

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



300 million people around the world are affected by asthma. It is a chronic respiratory condition caused by inflammation and narrowing of the airways, leading to difficulty breathing. Symptoms include wheezing, coughing, shortness of breath, and chest tightness. An asthma attack is often triggered by allergens, exercise, or respiratory infections. Asthma is managed through medications (including inhalers) and lifestyle changes. At-home remedies include steam inhalation, breathing exercises, and maintaining clean indoor air.



3 main benefits of desk workouts include improved posture, increased energy and focus, and enhanced mobility. Desk workouts are short, simple exercises that you can perform while sitting or standing at your desk. These workouts help counteract the negative effects of prolonged sitting. Try out the following workouts next time you are at your desk: shoulder shrugs, desk planks and pushups, seated leg raises, and chair calf raises.

745 miles (1200 km) is the average distance that a meal travels, starting at the farmer/producer and ending on our plates. By choosing locally grown, organic food, you can reduce transportation emissions, enjoy fresher produce, and support the local economy. Shorter food miles also mean less need for processing and refrigeration to minimize spoilage and waste.



65 F (18.3 C) is often recommended as the perfect room temperature for sleep. This may vary by a few degrees from person to person; however, your body's temperature gradually drops when you sleep, so a cooler room will make it easier to fall and stay asleep. Prepare for a good night's sleep by optimizing your bedroom during the day to reduce heat build-up, turning down the thermostat at night, and investing in cooling bedding materials.

1.1 to 2 g of combined DHA and EPA are typically safe to take daily in the form of fish oil (omega-3) supplements. Omega-3s are known to help reduce inflammation associated with conditions like diabetes and heart disease. They may also help alleviate post-workout inflammation and muscle damage. Fatty fish, such as salmon, mackerel, and trout, are a good source of dietary omega-3 (DHA and EPA).

LET'S DO
LUNCH!

SPRING BERRY *and* FARRO SALAD *with* CRISPED PROSCIUTTO

8
SERVES

This delicious salad of fresh in-season strawberries, farro, almonds, feta, and crisped prosciutto bathed in a honey and Dijon dressing is much more than just eye candy. It's a perfect entrée for impressing a lunch gathering among friends.

Dressing

- 3 Tbsp (45 mL) red wine vinegar
- 1 small shallot, peeled and finely minced
- 2 tsp (10 mL) honey
- 2 tsp (10 mL) Dijon mustard
- 1/3 cup (80 mL) extra-virgin olive oil

Salad

- 6 cups (1.5 L) washed and spun-dry mixed greens
such as baby kale, romaine, and baby spinach
- 1/4 small red onion, thinly sliced
- 1 cup (250 mL) cooked whole farro
- 3 cups (750 mL) whole strawberries, sliced
- 1/3 cup (80 mL) crumbled feta cheese
- 1 oz (28 g) shaved prosciutto
- 1/4 cup (60 mL) raw sliced almonds, toasted

In small bowl, combine vinegar, shallot, honey, and Dijon mustard. Whisk to blend. Gradually whisk in olive oil until emulsified. Add more seasonings if you wish. Set aside.

On large platter, arrange a mixture of bite-sized greens. Separate onion into rings and scatter otop, along with cooked farro, strawberries, and crumbled feta.



In frying pan, sear prosciutto over medium heat just until it begins to crisp, about 2 minutes. Remove to paper towel-lined plate and blot dry. Crumble into bite-sized pieces and scatter over salad along with toasted almonds. Give dressing a quick whisk and drizzle otop.

EACH SERVING CONTAINS

233 calories; 6 g protein; 7 g total fat (1 g sat. fat);
40 g total carbohydrates (23 g sugars, 4 g fibre); 144 mg sodium

SPINACH *and* EGG ROULADE *with* PICO DE GALLO

10
SERVES

There are many variations of the roulade, which is basically a filled and rolled omelette. Our roulade encases whipped tofu and spinach, with the option of smoked salmon, and coupled with a delicious pico de gallo, it's a lunchtime winner.

Pico de gallo

- 1 small white onion, finely diced
- 1 medium jalapeno pepper, seeded and finely minced
- 1/4 cup (60 mL) freshly squeezed lime juice
- 1/4 tsp (1 mL) kosher salt
- 6 Roma tomatoes
- 1/2 cup (125 mL) chopped fresh cilantro

Roulade

- 10 oz (285 g) frozen spinach cubes, thawed
- 6 oz (170 g) medium-firm plain tofu
- Zest from 1/2 lemon
- 2 Tbsp (30 mL) lemon juice
- 1 cup (250 mL) milk, regular or dairy free
- 1/4 cup (60 mL) all-purpose flour
- 8 large organic eggs, at room temperature
- 1/4 tsp (1 mL) kosher salt
- 1/4 tsp (1 mL) freshly ground black pepper
- 4 green onions, including tops, finely chopped
- 1/2 cup (125 mL) grated mozzarella cheese
- 4 1/2 oz (125 g) pkg cold, thinly sliced smoked salmon (optional)

Preheat oven to 350 F (180 C). Lightly brush 10 x 15 inch (26 x 38 cm) jelly roll pan with oil and line with larger sheet of parchment paper that hangs over edges. Brush parchment with oil.

In medium bowl, combine onion, jalapeno pepper, lime juice, and salt. Stir together and set aside to marinate while chopping tomatoes. Dice tomatoes and add to onion mix along with any juices that may have collected. Fold in chopped cilantro. Add more seasonings, to taste, if you wish. Cover and set aside.



Place thawed spinach in cheesecloth or kitchen towel and squeeze out as much excess liquid as possible. Finely chop spinach and place in bowl. Set aside.

In high-speed blender, combine tofu, lemon zest, and juice. Whirl until smooth and creamy, about 2 minutes. Set aside.

In large bowl, whisk milk and flour together until smooth. Add eggs, salt, and black pepper and vigorously whisk together until silky smooth, or use immersion blender. Stir in green onions. Pour eggs into prepared pan, tilting slightly to make sure corners are evenly filled. Evenly sprinkle with mozzarella. Bake in centre of oven for 15 to 18 minutes, rotating pan once halfway through baking. Egg should be just set in centre. Remove from oven.

With long side of pan parallel to the edge of counter, slide egg with parchment onto surface and allow to cool for a few minutes until it can be safely rolled using your fingertips. Spread with whipped tofu, leaving a 1/2 inch (1.25 cm) border. Scatter spinach evenly overtop. If using, lay slices of smoked salmon over spinach in a single layer.

On side nearest you, carefully separate edge of parchment from long side of egg roulade and roll up roulade tightly. Place, seam side down, on serving platter. Cut into 10 slices and ladle pico de gallo along edges with a bit overtop. Roulade can be served warm, at room temperature, or chilled.

EACH SERVING (WITH PICO DE GALLO) CONTAINS

230 calories; 19 g protein; 11 g total fat (4 g sat. fat);
17 g total carbohydrates (5 g sugars, 6 g fibre); 383 mg sodium

MINI PAVLOVAS *with* RASPBERRY DIPPING SAUCE *and* FRESH FRUITS

8
SERVES

This dessert is a showstopper! Mini pavlovas with assorted fresh fruit, yogurt, and sauce make a wonderful finale to a lovely lunch. This is a healthier version that doesn't compromise on quality. We nixed the high-fat whipping cream in favour of a thick and creamy yogurt.

Mini pavs

3 large organic egg whites, at room temperature
3/4 cup (180 mL) berry sugar (see tip)
1 tsp (5 mL) lemon juice
2 tsp (10 mL) cornstarch
1/2 tsp (2 mL) almond extract
1 cup (250 mL) full-fat, plain Greek or Skyr yogurt
4 cups (1 L) mixed fruit such as fresh berries, mango, and kiwi
Fresh mint, for garnish

Raspberry sauce

2 cups (500 mL) frozen raspberries, thawed
1 Tbsp (15 mL) honey
1/2 tsp (2 mL) grated orange zest

Preheat oven to 275 F (135 C). Line large baking sheet with parchment paper. Using rim of a teacup and a pencil, trace 8 - 3 inch (7.5 cm) circles evenly spaced on parchment.

In stand mixer fitted with whisk attachment, beat egg whites until stiff peaks form. Reduce speed and, with machine running, very slowly beat in sugar, 1/4 cup (60 mL) at a time, until mixture is glossy. Gently whisk in lemon juice, cornstarch, and almond extract. Transfer mixture into large piping bag fitted with a nozzle of choice. Pipe into 3 inch (7.5 cm) mounds on prepared baking sheet. Swipe spoon through centre of each to make a shallow scoop for dipping sauces.

Bake in centre of preheated oven for 1 1/4 hours, possibly longer, until they are dry to touch. Exact baking times may vary depending on humidity. Turn oven off and leave pavlovas in oven with door ajar to cool for 4 hours, preferably overnight. Remove



from baking sheet and store in airtight container in a cool, dry place until ready to serve. They are best served within a day or two, as they will easily become sticky from humidity.

In small saucepan, combine raspberries, honey, and orange zest. Cook over medium-high heat, mashing berries until pulpy. Add more honey, if you wish. Once boiled, cool and serve along with pavlovas. Alternatively, for a clear sauce, press raspberry purée through fine-meshed sieve and discard pulp. Add a little orange juice to thin, if you wish. Refrigerate in closed container until ready to serve.

To serve, arrange mini pavlovas on large serving platter or board. Spoon yogurt and raspberry sauce into small bowls. Tuck assorted fruit around. Dust with a little berry sugar and garnish with mint.

EACH MINI PAVLOVA (WITH A DOLLOP OF YOGURT AND 1 TBSP/15 ML RASPBERRY SAUCE) CONTAINS

286 calories; 7 g protein; 1 g total fat (0 g sat. fat);

61 g total carbohydrates (32 g sugars, 5 g fibre); 51 mg sodium