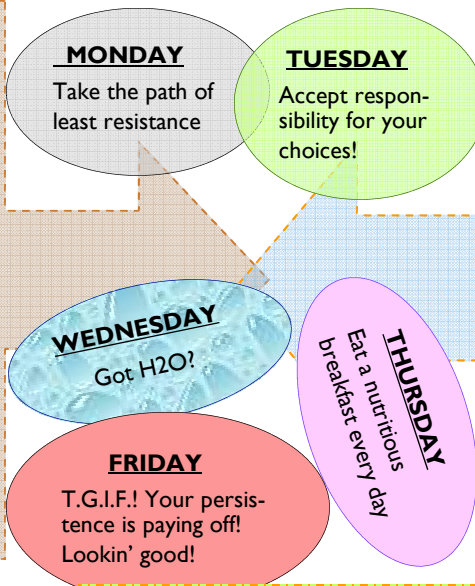
If you worked, you got the burnt bottom of the loaf, the family members got the middle and guests got the top, or the upper crust. That's where the phrase

"members of the upper crust" originated!

Source: Body, Mind, Spirit guide



CHALLENGE OF THE WEEK



Created by Pam Thomas

FITNESS TIP

Too hot to play outside?
No need to stay inactive in front of the tube! Take the family out for any number of activities you can do together and still get in some activity. Not a pool or beach person? Try any of these ideas:

Bowling: the whole family can hit the lanes, move it, and enjoy the A.C.!

Billiards: another way the kids can be included while you make like Cool Hand Luke in the A.C.!

Visit a Museum or Science Center: when was the last time you roamed the Henry Ford or the DIA?

Detroit's own science center, Cranbrook, or 'A squared' hands on museum, are great ways to **MOVE IT!** while getting in some culture!

WEEKLY QUOTE

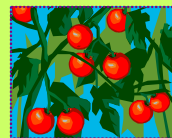
"Progress is impossible without change, and those who cannot change their minds, cannot change anything."

~ George Bernard Shaw

RECIPE OF THE WEEK

Avocado Corn Salsa

- 1 medium avocado diced
- 3/4 c frozen corn, thawed
- 1/2 c quartered grape tomatoes
- 1 tbs chopped fresh cilantro
- 1/4 tsp kosher salt
- Toss all ingredients together.



Calories: 101
Carbs: 11G
Fat: 7G
Fiber: 4G
Protein: 2G

Serves 4

Source: Eating Well Magazine