



And the Winner is...
ANTONELLA MEYA
for the Month of March!

Warm Snow Pea & Chicken Salad

Snow peas aren't just for stir-fries. Thinly sliced, their crunchy texture and sweet taste combine with a creamy Asian dressing to make this salad special.

4 servings | Total Time: 40mins.

Ingredients

- * 1 lb. boneless, skinless chicken breast, trimmed
- * 1 14-ounce can reduced-sodium chicken broth
- * 3 tsp. rice vinegar
- * 3 tbsp. reduced-sodium soy sauce
- * 3 tsp. toasted sesame oil, divided
- * 2 tbsp. tahini, or cashew butter
- * 1 tbsp. minced fresh ginger
- * 2 cloves garlic, minced
- * 2 tbsp. chopped cashews
- * 1 lb. snow peas, trimmed, thinly slivered lengthwise

Preparation

Place chicken in a medium skillet or saucepan and add broth; bring to a boil. Cover, reduce heat to low, and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size pieces. (Cool and refrigerate the broth, reserving it for another use.)

Meanwhile, whisk vinegar, soy sauce, 2 teaspoons sesame oil and tahini (or cashew butter) in a large bowl until smooth.

Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add ginger and garlic and cook, stirring, until fragrant, about 1 minute. Stir in slivered peas and cook, stirring, until bright green, 3 to 4 minutes. Transfer to the bowl with the dressing. Add the chicken to the bowl with the peas; toss to combine. Serve sprinkled with cashews.

Nutrition Per serving: 284 Calories; 13 g Fat; 2 g Sat; 5 g Mono; 64 mg Cholesterol; 13 g Carbohydrates; 30 g Protein; 3 g Fiber; 509 mg Sodium; 499 mg Potassium

http://www.eatingwell.com/recipes/warm_snow_pea_chicken_salad.html



25 things you probably forget to clean

1. **Inside And Under The Fridge** - Clean every corner and compartment in the fridge and defrost the freezer.
2. **Deep Clean That Oven** - Grab your rubber gloves, sponge and clean inside the oven. This applies to your microwave as well.
3. **Do A Flip** - Flip your mattress and go over it with a vacuum.
4. **Wash Pillows** - It's not just about cleaning your cases and bed sheets. Give your comforters and pillows a good wash as well.
5. **Clean Your Screens** - Take out your window screens and give them a good rinse.
6. **Don't Forget The Drapes** - Throw them in the laundry or use some wipes for your blinds.
7. **The Ceiling** - You may not look up every day, but just think about all that dust collecting above your head — and getting spread as soon as you turn that fan on.
8. **Your Closet** - It's not just about organizing your clothes. Clean the top of your closet, under (if you can) and get rid of old hangers and garment bags that have no use anymore.
9. **Flip Your Cushions** - Give your couch cushions a good shake and flip them around.
10. **Kids' Playroom** - Don't just put away the toys, a lot of germs and dust can collect in drawers, on tables and under carpets.
11. **Patio Furniture** - A lot of people don't mind cleaning their patio furniture, but they do forget to clean under the umbrella.
12. **Wash The Patio** - Grab a hose and broom and give your patio a full wash.
13. **Garage** - The garage often becomes a dumping ground for bikes, boxes and random objects in your home. Don't forget to clean those shelves, walls and drawers.
14. **Speaking Of Garages** - Don't forget the floor either — especially if you park your car on it every day.
15. **Dead Trees** - With the weather (slowly) turning around, you may also have a lot of dead plants or trees in your backyard or front yard. Spend a day clearing out your garden to make room for fresh new flowers.
16. **Donate What You Don't Need** - Instead of just keeping everything in boxes for the "right time" to donate, take it to a local shelter the very same day. Also, this is a good time to figure which items you've been holding onto for way too long.
17. **Back Of The Closet** - The back of your closet can also be a breeding ground for pests or mould, so don't forget to give it a good wipe down.
18. **Underneath Appliances** - It's not just about what you can see, but most germs live under the surfaces that aren't obviously visible.
19. **Your Phone** - Your phone is absolutely disgusting — and not just your smartphone. Don't forget to give all your phones a good wipe, along with your headphones.
20. **Shower Curtains** - They don't have to be changed frequently, but do take some time to clean your shower curtains.
21. **Outdoor Lights** - These things go through it all — winter, summer, spring and fall. Take down your fixtures and use a glass cleaner to clean the panels. It may also be a good time to replace your light bulbs.
22. **Your Cards** - Your bus passes, credit cards, debit cards, these are the cards we use almost every day ... and sometimes end up in your mouth or the bottom of a dirty bag. Give them a wipe.
23. **Trash Cans** - Yes, the garbage bin is made for garbage, but this doesn't mean it should be neglected either. If you have a composting bin, just keep in mind of all the old food and leaky garbage bags you've thrown in there.
24. **Purses And Bags** - They may look pretty on the outside, but our everyday handbags also carry a lot of germs and filth inside. Wipe them down with a damp cloth.
25. **House Plants** - You can water them all you want, but when you take a closer look, you'll also start seeing the dust on the leaves. Take a duster to them and let them breathe!

WORLD HEALTH DAY APRIL 7th, 2014

More than half of the world's population is at risk from vector-borne diseases such as malaria and dengue. Yet, we can protect ourselves and our families by taking simple preventive measures, including vaccination. This infographic highlights a number of these.



VECTOR-BORNE DISEASES

VECTORS MAY BE A THREAT TO YOU, AT HOME AND WHEN TRAVELLING

VECTORS ARE SMALL ORGANISMS THAT CARRY SERIOUS DISEASES



WITH JUST 1 BITE

they can transmit diseases such as:

- Malaria
- Dengue
- Leishmaniasis
- Lyme disease
- Yellow fever
- Japanese encephalitis



Diseases spread by vectors **kill a million people** every year and **more than half of the world's population is at risk**

TAKE SIMPLE MEASURES TO PROTECT YOURSELF AND YOUR FAMILY

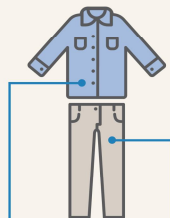
Get vaccinated against yellow fever and Japanese encephalitis



Install



window screens



Wear light-coloured, long-sleeved shirts and trousers



Use insect repellent



Sleep under an insecticide-treated bed net



Get rid of stagnant water from places where mosquitoes breed, such as in old containers, flower pots and used tyres



For more information, contact your health-care professional
www.who.int/world-health-day

Spring Clean Your Diet - Fresh fruits and vegetables abound during the spring, so make room for these nutritional powerhouses.

Strawberries - Available year-round in most areas of the country, but their peak season is from April until June. These sweet, juicy berries are nutritional jewels with just 1 cup offering 3.5 grams of fiber and meeting 100% of your daily vitamin C needs.

Asparagus - Dubbed the "food of kings" by Louis XIV of France, asparagus definitely have a royal nutritional profile. Low in fat and high in fiber, these tender stalks are a good source of iron, B vitamins, and vitamin C. Asparagus are at their peak from March through June but can be purchased year-round.

Sweet Cherries - Only available during the late spring and early summer, so make sure to enjoy your fill. Sweet cherries are high in fiber and potassium, while remaining low in calories—just 1 cup of sweet cherries is about 100 calories.

Peas - Fresh peas including sugar snap peas, snow peas, and green peas can usually be found year-round but are at their peak from April through July. Like most legumes, peas are low in fat and high in fiber and are a good source of plant protein. Their nutritional profile differs depending on variety, with green peas providing more B vitamins and zinc, while snow & snap peas offer more vitamin C.

Radishes - For a burst of flavor with very few calories, look no further. Radishes are root vegetables with a distinctive flavor that ranges from mild to sharp, depending on variety. One cup of sliced red radishes will give you 30% of your daily vitamin C requirement in less than 25 calories.

Fava Beans - With their rich, hearty flavor, fava beans are a terrific addition to soups, salads, or main dishes. Due to their high protein and fiber content, these beans help to keep you feeling full for longer.

Apricots - For a boost of beta-carotene, potassium, vitamin C, and fiber in a sweet 50-calorie bundle, be sure to bring home apricots from the farmers' market or grocery store. The peak season for this fresh fruit is from May to August. **Artichokes** - While artichokes are harvested year-round, the crop peaks from March through May. A 2-ounce serving (approximately the size of the bottom of one large artichoke) has about 3 grams of fiber and just 25 calories. Artichokes are also a good source of iron, potassium, magnesium, folate, and vitamin C.

Rhubarb - Although technically a vegetable, rhubarb is often used as a fruit and is a good source of vitamin C, potassium, and manganese. Rhubarb is available in some locations year-round, however, field-grown varieties are harvested from April through July.

Morel Mushrooms - Cone-shaped with a spongy texture, morels are a springtime delicacy making an entrance at fine restaurants and farmers' markets in early spring through late June. A member of the truffle family, these wild mushrooms are best known for their honeycomb texture and nutty flavor. The spongy texture of morels make them ideal for soaking up flavorful sauces. Pair with other spring veggies like asparagus, spring onions, and green peas or toss in pastas, sautés, and salads.

Edited from: <http://www.cookinglight.com/food/in-season/spring-vegetables-fruits-00400000066820/>



1 workout = 1 Point

- 20 Points = FREE Far-Infrared Sauna Visit
- 25 Points = FREE Yoga or Pilates Class
- 35 Points = FREE Marathon T-shirt
- 50 Points = FREE Stability Ball

Shop Local
Earn Rewards

