

Targeting Wellness Newsletter

September 2022

Good News for Good Health!

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

September is Healthy Aging Month!

"You can't help getting older, but you don't have to get old."

- George Burns -

"Old age is not a defeat but a victory. Not a punishment but a privilege."

"With aging, I become more certain in my decisions, more positive about who I am, more in charge of myself and my life."

In this issue

1. What We Know About Aging "Gracefully"
2. What We Know...continued
3. Aging Gracefully with Strength Training
4. How Often Do You Stretch?
5. Nutritional Bites: Ultra-processed Foods and Dementia
6. Why People in the "Blue Zones" Live Longer
7. Other Traits and Habits Associated With Longevity
8. About the Author (me ☺)
9. Recipe Corner: Roasted Beet Salad

"Forget about aging gracefully, focus instead on aging gratefully."



AGE =

A Grateful Existence

What We Know About Aging “Gracefully”

There are many factors that influence how “gracefully” we age. Our genetics play a role but at a much smaller percentage than you might think (less than 20%). Most of our conditions are due to the lifestyle we live and ones attention to prevention through self-care. Research supported by the National Institute of Aging have identified certain actions that help us manage our health, live as independently as possible and maintain a quality of life as we age. Here are a few things that stand out. Granted they are probably things you already know, but are you doing them?

Let’s look at our Physical Health

Exercise—So much scientific evidence has shown where those who exercise regularly not only live longer but live better— meaning spending more years without pain or disability! After all it is one thing to live a long life and another to live a full and healthy life!

Increasing the number of steps you take each day by taking those breaks to walk around the building, walking to a further away bathroom or water fountain, getting up to share a message with a colleague instead of always emailing. This doesn’t have to happen every time, it’s just something to keep in mind, plus you can get in a few more steps.

Exercise also helps to maintain a healthy weight. Being obese increases ones risk of heart disease, type 2 diabetes and high blood pressure. Being too thin is not good either because it can weaken the immune system in older adults and could increase risk of bone fractures. Both obesity and underweight can lead to loss of muscle mass which can cause feelings of weakness, fatigue and low energy.

Moderate to vigorous physical activity (cardio and strength training) are crucial especially as we age. Maintaining muscle mass not only helped older adults live better, it was a big predictor of longevity, more so than weight or body mass index!

Get started by walking several times a week. Schedule in a few breaks during your day when you take the long way. Parking further from any entrance is a way to get in extra steps. Take a look at your average day. Where can you incorporate more movement?



Healthy eating— Well this is no surprise, right? Making smart food choices has a profound impact on our current health as well as the risk for long-term disease, physically and mentally (see page 6 for more on that).

There is no denying the evidence...study after study has shown that eating more fresh, whole foods such as fruits, vegetables, whole grains, lean proteins and healthy fats help to protect our bodies against the risk of all chronic diseases. Reducing the processed foods and eating more of the whole foods deliver significant health benefits.

Try making even small changes to your current diet. Incorporate more leafy greens on your sandwich, in soups/stews or varieties to your salad. Swap out animal protein with legumes, beans or tofu even for a few meals a week can result in improved health outcomes. These

outcomes can make the difference between living a LONG life of medications, pain and limitations vs. LIVING a long healthy life doing the things that make you happiest!

Getting a good night sleep—No doubt we have all felt the “side effects” of a poor night’s sleep. Being in pain or taking certain medications can interfere with an older adults quality of sleep. Sleep matters not only for how we function the next day, but long term it has an effect on our memory and cognitive function. Getting a good night sleep (as well as sufficient sleep of 7-8 hours a night) lowers ones risk of insulin resistance, heart disease and obesity.

Setting up a good sleep routine is a great place to start. Go to bed and get up on a regular schedule. Get exercise during the day. Many municipalities have hosted a “Sleep Challenge” to help their employees incorporate some new sleep habits that can positively impact ones overall well-being. Check out my April newsletter for more information on sleep.



Other things you can do: quit smoking, avoid or limit alcohol consumption, and go to the doctor regularly.

What We Know About Aging “Gracefully” (continued)

Our mental well-being is key to our overall health and quality of life because it impacts everything we do. It affects how we think, feel, act, make choices and interact with others. Improving certain aspects of our lifestyle can have a direct impact on whether or not we experience healthy aging.



Let's look at our Mental Health

Social isolation and loneliness—as folks age, they may have difficulty maintaining social connections due to changes in hearing, vision, memory, mobility and the loss of family and friends. This could lead to older adults feeling isolated and lonely. Although they may seem similar, social isolation is a lack of social contacts and people to interact with on a regular basis where loneliness is the distressing feeling of being alone or separated.

Studies show that experiencing either of these can increase one's risk of heart disease, depression and cognitive decline. Feelings of loneliness can also impact memory. Adults who have established new social connections as they aged have reported feeling physically and psychologically better and were able to

reach their health goals due to the support felt in having others to connect with. Taking a class, volunteering, or honing a skill already present can measurably change one's life for the better.

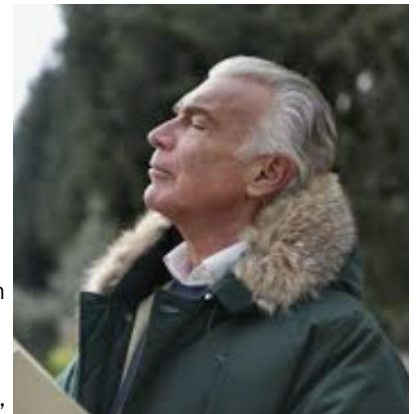
Stress—in today's world, stress is viewed as just a “normal” part of one's day. We are so used to feeling rushed, overwhelmed, on-edge that many feel hopeless that it will ever be different. Some change that causes stress can actually be good for us such as landing a new job, new responsibilities that accompany a promotion, or the birth of a child/grandchild. These things bring opportunity, growth and newness to our lives. However, when stress is viewed as negative and is constant, it can actually change the brain, affect memory and increase risk of chronic conditions including Alzheimer's. The way we perceive a situation has a tremendous affect on how our body will respond.

When we feel that overwhelming negative emotion, usually always based in fear of something happening (failure, making a mistake, being judged, etc.), our brain immediately shifts to survival mode causing a rush of adrenaline and cortisol (the stress hormones) to flood our body. When these feelings are detected, if we can become aware of them we can learn to shift our brain to a more relaxed state. With consistent practice the next time such a situation occurs, we can handle it with much more clarity, ease and focus.

Breathing is one way to still the mind, bring yourself back to a calm state so you can notice, shift and begin dealing with the situation at hand without that blinding and paralyzing stress.

Depression and overall mood—sometimes in older adults depression does not show up as sadness. Instead it could be feeling numb and disinterested in activities once enjoyed. Many times they aren't willing to talk about it which could impact their mental and physical health. Although different, mood changes can also influence aging. Even the way one views aging (positive or negative) has an impact on health. Positive beliefs about aging and having a better outlook on one's future, decreases the risk for developing dementia and obesity.

When signs of depression surface, it's important to talk to someone or seek out a health care professional. In addition to what was mentioned, lack of sleep and loss of appetite can be common symptoms of depression.



Leisure activities and hobbies—do you regularly participate in hobbies or leisure activities that make you happy? If so, you are helping to reduce the risk of health problems. Participating in a group activity or engaging in at least an hour of reading or hobbies, reduces one risk of cognitive decline.

Research shows that music, theater, dance, creative writing, etc. improve older adults' quality of life and well-being with better cognitive function, memory, and self esteem. Even taking care of a pet can improve one's health. Volunteering at a school, library or hospital, trying a new restaurant, visiting a museum, learning how to cook or playing a musical instrument can all help to keep us aging gracefully!

What are you going to try?

Sources: WebMD, National Institute on Aging

Aging Gracefully Involves Strength Training

Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes lifting weights a few times each week.

You've probably heard the phrase: *Use it or Lose it*...well that is what we are setting our muscles up for if we don't do some form of strength training especially as we get older. If you have a physically demanding job you may already get a lot of weight lifting. However, your tasks may require you to use only certain muscles in a certain way. Working all our muscles is crucial for balance and flexibility.

Here are some of the benefits you may gain from this type of physical activity:

- Develop bone strength which increases bone density and helps reduce risk of osteoporosis.
- Manage your weight as well as improving your metabolism to help burn more calories even at rest.
- Enhance your quality of life. Doing weight bearing exercises helps to protect joints and build muscles, enhancing our balance resulting in reduced risk of falls. We all want to maintain our independence and be able to do the things we love even as we age. Strength training can help to assure that!
- Reduce signs and symptoms of chronic disease and help to manage conditions such as arthritis, back pain, obesity, heart disease, depression and diabetes.
- **Bonus:** Sharpen cognitive abilities!! Some research suggests that older adults experienced greater thinking and learning skills with regular strength training and aerobic exercise.

Getting Started:

If you are over 40 and have not been very active, check with your doctor before starting any strength or aerobic training program. Here are a few things to keep in mind regardless of your fitness level:

- Always warm up with a short walk (march in place, stationary bike, any activity to get your blood circulating for 5 to 10 minutes). Typically when you take an exercise class, a good instructor will incorporate a warm up at the beginning of every workout. Cold muscles are more prone to injury—this also goes for stretching too! Always warm up your muscles!
- Choose weights heavy enough to tire your muscle after 12 to 15 repetitions. Goal is to fatigue the muscle in order to build it. If you can go beyond 15 and feel no fatigue, the weight is probably too light. Progress slowly.
- A full day's rest between muscle workouts will allow full recovery. It is advised not to work the same muscles back to back. That goes for abs too.
- Listen to your body. If you feel pain stop immediately! Proper form is critical to avoid injury. You may consider working with a trainer or other fitness specialist to learn the correct form and techniques. And pay attention to your breathing...many people hold their breath as they lift and that can increase your blood pressure and cause dizziness!

In addition to resistance training to develop and keep muscle strength, consistent, high quality protein intake is important especially as we age! Although it's not fully understood, it's known that as we age there are cellular changes that take place within our muscles as well as a decrease in the number of muscle cells that we have. Between 50-60, muscle strength declines by about 1.5% a year. After 60, the loss can be as high as 3% a year! Muscle loss affects one's ability to move and do daily activities. It affects one's balance and can increase one's chances of falling.

One way that can help to keep our muscles strong is to eat protein consistently throughout the day to balance growth and breakdown. Research shows that eating 20-30 grams of protein at each meal is ideal. A study of protein consumption for men and women over 60 revealed that men needed nearly 3 ounces of protein a day to maintain muscle mass and strength, and women needed 2.6 ounces. "Plant protein may help preserve muscle strength in older adults because of its alkaline properties where animal protein is much more acidic". (Reinberg, 2015)

Key take away: eating all the protein you want without exercise will NOT increase muscle strength!

Resource: WebMD

How Often Do You Stretch?

If you answered “never” to that question, think about adding a few minutes in every day. Virtually every activity you do relies on ease of motion. Stretching can help in numerous ways. It can often relieve back pain, stiff necks, and sore knees when tight muscles are to blame. It can counteract too much sitting whether you’re doing it for work or a pleasurable activity. If you’re a runner, a tennis player, a golfer, a hiker, or a biker, the right stretching program may set you on a path toward better performance. **And as we age**, stretching can help keep us active and flexible, making it easier to accomplish innumerable everyday tasks involving walking, climbing stairs, or getting out of a chair.

As with anything that is good for us, consistency increases our chances of reaping lasting benefits. The gains of stretching when done only occasionally are short-lived. Studies have shown that the greatest length is achieved right after the hamstring stretch but quickly diminishes within 15 seconds. However there was a noticeable effect up to 24 hours following the exercise. **A daily practice is ideal but gains have been found even in two or three times a week.**

While it’s tempting to just stretch and be done with it, it’s best to think about safety first (remember safety and wellness go hand in hand). These tips may help you achieve the best flexibility gains possible, while reducing your risk of injuries.

1. **Warm up first.** Much like taffy, muscles stretch more easily when warm. Dynamic stretches can act as a warm-up for static stretches, or you can do static stretches after sports, exercise, or even marching in place with arms swinging for five minutes or dancing to a few songs. Moist heat packs or a warm shower are effective first steps, too.
2. **Feel no pain.** Stretch only to the point of mild tension, never to the point of pain. If a stretch hurts, stop immediately! Reset your position carefully, then try again. With time and practice, your flexibility will improve.
3. **Pay attention to posture and good form.** Posture counts whether you’re sitting, standing, or moving. Good form translates to better gains in flexibility and less likelihood of injury when stretching tight muscles. It may be beneficial to do along with a video to get the proper technique to avoid injury.
4. **Focus on the muscle being stretched.** You’ll notice that one side of your body often is tighter than the other. Work on balancing this over time.
5. **Breathe.** Breathe comfortably while stretching, or use yoga breathing. Whatever you do, don’t hold your breath while you are holding a stretch.

Resource: WebMD

FLOOR HIP FLEXOR



FULL BODY STRETCH



DOWNWARD FACING DOG



FLOOR HAMSTRING WITH STRAP



DOUBLE KNEE TORSO ROTATION



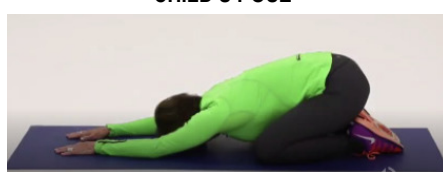
STANDING CALF STRETCH



CAT & COW STRETCH



CHILD'S POSE



If interested in watching a short video on how to properly do these stretches, go to <https://www.health.harvard.edu/everyday-stretching>

Resource: Harvard Health Publishing



Ultra-processed Foods and Dementia

More and more studies are now being conducted that show the association of how much ultra-processed foods a person consumes with their risk of developing dementia. One study from the UK took over 72,000 participants over the age of 55 who did not currently have dementia and followed them for 10 years. After completing at least two 24-hour dietary assessments on what they ate and drank the previous day, researchers were able to determine how many grams of ultra-processed foods people were eating compared to other foods. They were then split into 4 groups from lowest percentage of processed foods consumed (9% or 225 grams/day) to highest percentage of processed foods consumed (28% or 814 grams/day). Example to put this into perspective: one serving of pizza or fish sticks is equivalent to 150 grams.

The risk of dementia increased by over 50% for those people who ate the most ultra-processed foods compared to those who ate the least. Even after adjusting for other lifestyle factors such as age, gender, family history of dementia and baseline BMI, researchers discovered that for every 10% increase in daily intake of ultra-processed foods, people had a 25% greater risk of developing dementia.

Also discovered was that when unprocessed or minimally processed foods are increased by even 50 grams/day (i.e. half an apple, a serving of corn, or bowl of bran cereal) and ultra-processed are decreased by 50 grams/day (i.e. a chocolate bar or serving of fish sticks), there is an associated decrease in risk of 3%. That may not sound very impressive but what it shows is that even making small adjustments to your diet now could result in some promising reductions in cognitive risk later in life.

As noted in my June Targeting Wellness Newsletter, ultra-processed foods are high in sugar, salt and fats and are very low in protein and fiber. Although convenient and tasty, they are usually loaded with additives and other molecules from the packaging and heating process which has a negative effect on thinking and memory skills not to mention other chronic health conditions like heart disease, diabetes and obesity.



Why People in the “Blue Zones” Live Longer

Known from a book by the same name, *Blue Zones* are geographic regions in the world that were identified by the author Dan Buettner. People living in these specific areas are some of the world's longest living people (nonagenarians and centenarians - living over 90 and 100, respectively) and having the lowest rates of chronic diseases. In his book, Buettner identified the following as Blue Zones:

- **Icaria (Greece):** Here people eat a Mediterranean diet
- **Ogliastro, Sardinia (Italy):** In the Ogliastro region of Sardinia some of the oldest men in the world reside. They live in mountainous regions where they typically work on farms and drink red wine.
- **Okinawa (Japan):** Okinawa is home to the oldest women in the world who eat lots of soy-based foods and practice tai chi (a meditative form of exercise).
- **Nicoya Peninsula (Costa Rica):** The diet of these people is based around beans and corn tortillas. They regularly perform physical jobs well into their old age and have a sense of purpose known as “plan de vida”.
- **The Seventh-day Adventists in Loma Linda, California:** This group is very religious, are strict vegetarians and live in tight-knit communities.

In a number of the studies conducted, genetics only played about a 20% part in their longevity with the remaining due to environmental influences such as diet and lifestyle. That should be encouraging for all of us!

Here are some of the common lifestyle factors found among the people from these regions:

They eat a diet rich of whole plant foods

- 95% plant-based (vegetables, legumes/beans, whole grains and nuts)
- Most are not strict vegetarians, however, they only eat meat around 5 times a month. Studies have proven time and time again that avoiding meat can significantly reduce the risk of death from heart disease, cancer and many other chronic diseases.

They fast and follow the 80% Rule

- **Calorie restriction**—a large 25-year study in monkeys found that eating 30% fewer calories than normal led to significantly longer life
- ⇒ Okinawans follow the 80% Rule (“hara hachi bu”) where they stop eating when they feel 80% rather than 100% full. Unfortunately many in the US eat until they feel “stuffed”.
- ⇒ This 80% Rule is effective because the hormones that tell us we are full (leptin) aren't at their maximum until 20 minutes after we are done eating. Slowing down your eating can help you notice when you are 80% full.
- **Fasting**—this idea of intermittent fasting and longer fasting has become much more popular of late, however, the concept in many religious groups has been practiced for centuries.

They consume alcohol in moderation

- Although this may be true, it's important to also take into consideration other aspects of one's lifestyle.
- Also the benefits of moderate alcohol may depend on the type of alcohol being consumed. Red wine may be the best, given it's antioxidants from grapes. Thought: just eat the grapes! :-)
- Antioxidants help prevent DNA damage which can contribute to aging.
- Recommended no more than one 5-ounce glass of red wine for women and two 5-ounce glasses for men per day. Rule-of-thumb: more is not better and can actually increase risk of death!

Exercise is built into daily life

- People in the Blue Zones don't worry about going to the gym since their daily lives require lots of movement (gardening, walking, cooking and daily chores)
- Reminder of the Physical Activity Guidelines for Americans: minimum of 75 minutes of vigorous-intensity or 150 minutes of moderate-intensity per week. A large study showed that doing more can reduce one's risk of death by up to 39%.

They get enough sleep

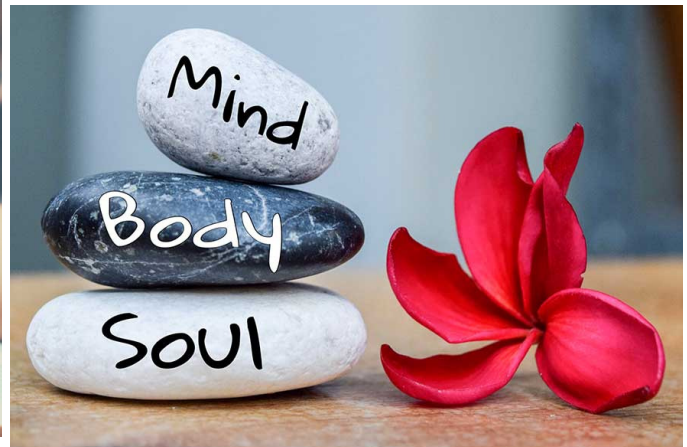
- We know that getting adequate sleep (7-8 hours) every night can significantly reduce the risk of death from chronic disease.
- People in the Blue Zone tend to go to sleep, wake or go to work at set hours, paying close attention to what their body needs. In some areas, napping is also common (Icaria and Sardinia)....less than 30 minutes during the day.

Why People in the “Blue Zones” Live Longer

Other Traits and Habits Associated With Longevity



Being religious or spiritual



*Having a sense of purpose, a sense of
(lotus) control and a feeling that
what you do matters*



*Older & younger people
living together*

*Grandparents who look after their grand-
children have lower risk of death.*

A healthy social network

*The habits of those you hang around with can
greatly impact your own health. Pick your
friends wisely!*



About the Author



Born and raised in South Jersey to two hard working Italian parents, I have come to appreciate the value of going after what I really want in life!

Whether we haven't yet met, have just met or have been working together for the last decade, I thought it might be nice to share with you a little bit about my journey to becoming your Wellness Director.

Graduating from West Chester University with a B.S. in Business Administration and a concentration in Marketing, I hit the ground running to land a job that would start moving me ahead in a secure career. Yet every position I held over the next 25 years seemed to drain rather than energize me.

Most of those years was spent working in Corporate environments where being sedentary and making poor food choices was the norm. I always had a passion for fitness and nutrition which quickly became evident with my co-workers. No matter where I went, my work cubicle soon became the "confessional" where my colleagues would divulge their weekend food binges and ask for "forgiveness". During lunch, I would organize walks or instruct exercise classes in the conference room and witnessed first-hand how our ability to manage stress improved. I remember someone saying to me after one of our stretching classes "Debby, you should be doing this for a living". That was my "aha" moment!

It became clear to me that I was staying in a career for the wrong reasons, and although the thought of making a change was terrifying, I knew my happiness in living my purpose was worth the risk. That is where my journey began towards my current role as Wellness Director and Health and Wellness Coach.

I know personally the challenges of balancing work/life demands and the struggle to maintain self-care as a priority. I started my own business called *Targeting Wellness, LLC* where I strive to support the many municipalities who make up the Joint Insurance Funds (JIF), reminding them as often as I can of the importance of their employees' health and well-being. My goal over the last decade has been to graph and implement wellness initiatives that promote a culture of wellness that targets the overall health needs of the employees. After all, I know from my own experiences that healthy employees are more productive, have higher morale and are more resilient to the challenges of daily living, at work and at home.

I went on to acquire a Masters in Wellness and Lifestyle Management from Rowan; I became certified as a Health and Wellness Coach with NBHWC and maintain my certification as a Group Exercise Instructor through ACE. The challenges I faced with my own health inspired me to pursue a certification in Plant Based Nutrition through eCornell in order to help empower individuals, like myself, who are interested in taking back control of their well-being through food.

Yet all of this knowledge and insight can still lead one down a path of poor choices and sabotaging thoughts. What I discovered to be true is the need for mental fitness. Take for example going to the gym. It's one thing to join and to know that working out is good for your health, but it means nothing if you never step foot in the gym or lift a dumbbell. Teaching our mind to overcome whatever is holding us back takes more than just thinking about it; it takes doing the work! After completing an intense "boot camp for the brain" through Positive Intelligence, I now have tools and skills that allow me to shift my mindset towards positive thoughts in the moment, allowing for a profound change in how I approach my life.

Now, I want to bring that awareness and skill to the municipalities. We all can learn to shift from sabotaging thoughts to what is known as our sage, a calmer, wiser, inner voice that has always been there ready to guide us if we only would listen. Learning this and continuing to practice it every day has empowered me to look forward to the next chapter of my life without fear. It is never too late or too early to start. You have what it takes to create the life you want. It starts with awareness of the many lies our inner critic tells us. You too can go from just wishing to doing!

If you are interested in speaking with me to help bring wellness into your work environment or if you are interested in learning more about developing your own mental fitness, please reach out to me via email at debby_schiffer@targetingwellness.com or call 856-322-1220. Be sure to check out the JIF Website for some helpful resources and wellness ideas to bring to your workplace!

With sincere gratitude, Debby♥

As far as we know, life only happens once. What are you waiting for?

Roasted Beet Salad



This beautiful roasted beet salad is full of flavor, texture and nutrition. It's vegan and gluten-free and high in fiber and nutrients making it just as healthy as it is delicious. (Deryn Macey, Author)

Ingredients:

For the Marinated Chickpeas

- 1 -15oz can of chickpeas, drained and rinsed
- 2 tbsp olive oil (optional)
- 3 tbsp balsamic vinegar
- 2 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/4 tsp chili flakes (optional)



For the Salad

- 4 medium-sized beets (1 per serving)
- 8 small to medium carrots (2 per serving)
- 6 cups de-stemmed and finely chopped fresh kale (1–2 handfuls per salad)
- 1 cup fresh, frozen and thawed or canned corn (1/2 cup per salad)
- 4–8 tbsp raw pepitas (pumpkin seeds, 1–2 tbsp per salad)

For the Balsamic Vinaigrette

- 3 tablespoons balsamic vinegar
- 2 tablespoons apple cider vinegar
- 2 tablespoons extra virgin olive oil or avocado oil
- 1 tablespoon Dijon mustard
- 1 1/2 tablespoons pure maple syrup
- 1/2 teaspoon sea salt
- 1/2 tsp black pepper
- 2 cloves garlic, minced

Roasted Beet Salad (continued)

Instructions:

1. Start with the marinated chickpeas. They need to sit for a minimum of 1 hour but can be left up to overnight or even a few days. To make them, place all the ingredients in a bowl or container, mix well, cover and place in the fridge.
2. Preheat the oven to 425 F. Give the beets and carrots a quick wash and scrub (leave skins on) then rub each with a few drops of olive or avocado oil. Wrap each beet in foil and place on a parchment-paper lined baking tray. Place the carrots on the baking tray as well and sprinkle with a little salt and pepper.
3. Roast the carrots until they're very tender and starting to bubble and brown, about 30-40 minutes, depending on size. Once roasted, either chop them up or serve whole on top of your salad. I like leaving them whole as they're so tender you can easily chop with a fork while eating your salad.
4. Roast the beets for 40-60 minutes, depending on size, until you can easily pierce them with a fork. Once tender, remove from the oven, open the foil and let them cool until you can handle them, about 15-20 minutes. Once they've cooled down, you can peel the skin off, cut off the ends and chop them for the salad.
5. While the carrots and beets are roasting, make the balsamic vinaigrette by whisking or shaking the ingredients together until combined. Be sure to mix it again before adding to your salad as the oil may separate.
6. Remove the kale leaves from the thick stems and chop it into small pieces. Add to a large mixing bowl. Add a squeeze of lemon or lime juice and a few drops of olive or avocado oil, or add a small amount of the balsamic dressing. Massage the kale with your hands for 1-2 minutes. Massaging the kale is optional but helps to soften it and improve the taste. Divide the kale between 4 bowls, plates or food storage containers.
7. Divide the chopped beets, carrots, corn, marinated chickpeas and pepitas between the 4 portions.
8. Top each salad with equal amounts of the balsamic vinaigrette.
9. Serve immediately. (I tossed everything together as opposed to separating into bowls—DS)



Notes from Recipe Author:

I roasted the corn for this salad and while it's totally optional, it added a nice layer of texture and flavor and really brought out the sweetness of the corn. To make the roasted corn, just add the corn kernels to a lined baking sheet, add some spices like chili powder, sea salt, cumin and paprika and roast at 400 F until it's starting to crisp and blacken a bit, about 10 minutes.

You'll need about 15 minutes of hands-on prep time and 15-20 minutes to allow the beets to cool enough to peel them. The other option is to peel the beets before roasting, so once roasted you can just slice and add to the salad right away.

*Prep time: 30 mins
Cook time: 45 mins
Yields: 4
Category: salad
Diet: vegan, vegetarian,
gluten-free*

Nutrition per serving:

⇒ calories: 350
⇒ fat: 15 g
⇒ carbohydrates: 43 g
⇒ fiber: 12 g
⇒ protein: 15 g

Recipe taken from: Runningonrealfood.com

Debby Schiffer, Wellness Director for BURLCO & TRICO JIF

E-mail: debby_schiffer@targetingwellness.com Office: 856-322-1220

Cell: 856-520-9908