

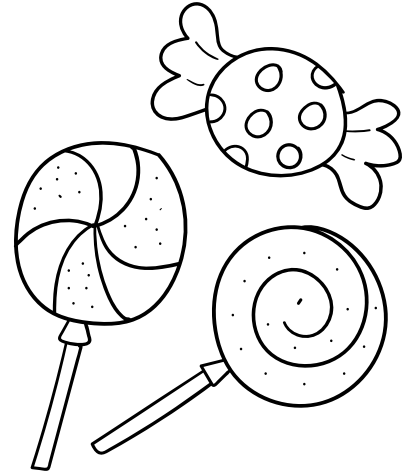


NUTRITION NEWS

Spooky season is here!

This time of year kicks off all the festivities to come. With the holidays right around the corner, yummy desserts and other treats are readily available at stores, parties, work, and at home.

Although it is okay to celebrate and enjoy this time of year, it is also understandable to be concerned about health and nutrition during this time as well. Here are a few tips to get you through this holiday season without feeling guilty about overindulging.



- Eat mindfully. Notice when you feel hungry and stop when you feel full.
 - Stay hydrated. Making sure that you are drinking plenty of water. This can discourage snacking as well as prevent cravings for sweet or salty foods.
 - Read labels. Try switching out with lower sugar or lower fat options when cooking. Some examples: using stevia or splenda instead of sugar, using applesauce, bananas or dates for natural sweeteners when baking.
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- Share health goals with family members.
 - Allow yourself to indulge occasionally. These treats are often seasonal, so it's okay to want to enjoy them before they disappear for another year.
 - Staying active during this time of year has many benefits. Especially as the temperatures decrease, making sure to get 15 minutes of exercise a week will help with physical and mental health.
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Recipe by budgetbytes.com

SAUCY WHITE BEANS WITH SPINACH

Prep time: 10 minutes

Cook time: 25 minutes

Serving: 4



INGREDIENTS:

- 4 cloves garlic, minced
- 2 Tbsp. olive oil
- 1 15 oz. can of diced tomatoes
- 4 cups of Great Northern beans (soaked)
- 1/2 cup water
- 1/2 tsp. dried oregano
- 1/4 tsp. freshly cracked black pepper
- 1/4 cup grated Parmesan
- 2 cups spinach
- 1/8 tsp. salt

DIRECTIONS:

- Mince the garlic and drain tomatoes. Add the olive oil to a large skillet and heat over medium. Add the garlic and sauté for about one minute, or just until the garlic becomes very fragrant.
- Add the tomatoes to the skillet and stir to combine.
- Add the soaked white beans to the skillet (do not rinse the beans, the residual starchy liquid helps create the sauce), along with the water, oregano, and pepper. Stir to combine.
- Allow the beans to come up to a simmer, stirring occasionally, until the tomatoes begin to break down and the liquid reduces to a light sauce (about 5 minutes).
- Add the Parmesan cheese to the skillet and stir until it has melted into the sauce. If the sauce becomes too thick or dry, you can add a splash of water to loosen it up.
- Add the spinach to the skillet and stir to combine.
- Taste the beans and adjust the salt, pepper, or other seasonings to your liking. Serve hot with crusty bread for dipping!