

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



1 consequence of climate change that may surprise you is longer allergy seasons. Hayfever symptoms are not unusual in March. Speak to your health care practitioner for help with seasonal allergies. Lifestyle changes can also help, like showering after being outdoors, wearing a mask and/or wraparound sunglasses, vacuuming and dusting regularly, and using an air purifier.

12-48 hours after being exposed to norovirus is when symptoms typically develop. Commonly called the “stomach flu,” norovirus isn’t a flu at all, but a common virus that causes diarrhea and vomiting. It tends to resolve on its own but can be dangerous when it leads to dehydration. Hand sanitizer and common cleaning wipes don’t kill norovirus, but you can ward it off with good old-fashioned hand washing.

2025 research suggests that deep sleep may help clear our minds. According to the study, which involved mice, sleep may wash away waste buildup in the brain. It’s not always easy to prioritize sleep but it’s so important to do so for our physical and mental health. Try to stick to a consistent sleep-wake schedule, avoid screen time before bed, and cut back on caffeine.

133,771 people participated in a recent study about dementia. The researchers found that those who ate more red meat—especially *processed* red meats like hot dogs and salami—were more likely to develop subjective cognitive decline. Unprocessed red meat includes things like beef and lamb. While you don’t have to go vegan, eating more whole, unprocessed, and plant-based foods can be a healthy change.

3 potential benefits of implementing a morning routine include stress relief, better sleep, and being more active. The great thing about a morning routine is that you can make it exactly the way you want. Maybe you want to do some gentle stretches and meditation, or go for a run, or make a matcha latte and play word games. Take this opportunity to customize a routine that’s perfectly you.

TAKEOUT,
BUT
BETTER!

CURRIED BEANS *and*
POTATO *with* CHICKPEAS

6
SERVES

Feeling like your favorite Indian takeout tonight? This plant-based curried bean and potato dish is an easy, delicious take on a classic Indian specialty.

- 1 Tbsp (15 mL) olive oil
- 2 large yellow onions, thinly sliced in half moons
- 2 tsp (10 mL) ground turmeric
- 2 tsp (10 mL) ground cumin
- 1/4 tsp (1 mL) cayenne
- 1/4 tsp (1 mL) salt
- 4 cups (1 L) diced peeled russet potatoes
- 4 cups (1 L) green beans cut into
1 1/2 in (3.75 cm) pieces
- 2 cups (500 mL) canned chickpeas, rinsed and drained
- 3 cups (750 mL) low-sodium vegetable stock

In large pot, heat olive oil on medium heat, add onions and cook down until caramelized, approximately 30 minutes. Add spices, stir, and let heat for 30 seconds. Add potatoes, beans, chickpeas, and stock. Bring to a boil, then cover and simmer for 20 minutes, or until potatoes are fork tender.

Serve in bowls alongside naan, if desired.



EACH SERVING CONTAINS

351 calories; 16 g protein; 7 g total fat (1 g sat. fat);
60 g total carbohydrates (11 g sugars, 17 g fiber); 318 mg sodium

ROASTED GRAPE *and*
BUTTERNUT SQUASH FLATBREAD

6
SERVES

Ready for a new take on a family favorite? Try this delicious upgrade on typical pizza. Invite the entire family to make personal versions for a fun family-style pizza night in.

2 cups (500 mL) butternut squash ribbons
1 cup (250 mL) red seedless grapes
1/2 cup (125 mL) sliced red onion
1 Tbsp (15 mL) olive oil
1 Tbsp (15 mL) fresh thyme
1/2 tsp (2 mL) dried red chili flakes
10 oz (300 g) flatbread of choice
2 1/2 oz (70 g) soft goat cheese, crumbled
2 cups (500 mL) arugula
1/2 lemon, juiced
Honey or balsamic for drizzle (optional)

Preheat oven to 425 F (220 C).

Peel butternut squash and, using vegetable peeler, create long thin ribbons of squash. Place ribbons in large bowl with grapes and onion; toss in olive oil and spices.

Place flatbread on parchment paper-lined baking sheet and top with grape and squash mixture. Scatter crumbled goat cheese on top. Bake for 12 minutes.

Toss arugula in lemon juice and place loosely on top of flatbread. Drizzle with honey or balsamic vinegar, if desired.



EACH SERVING CONTAINS

219 calories; 7 g protein; 7 g total fat (1 g sat. fat);
33 g total carbohydrates (6 g sugars, 5 g fiber); 355 mg sodium

FRIED QUINOA

6
SERVES

A take on traditional Chinese-style fried rice, this fried quinoa version is packed with protein and bursting with vibrant veggies. Add some extras or stick to these healthy ingredients for takeout style you won't soon forget.

1 tsp (5 mL) olive oil
1/2 lb (225 g) extra-lean ground pork
1 Tbsp (15 mL) freshly grated gingerroot
3 garlic cloves, peeled and crushed
1/4 cup (60 mL) diced green onion, whites only, greens saved for serving
6 cups (1.5 L) shredded napa cabbage
1 cup (250 mL) julienned carrots
2 cups (500 mL) chopped enoki mushrooms
2 tsp (10 mL) miso paste
1 tsp (5 mL) low-sodium soy sauce or tamari
1/4 cup (60 mL) mushroom broth
2 cups (500 mL) day-old cooked quinoa
1 cup (250 mL) bean sprouts
1 Fresno chili, thinly sliced (optional)

To large frying pan over medium heat, add oil. Add pork and cook until no longer pink. Add ginger, garlic, and onion and cook for 1 minute. Add cabbage, carrots, and mushrooms and cook for 5 to 10 minutes, until cabbage is wilted and reduced in volume and the liquid from cabbage and mushrooms has evaporated.

Meanwhile, in small bowl, mix miso, soy sauce, and broth together and then add to cabbage mixture in frying pan. Add quinoa to pan and warm through until liquid is absorbed. Turn off heat, sprinkle in bean sprouts, and stir to combine.

When ready to serve, top with reserved green onion, Fresno chili (if desired), and extra soy sauce, to taste.



EACH SERVING CONTAINS

376 calories; 27 g protein; 10 g total fat (2 g sat. fat);
45 g total carbohydrates (2 g sugars, 6 g fiber); 249 mg sodium