

### Events this Week

Come to the Farmer's Market every Tuesday from 2:30 to 6:30 PM outside the medical school entrance.

### WORKSHOPS

Quick & Healthy Dinners

Tuesday, July 11:  
12:00 – 12:30 PM  
S2-321

AND

Wednesday, July 12:  
7:30 – 8:00 AM  
S1-123

Feel free to bring your lunch!

### WALKS

Meet with other walkers at the Step Ahead Information Center, across from the stamp machine, every day at noon.

To purchase a pedometer, visit the Step Ahead office at S7-746.

## QUICK AND HEALTHY DINNERS

Are you tired of coming home after a hard day's work and wondering what to make for dinner? Elvis solved this dilemma by eating meatloaf every night for six months (according to a Graceland tour guide). You can do better! Come to our workshop on creating **Quick & Healthy Dinners**.

### Benefits of eating at home

Preparing meals at home is not only less expensive but also generally more nutritious than eating out or buying take-out. Why? YOU can decide how to prepare the food, and you know exactly what goes into it. For many people, however, planning and cooking a meal can seem like a daunting task. Step Ahead can help solve this challenge.

### A little planning goes a long way

A few minutes of planning and a well-stocked pantry and refrigerator can lead to healthy

meals that taste good and take less than 45 minutes to prepare. You will leave our workshop with the tools to prepare healthy and tasty meals, and to save time and money when shopping at the grocery store.

### How Step Ahead can help

Come to our workshop to get a week's worth of dinner menus created by Step Ahead's nutritionist. Put together with an eye to taste, nutrition and ease of preparation, many of these meals can double as dinner or lunch the next day. The workshop also shares tips to cutting down on meal preparation time.

As with all of our workshops, **Quick and Healthy Dinners** is free, and no registration is required.

Check out the left column of this newsletter for a listing of scheduled workshops and other Step Ahead activities.

## Recipe of the Week

### Turkey Joe's

1 Tbsp. Olive or canola oil  
1 medium Onion, chopped  
1 small Red or green pepper, seeded and chopped  
2 cloves Garlic, finely chopped  
¾ pound Ground turkey meat/breast  
1 28oz. can Diced tomatoes  
2 Tbsp. Tomato paste  
¼ cup Barbecue sauce  
6 whole wheat hamburger buns, grilled or toasted  
6 thin onion slices, for garnish  
2 cups shredded lettuce

- Heat oil in medium skillet over medium-high heat. Sauté the onion and pepper until translucent (4 minutes). Add the

garlic and sauté until the vegetables are soft (3 minutes). Add ground turkey meat and cook using a wooden spoon to break it up until it loses its pink color, (4-5 minutes).

- Add tomatoes, tomato paste and barbecue sauce. Simmer until the mixture is thick stirring occasionally. (15 minutes).
- Put 1/6<sup>th</sup> mixture on whole wheat hamburger bun, serve with shredded lettuce and onions.

Recipe Adapted from *American Institute for Cancer Research*

### Nutritional information:

Calories: 233      Fat: 3.37g  
Saturated Fat: 0.66g      Carbohydrate: 34.33g  
Dietary Fiber: 5.51g      Protein: 19.14g

## Tip of the Week

Walk, hike, kayak, and enjoy the beautiful out-of-doors this summer! For information on state and national parks throughout the United States, check out <http://www.recreation.gov>.

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)