Real Life
For PacificSource Members

Savor the Flavor of Nourishing Foods

Nourishing your body with delicious food is not only enjoyable, it’s good for your health. Every cell of your body is affected by the foods you eat. The 2015 U.S. Dietary Guidelines encourage us to eat a variety of nutrient-dense foods across all food groups. But what does “nutrient dense” mean? It means your food is packed with nutrients, vitamins, and minerals that repair, renew, and support your body. The alternatives are food and drinks with empty calories that weigh you down and work against you.

Eating well is one of the most important modifiable risk factors of disease—and it’s within your control. Yet often, the idea of making changes to the foods we eat brings strong feelings of resistance, because the changes can seem difficult or the foods tasteless. This doesn’t have to be the case!

So how can you support your health by eating well?

• **Learn** which foods in what amount will nourish your body and support your health. Visit Health.gov/dietaryguidelines/2015 or contact us at (888) 987-5805 to talk with a registered dietitian.

• **Ditch** the all-or-nothing thinking. You can still have your favorite foods in moderation.

• **Experiment** with new foods and recipes (like the ones shown inside). You might be surprised at how much time and money you can save while eating delicious food.

• **Make a plan.** This one strategy can make a big difference. Create a meal plan and shop for it. When you have a plan and the resources to follow through on it, you’ll have success.

• **Have fun!** Get your family or friends involved in selecting and preparing recipes. Share meals with one another.

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**Member Corner**

**You’re Stronger Than You Know**

One of our members, Mary, has been working with a PacificSource health coach for about eight months. Here, in her own words, Mary describes her personal journey to improved health.

“I’m not setting any goals around exercise.” I remember saying those exact words to my coach. No way was I going to be one of those people that made exercise a priority. I wanted to lose weight and improve my overall health, but this didn’t mean including exercise.

I think my obsession with the scale prevented me from paying attention to how I was actually feeling. Plus, any time I did try and exercise, I always felt terrible. A simple walk would exhaust me, causing my legs to ache, back to hurt, and I was so short of breath. But one morning I woke up and decided enough was enough. I was not getting restful sleep, and this was affecting my life. So I put on my sneakers and started walking. The first time I walked, it was awful; I thought I was going to have to call for a ride home. But I remembered that any amount of exercise was good for my body, and after just a few weeks of walking every day, things got easier. I started planning out my walks and choosing different music to listen to.

After three months I was able to walk two miles a day. My sleep had improved, my muscles felt good, and I noticed my stamina had

**Continued inside.**
Southwest Mason Jar Salad

Mason jars salads make a great grab-and-go, one-dish meal. By layering your ingredients in a specific order and using a Mason jar, you will have a fresh crisp salad. Store your salad in the refrigerator, and if you include poultry, meat, eggs, or cooked grains, eat them within three to four days.

This salad will support your immune system, thanks to the variety of colors and vegetables that are rich in beta carotene and vitamin C, among others. It also packs a wallop of protein to keep you satisfied until supper. High in fiber in part from the black beans, this tasty salad helps to naturally lower cholesterol. Did we mention it tastes great?

Salad Ingredients
2 Tbsp. Cilantro-Lime dressing
3 ounces cooked boneless skinless chicken breast
1/2 cup shredded purple cabbage
1/3 cup diced sweet red peppers
1/2 cup canned or prepared black beans, rinse thoroughly to reduce sodium
1/3 cup cooked yellow corn
1 cup chopped romaine lettuce
2 cups fresh baby spinach

Cilantro-Lime Dressing
Ingredients
1 cup fat-free Greek yogurt
2 Tbsp. mayonnaise
1 cup loosely packed cilantro leaves
2 cloves of garlic
1/4 cup freshly squeezed lime juice
1/2 tsp. cumin
1/2 tsp. salt
1/4 tsp. black pepper

Directions
Make the dressing: Place garlic, cilantro, and lime juice in food processor. Process until all ingredients are minced. Add the yogurt, cumin, salt, and pepper, and process until all ingredients are mixed. Makes about ten, two-tablespoon servings.

Assemble the salad: Start with a clean quart-sized, wide mouth mason jar. Place your salad dressing in the bottom and then layer the ingredients in order of the recipe. Give the jar a few good shakes before eating to distribute the dressing, and enjoy!

Serves 1.

Nutrition Facts Per Serving: Calories: 380; total fat: 7 g; saturated fat: 1.5 g; cholesterol: 75 mg; sodium: 270 mg; total carb: 42 g; fiber: 13 g; protein: 41 g.

Autumn Delight Baked Oatmeal

This dish is a delicious breakfast option any time of year, and it will fill your home with delightful aromas of apple and cinnamon while baking. Bake up a batch on Sunday and place the leftovers in microwave safe dishes. Store in the fridge for up to three days, or freeze for up to three months. Now you have a delicious and nutritious breakfast in less than 60 seconds!

Whole grain oats are loaded with soluble fiber to naturally lower blood cholesterol. The pumpkin is rich in beta carotene—good news for your eyes and immune system, and the walnuts add some healthy fat to help you feel full longer. What a delicious way to nourish your body!

Ingredients
1 (15-ounce) can pumpkin puree
2 large eggs
1/3 cup brown sugar
1/2 tsp. salt
1 Tbsp. ground cinnamon
1 1/4 tsp. ground cloves
1 tsp. baking powder
1-1/2 cups milk
1 medium apple, cored and chopped into small bite-size pieces
1/2 cup chopped walnuts
1/4 cup dried cranberries
2-1/2 cups old-fashioned rolled oats

Member Corner Continued from page 1.

improved. Just the other day I decided to change things up and climb a hill near my house. When I got to the top (the equivalent of 29 flights of stairs) I thought, I wonder what my next fitness goal will be?

My thought: never underestimate your ability to surprise and impress yourself. You are stronger than you know."
Spicy Salmon Burger with Cabbage Slaw

This burger will leave you satisfied for hours. It’s packed with protein, healthy fats, and fiber thanks to the coleslaw and whole grain bun. Salmon is high in the nourishing omega-3 fats that protect your heart and blood vessels and help lower blood pressure. The American Heart Association recommends eating a 3.5-ounce serving of fish at least twice per week.

This recipe is flavorful and spicy, not fishy, and it freezes well.

Burger Ingredients
1 pound fresh salmon, skin and bones removed
1 Tbsp. peeled and grated fresh ginger root
1 Tbsp. reduced-sodium soy sauce
1/2 Tbsp. Sriracha sauce
2 Tbsp. chopped green onion
1/2 tsp. ground black pepper
1 large egg, beaten lightly
1/2 cup panko bread crumbs (we used gluten-free)
1 Tbsp. canola oil
4 whole-grain hamburger buns (we used gluten-free)

Make the burgers: Pulse together the salmon, ginger, soy sauce, Sriracha, green onion, and pepper in a food processor until combined well and a dough begins to form (about 15 to 20 pulses).

In a large bowl stir together the salmon mixture, panko crumbs, and egg. Make four evenly sized patties.

In a large skillet heat the canola oil over medium heat. Add the patties and cook on medium heat for about five minutes; flip and cook four to five minutes longer. Use a cooking thermometer to ensure that the internal temperature of each patty has reached 145F.

Sriracha Mayo Ingredients
1-1/2 tsp. Sriracha sauce
1/2 tsp. chopped green onion
1/2 tsp. ground black pepper

Make the mayo: While the patties are cooking, stir together the sriracha and mayonnaise.

Top each burger with about 1-1/2 teaspoons of the Sriracha mayo and a quarter of the slaw.

Serves 4.

Nutrition Facts Per Serving
Calories: 410; total fat: 21 g; saturated fat: 2.5 g; cholesterol: 80 mg; sodium: 430 mg; total carb: 21 g; fiber: 2 g; protein: 33 g.

Adapted from Recipes: Highlighting Healthy Fats - Food & Nutrition Magazine January/February 2016.

Directions
Preheat oven to 375F. Coat an 8x8 baking dish with nonstick spray.

In a large bowl, combine the pumpkin puree, eggs, brown sugar, salt, cinnamon, cloves, and baking powder and whisk until smooth. Add the milk and whisk again until smooth.

Stir the apple, walnuts, cranberries, and oats into the pumpkin mixture. Pour the mixture into the prepared baking dish.

Bake the oatmeal for 45 minutes, or until the top is slightly golden brown and no longer sticky in the center.

Divide the oatmeal into eight portions and refrigerate or freeze until ready to eat. To reheat, microwave until warmed through.

Serves 8.

Nutrition Facts Per Serving
Calories: 270; total fat: 8 g; saturated fat: 1.5 g; cholesterol: 45 mg; sodium: 250 mg; total carb: 45 g; fiber: 6 g; protein: 8 g.

Reprinted with permission from Budget Bytes by Beth Moncel.

Make the slaw:
1-1/2 cups red cabbage, thinly sliced
1/2 cup grated carrots
1-1/2 tbsp. canola oil
1-1/2 tbsp. apple cider vinegar
1/4 tsp. sugar
1/4 tsp. toasted sesame oil
1/4 tsp. ground black pepper

Slaw Ingredients

Directions
Make the slaw: Place cabbage and carrots in a bowl. Combine remaining ingredients for slaw in a small bowl and whisk. Drizzle over the cabbage and mix well. Cover refrigerate until ready to serve.
Eat well!

To celebrate National Nutrition Month, we’d like to share three recipes that nourish your body and taste scrumptious.

Southwest Mason Jar Salad

Autumn Delight Baked Oatmeal

Spicy Salmon Burger

See inside and enjoy!