



Peas and Carrots

Spring Edition M8--PY09



Delicious AND Good for You!

You've probably heard that you should eat your fruits and vegetables but do you really know why they are so good for you? In addition to providing crucial nutrients and vitamins, studies show that a calorie-controlled low-fat diet that allows unlimited consumption of fruits and vegetables can lead to sustained weight loss. If you are eating plenty of naturally low-calorie foods, such as fruits and vegetables, then you will naturally eat fewer high-calorie foods. The recommended daily intake of fruits and vegetables is 3.5 cups for women over 51 years of age. For men of the same age range, the recommended daily intake is 4.5 cups.

Fruits and vegetables also provide nutrients that have been identified as lacking in many Americans' diets: potassium, fiber, and vitamins A and C. Potassium helps lower blood pressure and can guard against the effects of salt on blood pressure. Fiber helps maintain a healthy digestive track as well as lowers cholesterol. Vitamin C is a powerful antioxidant that protects cells from damage, strengthens blood vessels, helps absorb iron and can maintain healthy gums. Finally, vitamin A is important to the health of vision, cell growth, immune function and bones, teeth and hair. The great thing about fruits and vegetables is that many are a powerhouse of different vitamins. In fact, a sweet potato has all four nutrients discussed in this article – potassium, fiber, and vitamins A and C. Sit back and snack on a sweet potato with the knowledge that you are helping your body perform at its best!

Source: INShape Indiana

“Those who dream by day
are cognizant of many
things which escape those
who dream only by night.”
-- Edgar Allan Poe

Everyday Exercise

If you want to incorporate more exercise into your day but are not ready to run a marathon, consider doing more “lifestyle activities.” When performed daily, lifestyle activities are a great way to burn calories and work muscles. Try various lifestyle activities to use different muscle groups.

Each of the following lifestyle activities burns about 150 calories, with timelines based on the performance of healthy adults. As usual, speak with your doctor before beginning an exercise regimen.

- Washing windows/floors for 45 to 60 minutes
- Washing/waxing a car for 45 to 60 minutes
- Gardening for 30 to 45 minutes
- Walking 1.75 miles in 35 minutes
- Raking leaves for 30 minutes
- Dancing fast for 30 minutes
- Climbing stairs for 15 minutes
- Shoveling snow for 15 minutes

Source: Allrecipes



*“People
helping people
help
themselves”*

“Peas & Carrots” is created and developed by the
Indiana Family & Social Services Administration, Division of Aging

Summer Vegetable Crêpes

Crêpes aren't just for dessert anymore! If you are feeling adventurous, make the crêpes yourself, or you can buy a pack of ready-to-use crêpes in the refrigerated section of your local grocery store.

When you are preparing this recipe, place a piece of parchment or wax paper under each crêpe as you fill it, as without it, the crêpes are difficult to roll. Serve these with a tossed salad for a delicious summer meal.

1/3 cup reduced-fat sour cream	2 cups chopped zucchini
1/2 cup chopped fresh chives, divided	1 1/4 cups chopped green beans
3 Tablespoons low-fat milk	1 cup fresh corn kernels from 1 large ear
2 teaspoons lemon juice	1 cup part-skim ricotta cheese
3/4 teaspoon salt, divided	1/2 cups shredded Monterey Jack cheese
1 Tablespoon extra virgin olive oil	1/4 teaspoon freshly ground pepper
4 9-inch "ready-to-use" crêpes	

1. Stir sour cream, 1/4 cup chives, milk, lemon juice and 1/4 teaspoon salt in a small bowl until combined. Set aside.
2. Heat oil in a large nonstick skillet over medium-high heat. Add zucchini, green beans and corn and cook, stirring occasionally, until beginning to brown, 6 to 8 minutes. Reduce heat to low; stir in ricotta, Monterey Jack, the remaining 1/4 cup chives, the remaining 1/2 teaspoon salt and pepper. Cook, stirring gently, until the cheese is melted, 1 to 2 minutes. Remove from the heat.
3. To roll crêpes, place one on a piece of parchment or wax paper. Spoon 1/4 of the vegetable-cheese mixture (about 3/4 cup) down the center of the crêpe. Use the paper to help you gently roll the crêpe around the filling. Place the crêpe seam-side down on a dinner plate. Repeat with the remaining crêpes and filling. Serve each crêpe topped with 2 tablespoons of the reserved sauce and more chives, if desired.

Source: Delish.com

