

Get With It



Sponsored by the Women's Wellness and Maternity Center and the **Get With It** Collaborative

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WORLD BREASTFEEDING WEEK (AUG 1-7)

SENSATIONAL FOIL-PACK VEGETABLES RECIPE:

INGREDIENTS:

- 1 zucchini, cut into 1-1/2 inch chunks
- 1 cup button mushrooms
- 1 each red and yellow pepper, cut into 1-1/2 inch squares
- 1 cup large cherry tomatoes
- 1/4 cup Light Zesty Italian Dressing
- 2 Tbsp. grated Parmesan cheese

DIRECTIONS:

HEAT grill to medium-high heat.

COMBINE vegetables, tomatoes, and dressing. Spoon onto center of large piece of heavy-duty foil. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside.

GRILL 8 to 10 minutes or until vegetables are crisp-tender, turning after 4 minutes.

CUT slits in foil to release steam before opening packet. Sprinkle vegetable mixture with cheese.

KITCHEN TIPS:

Toss vegetables and tomatoes with 1 Tbsp. pesto along with the dressing. Or sprinkle cooked vegetable mixture with chopped fresh parsley just before serving.

SUBSTITUTE: If you don't have heavy-duty foil, you can use a double layer of regular foil instead.



Inside this issue:

Sensational Foil-Pack Vegetables Recipe	1
How to Remove a Tick	2
Kitchen Organization 101	2

* *Special points of interest:*

* Saturday, August 13 from 9:30–2 p.m.
CHOTA Health Fair at CHOTA Community Health Services in Madisonville. There will be health info available.

NUTRITIONAL INFO: Calories: 45, Total fat: 1.5 g, Saturated fat: 0.5 g, Cholesterol: 5 mg, Sodium: 210 mg, Carbohydrate: 6 g, Dietary fiber: 1 g, Sugars: 3 g, Protein: 3 g, Vitamin A, Vitamin C, Calcium and Iron. Low fat, low calorie and good source of vitamin A and C.



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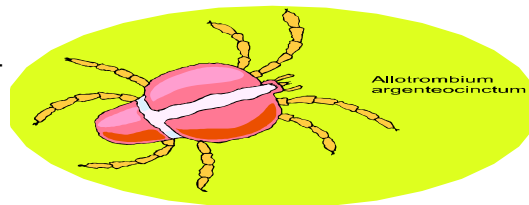
Website: www.getwithitwomen.org

If you have a comment or would like to share recipes for one of our upcoming newsletters; call Debra Lindaman, Health Educator at 423-442-6624 or email Debra at debral@getwithitwomen.org.

HOW TO REMOVE A TICK

By 2011 United HealthCare Services

1. Use fine-tipped tweezers or, if necessary, your fingers—protected with a tissue, paper towel or rubber glove. Don't use a hot match, nail polish or petroleum jelly.
2. Grab the tick as closely to your skin as you can. Avoid crushing it.
3. Pull it out in one steady motion. Flush it down the toilet. Another option: Keep it to show your doctor should you get sick. Put it in a sealed baggie or container in the freezer.
4. Clean your skin with soap and water.



Keep an eye on the site for signs and symptoms of Lyme disease. They usually develop within the first few days or weeks and include:

- * A small circular rash at the bite site—sometimes appearing as a bull's-eye.
- * Fatigue
- * Fever or chills
- * Head, muscle and joint aches
- * Swollen lymph nodes

See your doctor if you have signs of Lyme disease. It can usually be cured with an appropriate course of antibiotics—especially if treatment begins right away.

KITCHEN ORGANIZATION 101

From the cookbook "Diabetic Meals In 30 Minutes—Or Less"!!

Kitchen Organization

A kitchen that is easy to work in will make cooking more pleasurable and will save you time, too. Here are some ways to get your kitchen organized.

- * Take a little time to review all of your kitchen equipment. If an item hasn't been used in years or is damaged, toss it. You won't miss it if you never use it.
- * Look carefully at your usual cooking style and how often you need to prepare meals. For example, if you're cooking for one, it might be easier for you to just chop a few vegetables by hand, rather than lugging out that big food processor for a few ingredients.
- * Get rid of equipment that is used to make unhealthy food, such as fondue pots and deep-fat fryers. Your body will thank you!
- * Put items that you use frequently in the same place. Nothing slows down your cooking time more than hunting for an item and finding it in some obscure place. Store seldom-used items in your basement or closet, away from items that you use every day.
- * If you have kitchen counter space, place frequently used condiments, grains, and pastas in pretty containers right on or near the counter where you prepare your food. It's quicker to reach for them there than to dig through cabinets. If you do not have spare counter space, but extra kitchen space; consider purchasing a small rolling cart for these frequently used items. You will also be able to quickly tell when you need to replenish your stock!
- * Your knives should never be placed in a drawer—this ruins their sharpness. Store them in a wooden block or hang a magnetic strip made for hanging knives.

