

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



85 percent of shoppers consider thrifting an environmentally friendly choice, and 62 percent view it as a sustainable solution to fast fashion. When you choose a second-hand clothing item, you are saving 8.41 pounds of carbon emissions, 16.48 kWh of energy, and 88.89 gallons of water. Buying second-hand not only saves resources, but also saves money, as it's typically less expensive.



~1 in 8 men are diagnosed with prostate cancer, with older men more likely to develop it (the average age of diagnosis is 67 years). People with a family history of prostate cancer are also at a higher risk. While there is no proven prevention strategy, choosing low-fat foods, cutting down on dairy, maintaining a healthy weight, quitting smoking, and exercising frequently may improve overall health and reduce the risk of cancer.



400 million metric tons of paper and cardboard were consumed globally in 2023, a number projected to further increase to over 460 million metric tons by 2030. On average, businesses spent \$8 billion on managing paper each year. By adopting paperless alternatives, companies can significantly cut costs while also reducing their carbon footprint. Data from 2022 shows that 1 in 8 companies has already transitioned to a paperless model.

2024 research found that 17 percent of solo car commuters now prefer more sustainable modes of transport. Carpooling is on the rise, with 15 percent of commuters sharing rides to work. Workplace carpool programs are proving successful across many organizations. If you've been thinking about starting or joining a carpool, now's the perfect time—your commute can be greener, cheaper, and more social.

1 fresh mango contains 1000 to 6000 IU of vitamin A, providing 10-12 percent of the recommended daily amount of retinol. This makes it an excellent choice for preventing vitamin A deficiency and supporting healthy vision. In addition to eye health, vitamin A also plays a vital role in immune function, skin regeneration, and overall cell growth. Elevate your breakfast or midday snack by adding fresh mango for a delicious, nutrient-packed boost!

TASTY HITS
TO KICK OFF
SUMMER

GREEK CHICKEN KEBABS *with* RADISH, CUCUMBER, *and* FETA SALSA

4

SERVES

Herby chicken comes alive under a vibrant salsa with crunchy cucumber and zippy radish, the hidden gem here. Experiment with different heirloom varieties of radish, such as Purple Plum, Black Spanish, Watermelon radish, or classic French Breakfast radish for a refreshing summer dish.

Kebabs

3 Tbsp (45 mL) extra-virgin olive oil
1 Tbsp (15 mL) red wine vinegar
1 to 1 1/2 Tbsp (15 to 22 mL) dried oregano leaves
2 to 3 garlic cloves, minced
1/2 tsp (2 mL) sea salt
2 skinless, boneless chicken breasts, cut into small pieces
1 red onion, coarsely chopped

Salsa

4 radishes, thinly sliced
1 small English cucumber, seeded and coarsely chopped
1/2 cup (125 mL) crumbled feta cheese
1/4 cup (60 mL) each chopped parsley and mint
1 Tbsp (15 mL) extra-virgin olive oil
2 tsp (10 mL) red wine vinegar

4 pitas (optional)

For kebabs, in large bowl, whisk olive oil with vinegar, oregano, garlic, and salt. Add chicken and onion; toss to coat. Cover and refrigerate for at least 30 minutes or overnight.

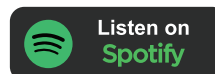
For salsa, in bowl, toss radishes with cucumber and feta. Sprinkle with herbs, oil, and vinegar. Stir to mix evenly.



When ready to grill, oil grate and preheat barbecue to medium-high. Alternately, thread chicken and onion onto skewers, leaving room between pieces so they cook faster. Grill, turning often, until chicken is cooked through, 6 to 8 minutes.

To serve, slide meat and onion from skewers onto grilled pitas, if using. Top with salsa and serve.

COOK ALONG WITH THIS
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CRISPY ROASTED INDIAN CHICKPEA SALAD *with* CILANTRO DRESSING

6
SERVES

This tasty salad tossed with delicious, crispy, spice-forward chickpeas is loaded with flavour and provides a delicious boost of energy. Want to try something new? Substitute canned chickpeas with frozen, thawed edamame beans and follow the same steps to bake and dry.

Roasted chickpea salad

2 - 19 oz (540 mL) cans chickpeas
2 Tbsp (30 mL) extra-virgin olive oil
1/4 tsp (1 mL) sea salt
2 tsp (10 mL) curry powder
1 tsp (5 mL) dried coriander
1/2 tsp (2 mL) smoked paprika
1/4 tsp (1 mL) roasted garlic powder
2 cups (500 mL) shredded kale
2 cups (500 mL) shredded romaine
1 cup (250 mL) shredded red cabbage
1 grated carrot

Cilantro dressing

1 cup (250 mL) lightly packed cilantro leaves
1 small shallot, peeled and chopped
1 garlic clove, peeled and minced
1 Tbsp (15 mL) freshly squeezed lime juice
1 tsp (5 mL) honey
1/4 tsp (1 mL) salt
1/8 tsp (0.5 mL) black pepper
1/3 cup (80 mL) extra-virgin olive oil

Preheat oven to 400 F (200 C). Rinse and drain chickpeas and blot dry with paper towels. Discard any chickpea skins that loosen.



Spread out chickpeas on baking sheet with shallow sides and bake in centre of oven for 10 minutes, shaking pan occasionally, until chickpeas are thoroughly dry. Remove and drizzle chickpeas with oil and sprinkle with salt. Gently stir to evenly coat. Return to oven and continue to bake for 20 minutes longer, shaking pan every few minutes, until golden and slightly crispy.

Remove from oven and sprinkle with remaining seasonings. Stir gently to evenly distribute. Set aside to cool.

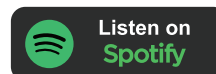
In large bowl, toss kale, romaine, cabbage, and carrot until mixed. Set aside.

For dressing, in blender or food processor, combine cilantro, shallot, garlic, lime juice, honey, salt, and pepper. Whirl to lightly blend, scraping down sides of bowl a couple of times. Then, with blender running, slowly add olive oil until creamy. Add a little water if you prefer a thinner dressing.

Transfer dressing to bowl containing salad mixture and combine. Then tumble roasted, cooled chickpeas on top and serve.

Chickpeas can be made ahead and stored in tightly covered container at room temperature for up to a week. Dressing can be made ahead and stored in the refrigerator for several days. Simply shake before using.

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BEERAMISU

4
SERVES

This light and dreamy dessert is a tasty alternative to the authentic Italian tiramisu. Not too sweet and made with cashew cream, it's a contemporary version of an old favourite and equally fits the cliché, "a little pick me up." This version does not include espresso, commonly found in tiramisu. We've made this with a coffee- and chocolate-flavoured stout or porter craft beer. Delicious!

1 cup (250 mL) raw cashews
2 pitted Medjool dates
1/2 cup (125 mL) spring water
1 Tbsp (15 mL) coconut oil, softened
Seeds from vanilla bean
1/2 cup (125 mL) good quality coffee- and chocolate-flavoured stout craft beer, or nonalcoholic stout
8 regular or gluten-free ladyfinger cookies
1 oz (28 g) dark chocolate, grated

In bowl, place cashews and dates, and cover with water. Set aside for 4 hours or refrigerate overnight to soak.

Drain well and place in high-speed blender along with water, coconut oil, and vanilla bean seeds. Whirl at high speed for about 3 minutes, stopping occasionally to scrape down sides of bowl. Cream should be light and fluffy. Set aside.

In square baking dish, place ladyfingers in a single layer. Drizzle with stout. Do not let them sit for longer than 20 minutes, or they will fall apart.



Line up 4 single-serve (4 oz/125 mL) glass dessert dishes. Break a soaked ladyfinger in half and place halves side by side in bottom of each dessert dish. Spoon 2 Tbsp (30 mL) cashew cream on top of each and smooth out. Repeat layers and sprinkle tops with grated chocolate.

Cover each dish and refrigerate for at least 12 hours or overnight for dishes to firm up and flavours to soak in.

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