



**2023** research found a potential connection between gratitude and cardiovascular reactivity—specifically highlighting the potential for positive psychological factors, such as optimism, purpose in life, and positive thoughts, to reduce individuals’ risk of myocardial infarction (heart attack). The study explored how gratitude plays an important role in regulating cardiovascular responses to stress, which in turn protects the body from stress’s harmful effects.

**~50%** of your daily recommended fiber intake can come from one cup of whole grain cereal. On average, adult women need 25 g of fiber per day and men need 38 g per day, but research shows that the majority of people only get about half the recommend amount. Other high-fiber foods include legumes (lima beans, green peas, lentils), fruits (guava, raspberries, blackberries), vegetables (artichoke, pumpkin, Brussels sprouts), and nuts and seeds (pumpkin seeds, coconut, and chia seeds).



**10** times less water is used to produce 1 kg of protein from kidney beans than beef. Environmental researchers studied the impact of farming different protein sources. After considering factors including water use, surface and groundwater pollution, soil contamination, fossil fuel use, and greenhouse gas emissions, they concluded that producing legumes is less resource-intensive than animal protein farming, and that kidney beans offer the most balanced macronutrient ratio for human requirements.

**2,000** additional steps a day could ease your sleep issues. Sleep deprivation has far-reaching negative effects on the circulatory, metabolic, immune, and nervous systems as well as the brain, heart, and mental health. The good news is that something as low-impact as walking can make a difference. Researchers found that when participants walked an additional 2,000 steps per day, they reported sleeping longer and better. In particular, women reported bigger gains in sleep quality.



**4-4-4-4** box breathing is a form of deep breathing that can help lower stress, activate the parasympathetic nervous system, and calm your mind. Claiming the name “box breathing” from a box’s four sides, this breathing technique includes breathing in through your nose for four seconds, holding at the top of the breath for four seconds, exhaling through the mouth for four seconds, holding at the bottom of the breath for four seconds, and repeating the process four times.



ONE POT  
DOES  
IT ALL!

## SAUSAGE, BROCCOLI, *and* BARLEY SOUP

6  
MAKES  
SERVINGS

2 Tbsp (30 mL) extra-virgin olive oil, divided  
2 mild Italian Sausages, about 200 g total, casing removed and cut into small pieces  
2 cups (500 mL) finely diced cremini mushrooms  
1 cup (250 mL) pot barley, rinsed  
4 cups (1 L) low-sodium chicken broth  
10 oz (284 g) chopped broccoli florets  
2 oz (56 g) grated Parmesan cheese

In large saucepan, heat 1 Tbsp (15 mL) olive oil on medium-high heat. Add sausage and sauté until brown, for 5 to 7 minutes. Use slotted spoon to remove to a plate. Add onions and sauté for 2 minutes. Add mushrooms and sauté for a further 4 minutes. Add barley and stir 30 seconds to incorporate before adding small amount of chicken stock. Increase heat to high and, with wooden spoon, scrape up any brown bits from pan. Pour in remaining stock and bring to boil. Reduce heat to medium-low and simmer for 30 minutes, until barley is tender. Add broccoli and cook for a further 5 to 7 minutes, until broccoli is just tender.

Ladle into bowls and garnish with Parmesan cheese.



COOK ALONG WITH THIS  
CURATED SPOTIFY PLAYLIST





## MISO *and* MUSTARD BEANS *on* TOAST

4  
MAKES  
SERVINGS

2 Tbsp (30 mL) extra-virgin olive oil  
2 cups (500 mL) finely chopped leeks  
2 Tbsp (30 mL) finely chopped shallot  
2 garlic cloves, peeled and minced or crushed  
2 Tbsp (30 mL) white miso paste  
1 tsp (15 mL) Dijon mustard  
1 cup (250 mL) vegetable stock, divided  
14 oz (398 mL) can of butter beans  
2 cups (500 mL) finely chopped curly kale  
4 slices whole wheat sourdough toast

In large saucepan on medium heat, sauté leeks and shallot in olive oil for 2 to 3 minutes. Add garlic and sauté for a few minutes more, until mixture is soft. Add miso, mustard, and 1/2 cup (125 mL) stock and stir to combine. Add beans and simmer for 3 minutes, until beans are warmed. Add kale and remaining stock and cook for a further 3 to 5 minutes, until kale is tender. To serve, place toasted sourdough on plates and pile high with bean mixture.



COOK ALONG WITH THIS  
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## BUTTERNUT SQUASH SOUP *with HARISSA and* LIME YOGURT

4  
MAKES  
SERVINGS

2 Tbsp (30 mL) extra-virgin olive oil  
1 1/2 cups (350 mL) finely diced onion  
2 cloves garlic, peeled and crushed  
4 cups (486 g) diced butternut squash  
1 tsp (5 mL) ground cinnamon  
1/2 tsp (2 mL) ground cumin  
1/4 tsp (1 mL) ground coriander  
Pinch salt  
3 Tbsp (45 mL) harissa paste  
2 cups (500 mL) low-sodium vegetable broth  
1/2 cup (125 mL) Greek yogurt  
1 Tbsp (15 mL) lime zest  
3 Tbsp (45 mL) freshly squeezed lime juice, divided

In large saucepan, sauté onion and garlic in olive oil on medium heat for about 3 minutes, or until onions appear translucent. Add squash and sauté for a further 5 minutes. Add cinnamon, cumin, coriander, and salt and sauté for another minute before adding harissa. Stir frequently over next 2 minutes. Raise heat to high and add vegetable broth, stirring well. Bring to a boil, then reduce heat to gentle simmer and allow to cook for approximately 20 minutes, until squash is tender. Remove from heat and allow to cool slightly. Using hand mixer, blend soup into a fine purée.

Combine yogurt, lime zest, and 2 Tbsp (30 mL) lime juice. Add remaining 1 Tbsp (15 mL) lime juice to soup.

Ladle soup into bowls and serve with a dollop of lime yogurt.



COOK ALONG WITH THIS  
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