

# HEALTHY LIVING

Wellness Newsletter from **AAOA**



# 2015

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# Cooking for One: Eat Well & Enjoy

"Oh, the pleasure of eating my dinner alone"

- Charles Lamb Table

## For One, Please

Whether you dish up for one or 100, many of the basic strategies for wholesome cooking remain the same. Sketch out balanced menus in advance. Shop ahead and use a grocery list. Stay organized.

If you regularly need single servings, it can be a little trickier. You don't want to end up with mounds of leftovers or food that goes bad in the fridge, or eat more than you intended. Here are five get-set tips for fast and fabulous fare for one:

1. Befriend Your Freezer. Cook full recipes of your



favorite healthy dishes. Then freeze them in individual portions. Be sure to label and date the containers. Reheat them when time is tight or you're not in the mood to cook.

2. Stock Up on Starters. Keep easy-and-quick proteins on hand, such as eggs, canned low-sodium beans and water-packed tuna. Add

veggies or fruit and a whole-grain bread or tortilla. Now you're on your way to a filling and healthy meal.

3. Dip Into the Bulk Bins. You might find dried fruit, nuts, spices and more. No need to buy a pound when a pinch or palmful will do.

4. Survey the Salad Bar. Grocery store salad bars

are a great place to buy small amounts of meat and veggies. Many are already cubed or sliced — ready for an omelet, soup or stir-fry.

5. Cook Once, Eat Twice. Plan for leftovers, then give them a fresh spin. For instance, tonight's extra chicken breast becomes tomorrow's chef salad. You won't get bored and nothing goes to waste.

## You're Worth It

When you have the time, make yourself something extra special. Try a new recipe. Or treat yourself to a classic favorite.

When you dine, slow down and savor the moment too. Set the table. Light a candle. Put on some mellow music. These pleasant touches can feed your spirit, not just your stomach.

## 3 Good Reasons to Let Go of Perfect

See how easing up may offer some pretty positive perks.

Perfect is always better than good, right? Some of us have a little voice inside that likes to keep telling us so; and it isn't always right.

The next time that stickler in your head starts nagging needlessly, stop and remind it that letting go of perfection just might help you:

### 1. Learn and Grow

Even world-class musicians likely weren't note-perfect the first time they picked up a violin or sat down at a piano. Allowing ourselves to make mistakes and keep trying is a key to gaining new skills.



Sometimes things just don't go as we like; from taking a wrong turn off the freeway to disappointing someone we love. Each misstep and how we respond adds to our experience and wisdom.

### 2. Enjoy the Journey

There's nothing wrong with having high standards. It means we

value quality and want to do our best, but it can also cause us to fret about failure and the future. When we let go of the need to be perfect, it can help us stay in the moment and feel less stressed and more creative.

### 3. Connect and Respect

We all make mistakes; and remembering that can help us be kinder to ourselves and others too.

Instead of wishing people would change, try to celebrate what's unique about each other. After all, there's nothing like knowing you're appreciated for your successes, slipups and all.



## When 2 Beats 1

One pot is great for cooking, but when it comes to food prep, use at least two cutting boards. One for fresh produce and one for raw meat, poultry and seafood. This helps keep bacteria from spreading to your ready-to-eat foods. Get more smart kitchen tips from [FoodSafety.gov](http://FoodSafety.gov).

# Put the Kettle On: It's Teatime

Learn what's brewing in this age old cup of contentment.

All true teas are made from the leaves of one plant: *Camellia sinensis*. The various types of tea are the result of how it's processed.

*The brews fall into four broad categories based on how they're made:*

## True-Brew Benefits

Tea is packed with potent antioxidants called polyphenols. It's been suggested that tea helps protect against certain cancers, but experts say more research is needed. The evidence may actually be stronger for its boost to heart health, including:





- Lower blood pressure
- Reduced cholesterol levels
- Decreased risk of heart attack

There's no easy answer to which type of tea is best. Each offers a

unique mix of healthy compounds. So varying your brew may be the best strategy.

## What About Herbal Teas?

Technically, they aren't teas, they're infusions. They don't come from the *Camellia sinensis* plant. Rather, they're made by steeping dried bits of other plants, such as flowers, herbs or fruits, in hot water. They may not share all the health benefits of real tea, but most do contain healthy plant chemicals and are flavorful and calorie-free too.\*

BLACK		Wilted leaves are exposed to air for a long time, turning them dark. This is a process called oxidation or fermentation.
OOLONG		Wilted leaves are exposed to air - but for less time than for black tea.
GREEN		Fresh leaves are steamed quickly at high temperature without air exposure.
WHITE		Young leaves and buds are steamed and dried right after harvest - with minimal air exposure.

\*Some herbal teas may have ingredients that can be harmful to certain people, such as pregnant women. To be safe, talk with your doctor about any herbal products you take.

# SAVORY Chickpea Chili

## Ingredients

- Olive Oil
- Chopped Green Bell Pepper and Onion
- Frozen Corn
- Water or Low-Sodium Chicken Broth
- Canned, Low Sodium Diced Tomatoes and/or Tomato Sauce
- Canned, Low-Sodium Garbanzo Beans (Chickpeas)
- Butternut Squash, Peeled and Cubed
- Cumin Powder
- Chili Powder

## Directions

1. Heat a little olive oil. Sauté green pepper, onion and corn for about 5 minutes.
2. Add water or broth, tomatoes and/or sauce, beans, squash, cumin and chili powder. You can vary the liquid base in how thick you want your chili.
3. Let simmer for 20 minutes, stirring occasionally.

If you like your chili spicy, season to taste with hot sauce. Serve with whole grain rolls.



## Nutrition Facts

Yields 4 Servings

Amount Per Serving

Calories 235	Fiber 6.6g
Fat 8.2g	Protein 6.8g
Sodium 335.8mg	Carbohydrates 35.4g

## AAOA HEALTHCARE

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## JANUARY WELLNESS TIP



Sheridah Bennett  
(AAOA Wellness Champion)

## Wellness Tip

### Whoops! No Worries

If your family's goals get off track, don't sweat it. Recommit and restart. After all, resolutions can begin any time of the year, not just on January 1. Your example can help teach kids to stay positive and be resilient.

We want your feedback about the Wellness Newsletter. Please e-mail us at [wellness@aaoamerica.org](mailto:wellness@aaoamerica.org) with any wellness tips or healthy recipe ideas.