

OCTOBER NEWSLETTER



Food Box Newsletter

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Which Is Worse?

Experts Choose the Lesser of 5 Pairs of Health Evils



BETTER; NOT PERFECT

If achieving health was nothing more than following a fail-proof prescription, we'd always fill half our plates with vegetable, sleep soundly for at least eight hours a night, and engage in at least 150 minutes of moderate aerobic activity each week. But we live in the real world, where vegetables rot, babies scream at night, ankles sprain, and calendars get overbooked. So how can you make the best choice for your health when faced with two not-so-good choices? US News asked health experts to weigh in on some such dilemmas:

1) Eat a candy bar for breakfast or skip the meal?

This one is easy says a registered dietitian and exercise physiologist in Red Bank, New Jersey: "Eat the candy bar," she says. Ideally one like Snickers that's not all that different nutritionally from other "bars" marketed as healthy. We need calories to start our brain and body. While some research questions breakfast's importance, not links breakfast with better health, including a reduced likelihood of obesity and Type 2 diabetes. More recent research suggest that eating carbs at breakfast might help minimize blood sugar spikes after lunch and dinner.

2) Get an hour less sleep or skip your workout?

If you don't make tomorrow's 7 A. M. workout, you won't have time to exercise at all. But missing that hour of sleep is also a health sacrifice. What to do? Sleep in say a psychologist and director of sleep and health research program at the University of Arizona College of Medicine. One day of sleep loss or one exercise session won't have a lasting impact on health, but a night of good sleep is probably healthier than one bout of exercise.

3) Exercise sore or not at all?

Yesterday, you felt strong, but today you hurt. Do you power through your soreness or take the day off? Work out, but adjust for soreness as needed. For example, extend your warmup or give yourself longer rests during the routine itself. That said, if you're seriously sore or aren't experienced at properly dialing back your workout, time off may be in order. A few days of rest is better than a few days or months with limited use due to an injury.

4) Drink soda or stay dehydrated?

Whoever was in charge of bringing the cooler to the picnic didn't get the memo that soda is out and water is in. Do you wash down your sandwich and cool off after a Frisbee game with the sugary stuff, or ignore your thirst until you can get your hands on water? Using soda to occasionally replenish fluids is better than dehydration. At the end of the day, small amounts of soda won't kill you, just don't make it your sole source of fluid intake.

5) Go to bed right after screen time or delay sleep?

You've heard it before, and you'll hear it again: Power down electronics before bed to prepare your body to sleep quickly and soundly. But if you must be tied to your laptop in bed, do you keep yourself awake to wind down, or just power off and hope for the sandman? Choose sleep. The main reasons that screens keep you up are that the light from them suppresses melatonin and that the mental engagement is distracting and keeps you up later. Provided you can put the screen down, it is unlikely that the dose of light will delay your natural bedtime by a full hour.



Crock Pot Mexican Chicken



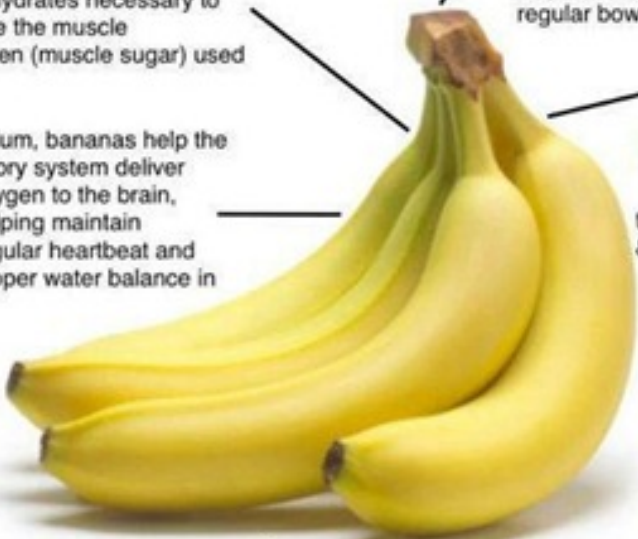
INGREDIENTS


- 1 cup **chicken broth**
- 6 **boneless skinless chicken breast halves**
- ¼ cup **taco seasoning**
- 1 (28 ounce) can **diced tomatoes**
- 1 (4 ounce) can **diced green chilies**
- 1 (14 1/2 ounce) can **black beans**, rinsed and drained
- 1 (14 1/2 ounce) can **corn**, drained


DIRECTIONS


Mix all ingredients together and submerge frozen chicken breasts into mixture. Place Crock Pot on High and cook for 5 hours. Take chicken out and shred. Place back into Crock Pot and turn the Crock Pot off. The flavors will adhere to the chicken and make this moist and tender.


AMAZING BENEFITS OF BANANAS





Energy

Bananas supply proper carbohydrates necessary to replace the muscle glycogen (muscle sugar) used


Potassium
High in potassium, bananas help the body's circulatory system deliver oxygen to the brain, helping maintain regular heartbeat and proper water balance in


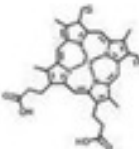
Bowel Health
Bananas are high in soluble fiber which helps stop constipation and helps to restore and maintain regular bowel function


Increase happiness

Bananas release a mood regulating substance called tryptophan which is converted to serotonin in the brain and thus elevates mood & makes us happier!

Help Smokers Quit
Bananas contain B vitamins and other minerals that lessen the effects of nicotine withdrawal both physically and psychologically


PMS
Bananas contain vitamin B6. This vitamin regulates blood glucose levels and helps us in times of stress and helps to suppress cranky moods


Brain Power
Potassium-packed fruit helps learning because it makes the pupils more alert. Students find that they have more brain power and do better on exams when they eat bananas at breakfast and lunch.


Iron
Bananas are rich in iron too, and can help individuals with anemia. Iron rich foods, such as bananas help stimulate production of hemoglobin in the blood and


Homemade Salted Caramel Sauce

Yield: 1 cup

Prep Time: 10 minutes

Total Time: 10 minutes, plus cooling

Follow these easy instructions to create sweet salted caramel sauce at home. Perfect for cakes, cupcakes, cookies, ice cream, cheesecake, sweet breads and more!

Ingredients:

- 1 cup (200g) granulated sugar
- 6 Tablespoons (90g) salted butter, room temperature cut up into 6 pieces¹
- 1/2 cup (120ml) heavy cream²
- 1 teaspoon salt

Directions:

1. Heat granulated sugar in a medium saucepan over medium heat, stirring constantly with a high heat resistant rubber spatula or wooden spoon.
2. Sugar will form clumps and eventually melt into a thick brown, amber-colored liquid as you continue to stir. Be careful not to burn.
3. Once sugar is completely melted, immediately add the butter. Be careful in this step because the caramel will bubble rapidly when the butter is added.
4. Stir the butter into the caramel until it is completely melted, about 2-3 minutes. A whisk helps if you find the butter is separating from the sugar.
5. Very slowly, drizzle in 1/2 cup of heavy cream while stirring. Since the heavy cream is colder than the caramel, the mixture will rapidly bubble and/or splatter when added.
6. Allow the mixture to boil for 1 minute. It will rise in the pan as it boils.
7. Remove from heat and stir in 1 teaspoon of salt. Allow to cool down before using.
8. **Make ahead tip:** You can make this caramel in advance. Make sure it is covered tightly and store it for up to 2 weeks in the refrigerator. Warm the caramel up for a few seconds before using in a recipe. This caramel is OK at room temperature for a day if you're traveling or gifting it.

Recipe Notes:

1. Unsalted butter may be used instead, though I prefer salted. No other changes need to be made to the recipe if using unsalted.
2. Heavy cream (approximately 36% milk fat) may also be sold as whipping cream. Light whipping cream (30% milk fat), or double cream (48% milk fat) may be substituted. Do not use milk. Room temperature cream is best.

Avoid doubling or tripling this recipe. The added volume could prevent the sugar from melting evenly and properly. Make a couple batches instead.

HEALTH BENEFITS OF DRINKING LEMON WATER

Lemon is a natural energizer; it hydrates and oxygenates the body so it feels revitalized and refreshed!

- Boosts your immune system
- Balances pH
- Flush out unwanted materials
- Decrease wrinkles and blemishes
- Relieve tooth pain
- Relieves respiratory problems
- Cures Throat Infections
- Excellent for Weight Loss
- Reduces Fever
- Blood purifier



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New Mexico Green Chile with Ground Beef

Ingredients

- 1 lb. Ground Beef (less than 80% lean)
- 1 Cup Tomato (chopped)
- 1 Cup Onion (chopped)
- 2 Cups X-Hot New Mexico Green Chile (roasted, peeled, seeded, and chopped)
- 2 Tbsp Flour
- 1 Tbsp Salt
- 1 Tbsp Ground Black Pepper
- 1/2 Teaspoon Beef Bullion
- 1 Cup Water

Instructions

1. Heat skillet on a Medium temperature.
2. Add ground beef to pan, and add 1/2 tablespoon of salt and a 1/2 tablespoon of pepper
3. Add tomatoes, onion, flour, water, and beef bullion and simmer until onion becomes translucent.
4. Add chile, an additional 1/2 tablespoon salt, and 1/2 tablespoon pepper, and simmer for 5 minutes. Serve immediately!
5. Enjoy!

****I use canned green chiles when fresh are not available.

CARAMEL APPLE BREAD



Ingredients

- 1 cup smooth unsweetened applesauce
- 1/2 cup granulated sugar
- 1/2 cup packed light brown sugar
- 2 large eggs
- 1/4 cup canola or vegetable oil
- 1 teaspoon vanilla extract
- 2 cups flour
- **Caramel Glaze:**
- 1/2 cup butter
- 1/2 cup brown sugar
- 1 TBSP milk
- 2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 cup peeled, cored, and finely diced apple (1 apple)

Instructions:

1. Spray a 9- by 5-inch loaf pan with non-stick spray, then set it aside. Preheat the oven to 350°.
2. Combine the applesauce, sugar, brown sugar, eggs, oil, and vanilla extract in a large bowl. Whisk well to blend.
3. Add in the flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Stir just enough to combine; do not over mix. Fold in the apples.
4. Transfer the batter into the prepared pan.
5. Bake on the center oven rack until a toothpick inserted into the center of the bread comes out clean, about 60 minutes.
6. Remove the pan from the oven and put it on a cooling rack for about 15 minutes, then remove the loaf from the pan and place it on the rack to finish cooling.
7. To make the caramel glaze topping: Melt butter in a small saucepan on medium heat. Add in brown sugar and milk and whisk constantly. Bring to a boil, then boil for 2 minutes while continuing to whisk. Remove from heat and let cool about 30 minutes to 1 hour, until caramel has thickened, stirring every 10 minutes or so. You need to continue the stirring while cooling so that the sugar fully dissolves.
8. Pour caramel over the top of the apple bread. Let sit 2-3 hours, until caramel topping has set. Slice and Enjoy! Store leftovers in an airtight container on the counter, or in the fridge. Freeze bread by wrapping completely in plastic wrap twice, then wrapping with foil. Freeze for up to 2 months.

10 TIPS

WINDERFUL

TO STRESS LESS

SHARE
SOMETHING THAT MAKES
YOU LAUGH

Swim
in the
ocean

REMEMBER
we all make
MISTAKES

OOOPS.

SAY NO
WHEN YOU
need to

hee

COOK
A MEAL
FROM
SCRATCH

YUM

TELL
someone
YOU
love them

YOU ARE
IN FACT
AWESOME.

PLAY
YOUR
favourite
SONG

DO MORE
of what's
IMPORTANT
TO
YOU

RUN, WALK
STRETCH, SWIM
CYCLE.

BE
PROUD
OF WHO
YOU ARE

CELEBRATE
WHEN THINGS
GO
WELL