

5 HEALTH FACTS + 3 RECIPES = 1 QUICK READ FOR YOUR COFFEE BREAK



2 common skincare conditions are rosacea and eczema. These conditions are different, but can both be worsened by cold weather and harsh winds. If you are suffering from skin conditions such as rosacea or eczema, chat with your primary care practitioner or dermatologist. They can recommend lifestyle changes, skincare, and procedures that can help soothe your skin and bring you relief.

110,000 cultivated varieties of rice exist around the world! Rice is a staple crop and is one of the most eaten foods globally. However, only a handful of rice varieties are readily available on store shelves. Different types can offer different nutritional benefits, including magnesium, selenium, iron, and B vitamins. Why not switch up your regular shopping list and try out some new types this week?



50-70 percent of women will have a urinary tract infection (UTI) in their lifetime, with many having repeat infections. UTIs also occur in men, but are less common. Symptoms include a burning sensation when urinating, feeling the need to urinate which doesn't go away, and cloudy or strong-smelling urine. UTIs may be common, but they aren't to be shrugged off, as they can have serious consequences.

1 tip to make self-tanner application easier and more even is to exfoliate beforehand. Many of us are looking for a sun-kissed glow this time of year, but tanning is dangerous and can lead to skin cancer. For a tan without the risks, opt for a self-tanner. And yes, you will still need to apply sunscreen regularly to protect your skin (even in the winter).



3/10 of us make New Year's resolutions, according to recent research. Young adults set more goals than middle-aged or older adults. Do you make resolutions? Goal setting can be for everyone! Consider taking some time to reflect on the past year, think about what is working and not working well in your life, and what can be changed.

ONE-BOWL
DISHES

WINTER HARVEST
TURKEY SAUSAGE,
BEAN, *and* CIDER STEW

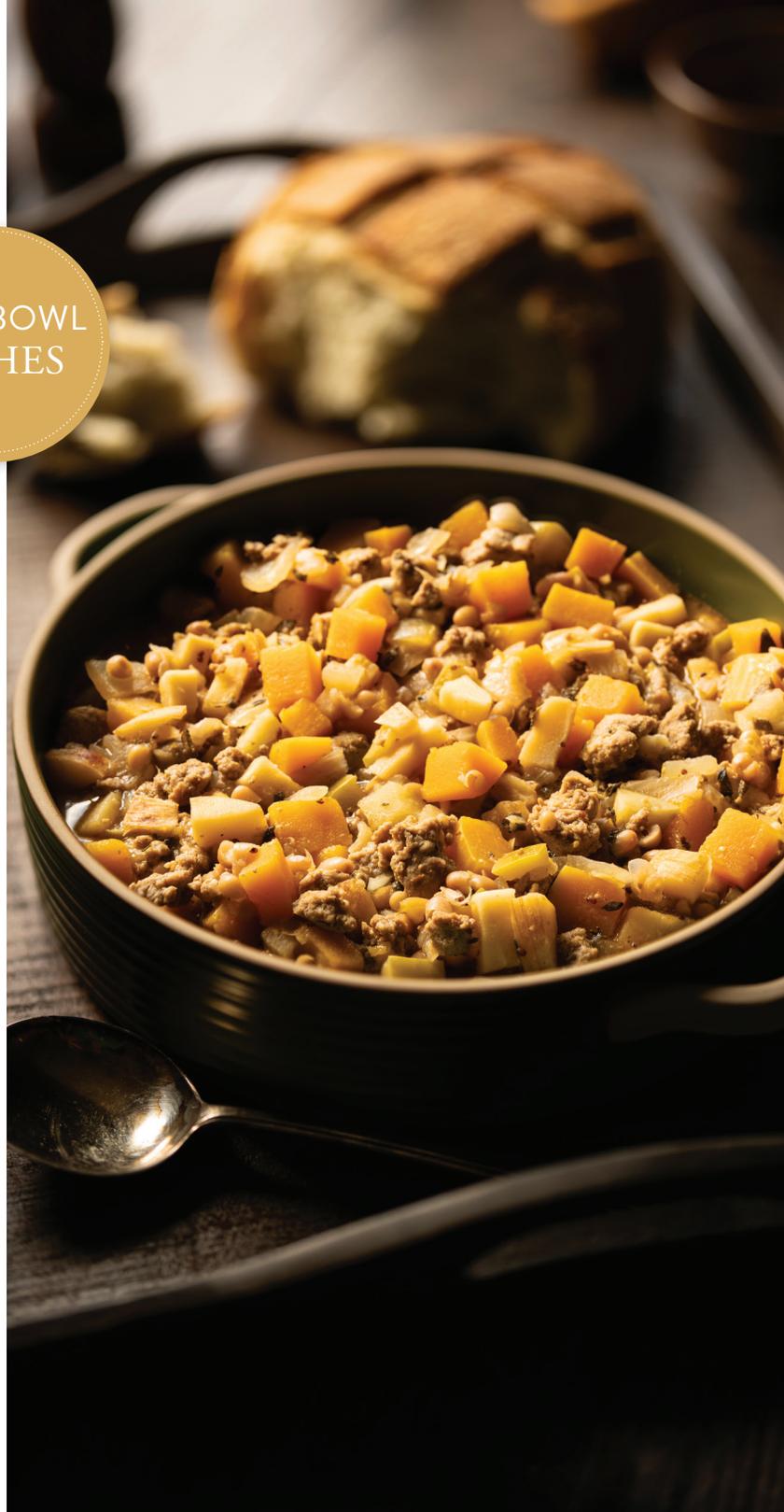
4
SERVES

This is basically a warm hug in a bowl—a simple stew that celebrates the flavors of the season. With nourishing ingredients and minimal effort in the kitchen, this meal tastes best with a big hunk of sourdough for dunking and good company to share it with.

2 tsp (10 mL) grapeseed oil or avocado oil
1 lb (450 g) turkey sausage, roughly chopped
1 onion, chopped
2 medium parsnips, chopped
1/2 tsp (2 mL) salt
1 Tbsp (15 mL) grainy Dijon-style mustard
1/4 cup (60 mL) chopped fresh sage
2 Tbsp (30 mL) fresh thyme
1/4 tsp (1 mL) black pepper
3 cups (750 mL) peeled and cubed butternut squash
1 1/2 cups (350 mL) hard apple cider
3 cups (750 mL) low-sodium vegetable broth
19 oz (540 mL) can navy beans, drained and rinsed
1 large Granny Smith apple, cubed

In large saucepan, heat oil over medium heat. Add sausage and cook until browned. Remove sausage from pan and set aside.

Place onion, parsnips, and salt in pan; heat for 6 minutes, stirring occasionally, until onion is softened. Add mustard, sage, thyme, and black pepper to pan and heat for 1 minute. Place squash and cider in saucepan and simmer for 2 minutes. Pour in broth and gently simmer for 15 minutes. Add beans and apple; simmer for 10 minutes before ladling out into 4 separate bowls for serving.



EACH SERVING CONTAINS

325 calories; 17 g protein; 4 g total fat (1 g sat. fat);
65 g total carbohydrates (22 g sugars, 16 g fiber); 488 mg sodium

CURRIED TROUT LENTIL SALAD

4
SERVES

This protein-packed superfood salad combines omega-rich trout, lentils, crispy veggies, and a creamy warming curry dressing to create a nutritious and elegant weeknight meal in a bowl. Salmon can be substituted for trout if desired.

- 1 lb (450 g) trout fillet
- 3/4 cup (180 mL) plain yogurt
- 2 Tbsp (30 mL) olive oil
- 2 Tbsp (30 mL) fresh lemon juice, divided
- 2 tsp (10 mL) yellow curry powder
- 1/4 tsp (1 mL) salt
- 2 cups (500 mL) cooked black or green lentils
- 1 cup (250 mL) sliced radish
- 1 1/2 cups (350 mL) sliced cucumber
- 2 cups (500 mL) arugula

Preheat oven broiler. Place fish on rimmed baking sheet lined with parchment paper, season with salt and freshly cracked black pepper to taste, and broil until cooked through, 6 to 7 minutes. Let cool slightly, then flake flesh into large pieces and set aside.

In bowl, whisk together yogurt, olive oil, 1 Tbsp (15 mL) lemon juice, curry powder, and salt.

In 4 individual salad bowls, place cooked lentils and toss with remaining lemon juice. Top with radish, cucumber, and trout pieces. Drizzle on yogurt dressing and top with arugula.



EACH SERVING CONTAINS

413 calories; 42 g protein; 18 g total fat (3 g sat. fat);
25 g total carbohydrates (6 g sugars, 9 g fiber); 271 mg sodium

MEXICAN-STYLE
SPICY CHICKEN *and*
SWEET POTATO BOWL

4
SERVES

Consider this a hefty one-bowl meal with minimum fuss and maximum taste: proof that straightforward and simple can also be delicious and satisfying. You can also add dollops of sour cream.

- 2 large sweet potatoes, peeled and cut into 1 in (2.5 cm) cubes
- 4 tsp (20 mL) grapeseed oil or avocado oil, divided
- 1/2 tsp (2 mL) salt, divided
- 3 garlic cloves, peeled and chopped
- 1 small red onion, finely diced
- 1 lb (450 g) skinless, boneless chicken breast, cut into 1 in (2.5 cm) chunks
- 1 large or 2 small chipotle chili peppers in adobo sauce, chopped
- 2 tsp (10 mL) dried oregano
- 19 oz (540 mL) can diced tomatoes
- 2 cups (500 mL) cooked brown rice
- 1 avocado, sliced
- 1/4 cup (60 mL) pumpkin seeds
- 1/2 cup (125 mL) cilantro
- 1 lime

Preheat oven to 400 F (200 C).

Toss sweet potato cubes with 2 tsp (10 mL) oil and 1/4 tsp (1 mL) salt. Spread out on rimmed baking sheet and bake until tender, about 40 minutes.

In large skillet, heat 2 tsp (10 mL) oil. Add garlic and red onion; heat for 5 minutes. Add chicken pieces and cook for 3 minutes. Stir in chipotle chili pepper, oregano, and 1/4 tsp (1 mL) salt. Pour tomatoes into skillet, bring to a simmer, and cook for 15 minutes. Stir in baked sweet potato cubes and heat for 5 minutes.

Divide cooked rice among 4 serving bowls and top with chicken-potato mixture, avocado, pumpkin seeds, and cilantro. Squeeze on lime juice.



EACH SERVING CONTAINS

363 calories; 4 g protein; 32 g total fat (17 g sat. fat);
17 g total carbohydrates (5 g sugars, 2 g fiber); 15 mg sodium