

Holiday Habits

Enjoy your favorite holiday foods without the guilt this year. The key is portion control! When you are faced with that delicious holiday spread, think before you eat. Pick your three favorites dishes and serve yourself very small portions of each. Next, make sure to load veggies onto your plate so that your plate feels full. Now you can enjoy your dinner and remember to savor each bite! You will thank yourself later. As long as you are motivated you are bound to make the smart choice. It's also a good idea to walk in with a game plan before you over indulge.

Cooking Lesson... EVERYTHING PIZZA

Ingredients

- 1 large whole wheat pizza crust
- 3 cups chopped veggies of your choice
- 3 cups shredded mozzarella cheese
- 1.5 cups marinara sauce
- 3 cups chicken broth

Directions

Preheat the oven to 350°. Place the chopped veggies in a pan with chicken broth and cook until the veggies are tender. Drain excess broth. Cover the pizza dough with marinara sauce, then pile on the veggies. Once all the veggies are on, cover them with cheese and place in the center of the oven with a drippings pan on the rack below. Cook until the cheese is melted and the crust is golden brown on the edges. Let cool for 5 minutes and enjoy!



DECEMBER 2016



Produce of the Month

Did you know that pears are members of the rose family and are related to the apple? Depending upon the variety, their paper thin skins can either be yellow, green, brown, red or a combination of two or more of these colors. Make sure not to peel the skin off, it's where the most nutrients are found.



Activity of the Month

Hockey is a fun sport! If you are looking to improve your game, start with the your goal shot. As with any sport, you must keep your head up. Having the confidence to do this takes practice, but it is worth it. Keeping your head up will allow you to find openings more effectively as well as increase your accuracy.