

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



**90** degrees is the angle at which your knees and hips should be while working at a desk. Feet should be flat on the floor, and your head should be aligned with your spine. Sitting with proper posture can help prevent pain and injuries. If your workspace is not set up correctly for your body and cannot be adjusted to fit you, speak with your employer.

**120** °F (49 °C) is the water temperature we should wash our bedding in. That's the "hot" setting on most washers. Bedding should be washed every week. This will help reduce dust mites and can improve allergy and asthma symptoms. Dust mites are too small for us to see, but they can still trigger symptoms. Reducing bedroom clutter (including throw pillows and stuffed animals in children's rooms) can also help.

**4** issues that can be improved by wearing orthotics include plantar fasciitis, flat feet, foot tendonitis, and bunions. Ill-fitting shoes can cause a whole host of health conditions! Orthotics can be lifesavers when it comes to comfort and health. Sometimes insoles can be slipped into regular shoes, and sometimes special shoes are recommended. Specialty shoe stores and podiatrists can make specific recommendations for you and your unique needs.

**8.6** percent of the population (approximately) suffers from sleep bruxism, which is the scientific term for clenching our jaws or grinding our teeth during sleep. If you have frequent headaches, jaw pain and stiffness, tooth wear, facial pain, or even earaches, bruxism may be the cause. Speaking to your doctor and dentist is a good first step, as they can recommend nightguards and specialists.

**100** grams of pea shoots contain 4 grams of protein and 3 grams of fiber, as well as plenty of K, C, and A vitamins. Pea shoots are the young leaves and stems of pea plants. In addition to being incredibly healthy, they are also tender and delicious, and widely found at grocery stores and health food stores. Celebrate springtime by incorporating pea shoots in your meals!

CELEBRATE  
SPRING!

## OPEN-FACED BREAKFAST SANDWICHES

4  
SERVES

Eggs and asparagus are so quintessentially spring and nothing could be easier to prepare than this simple, yet elegant dish that works as well for a breakfast as for a light lunch

1/4 tsp (1 mL) dried red pepper flakes  
1/4 tsp (1 mL) black pepper  
Pinch salt  
1/4 cup (60 mL) finely chopped fresh tarragon  
2 Tbsp (30 mL) olive oil  
2 tsp (10 mL) sherry or red wine vinegar  
1/2 tsp (2 mL) honey  
12 asparagus spears, trimmed and each cut in two  
4 large eggs  
1/4 cup (60 mL) white vinegar  
4 slices ancient grain bread  
1 cup (50 g) radish microgreens or pea shoots

In small bowl, combine dried red pepper flakes, black pepper, salt, tarragon, olive oil, sherry vinegar, and honey. With spatula, scrape dressing into oblong glass dish or plate large enough to accommodate the asparagus and set aside.

Bring large saucepan filled with water to the boil and blanch asparagus for 2 to 3 minutes, or until just tender. Using tongs, remove from boiling water, drain; while still warm, add to dressing. Toss asparagus in dressing and set aside while you cook eggs.

Reduce heat under boiling water to a simmer. Add white vinegar to water. Crack eggs into individual ramekins or glasses. Give the water a stir and drop the eggs in the water while it swirls. Cook eggs on low simmer for 3 to 4 minutes, or until they float to the top of the water.



Toast bread and lay on 4 individual plates. Divide microgreens or pea shoots among plates and lay on top of toast. Place 3 of the bottom asparagus halves onto microgreens and then place an egg gently on top. Decorate each plate with 3 of the top parts of the asparagus spears and drizzle the remaining dressing overtop.

### EACH SERVING CONTAINS

272 calories; 12 g protein; 15 g total fat (3 g sat. fat);  
23 g total carbohydrates (5 g sugars, 3 g fiber); 289 mg sodium

LEEK, CHARRED SPRING ONION,  
*and* GARLIC SCAPE SOUP

5  
SERVES

This soup takes the classic recipe a step further in a celebration of spring alliums by adding charred spring onions and garlic scapes, the immature flowering part of the garlic plant. Unlike the garlic bulb, scapes impart a gentler, fresher, garlic flavor.

- 2 Tbsp (30 mL) olive oil
- 4 green onions, whole, root and rough ends removed
- 4 cups (1 L) chopped leek, white and pale green parts, about 12 oz (340 g)
- 2/3 cup (160 mL) tender garlic scapes cut in 1/2-inch (1.25 cm) pieces
- 1 1/2 cups (350 mL) diced Yukon gold potato
- 4 cups (1 L) low-sodium chicken stock

To large soup pot, add olive oil. Toss green onions in olive oil to coat lightly, leaving most of the oil in the pot.

Heat a cast iron skillet on high and sear onions so they become limp and charred. Remove onions from skillet and set aside.

Heat oil in soup pot on medium-low and add leek and garlic scapes. Cook until soft, about 5 to 7 minutes. Add diced potato and chicken stock. Simmer, uncovered, on medium heat for 20 minutes, or until potato is soft. Add green onion to pot at the 15-minute mark. Turn off heat and allow soup to cool. With blender, working in batches, blend soup on high until you have a smooth puree. Return to clean soup pot and heat on low to desired temperature.

Serve with a sprinkling of freshly snipped chives or chive flowers.



EACH SERVING CONTAINS

162 calories; 4 g protein; 6 g total fat (1 g sat. fat);  
26 g total carbohydrates (5 g sugars, 5 g fiber); 492 mg sodium

BEEF STIR-FRY *with*  
FIDDLEHEADS *and*  
SPRING VEGETABLES

2  
SERVES

A simple stir-fry is a quick and easy meal that makes the most of fresh vegetables. This spring-inspired stir-fry leans on spring onions, the first fresh snow peas, baby spinach, and fiddleheads.

6 oz (170 g) stir-fry beef  
2 Tbsp (30 mL) low-sodium soy sauce or tamari  
2 Tbsp (30 mL) low-sodium chicken broth  
1 tsp (5 mL) honey  
1/4 tsp (1 mL) dried red pepper flakes  
1 tsp (5 mL) cornstarch  
4 green onions  
1/2 tsp (2 mL) Szechuan peppercorns (optional)  
2 Tbsp (30 mL) sesame oil  
1 Tbsp (30 mL) finely diced gingerroot  
2 cloves garlic, peeled and finely diced  
4 oz (113 g) snow peas  
2 cups (500 mL) baby spinach  
1/2 lb fiddleheads, pre-cooked in boiling water for  
10 minutes, and drained

In medium-sized bowl, combine beef, soy sauce, chicken broth, honey, and dried red pepper flakes. Take spoonful of the liquid and add it to small bowl with cornstarch. Stir until cornstarch has dissolved and then reintroduce liquid to bowl with beef mixture.

Cut green onions in half where they turn from green to pale green and white. Slice green section into small rings and set aside. Cut pale green and white part lengthwise and then slice into 1-inch (2.5 cm) pieces.

In piece of parchment or clean kitchen towel, fold Szechuan peppercorns, if using, and bash for a few seconds with rolling pin to crush.



In wok or large skillet, heat sesame oil on medium-high. Add crushed peppercorns, ginger, and garlic and stir on medium-high for about 1 minute, stirring constantly. Add white parts of green onions and stir-fry for 1 minute. Add beef and marinating liquid and stir-fry for 3 to 4 minutes. Add snow peas and spinach and toss for a further 2 minutes to coat with sauce. Add drained fiddleheads and toss for 2 minutes more.

Serve with rice or soba noodles and sprinkle with the uncooked green onion slices.

EACH SERVING CONTAINS

334 calories; 29 g protein; 16 g total fat (2 g sat. fat);  
25 g total carbohydrates (7 g sugars, 4 g fiber); 347 mg sodium