

May 2017



Nutrition Corner

Add More Vegetables to Your Day

1. **Discover fast ways to cook...**Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.
2. **Be ahead of the game...**Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.
3. **Choose vegetables rich in color...**Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.
4. **Check the freezer aisle...**Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.
5. **Stock up on veggies...**Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."
6. **Make your garden salad glow with color...**Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

Fitness Tip of the Month

Study: Physical Fitness Linked to Brain Fitness

Staying physically fit isn't just good for your health. It's also a good way to beef up your brain, according to [new research](#).

Led by Laura Chaddock-Heyman, a research scientist at the University of Illinois at Urbana-Champaign's Beckman Institute, a team of researchers found greater aerobic fitness is associated with more fibrous and compact white matter, a type of nerve tissue connected to learning and brain function. Previous research has shown more compact white matter fibers can lead to improved cognitive performance.

Rockin' Recipe

Slow Cooker Enchiladas

Yields: 6 servings | Serving size: 1 enchilada | Calories: 249

- 2 half chicken breasts baked, shredded
- 1 (16 ounce) jar red enchilada sauce (no sugar added)
- 1 (4 ounce) can green chile peppers
- 1/2 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon black pepper
- 1 1/2 cups shredded cheddar cheese, reduced fat
- 1 (8 oz.) container sour cream, fat free
- 6 medium whole wheat tortillas, low sodium

In a medium mixing bowl add chicken, garlic powder, cumin, chili powder, black pepper, and salt to taste. Add to seasoned chicken: green chile peppers, 1/2 cup of enchilada sauce, 1/2 cup sour cream, and 1 cup cheese. Mix well. Place 1/2 cup chicken mixture in the center of each tortilla. Leave about 2" in the bottom without filling and fold up. Continue until all tortillas are filled.

Lightly spray the bottom and the sides of the slow cooker with nonstick cooking spray. Lay enchiladas seam side down in the slow cooker, add a little of the sauce above each layer as you stack them. There should be 2 layers of 3 or 3 layers of 2, depending on the size of your slow cooker.

Combine the remaining enchilada sauce and 1/2 cup sour cream. Pour over the enchiladas. Cover and cook on low 3 to 4 hours, or until hot and bubbly. Cut between each enchilada, and carefully remove them, one at a time, with a large spatula. Pour liquid from slow cooker over enchiladas and sprinkle with remaining cheese. Garnish with diced tomatoes and shredded lettuce.

Local Events Schedule

- May 6-** Love for Sophia 5K Ocean Springs
- May 13-** Osprey Swim, Ocean Springs
- May 14-** Pensacola Beach Tri- Pensacola
- May 20-** Pursuit of Fun 5K Gulfport
- May 20-** Peace Love Saints Nativity BVM, Biloxi
- May 27-** Big Easy Tri- New Orleans
- June 10-** Chevron Charity 5K-Pascagoula
- June 25-** Portofina Tri/Du- Pensacola, FL
- July 4-** Wesson Memorial 2 mile Race, OS

Recurring Events

- Thursdays** 7pm IPA Running Club (run)
Meet at Mosaics Downtown OS
- First Saturday Monthly**-Tato Nut Ride –bike ride,
Meet 8:45 Little Children's Park, OS
- Second Saturday Monthly**- Pascagoula Bike Ride
Meet @ 600 City Park St (Beach Park) 8am