

## EVENTS THIS WEEK

### Quick and Healthy Dinners featuring the new Salad Savvy Recipe Book

Pick up a terrific packet of information, ideas, recipes and dinner menus! Also, pick up a copy of our new salad savvy recipe book with 16 recipes for main dish salads, side salads and dressings, including healthier versions of old favorites and exciting new ideas.

**Monday, July 30:  
11:30AM – 1:30pm  
Cafeteria**

### Farmers' Market

**Tuesday, July 31:  
1:00 – 5:00pm**  
On the Terrace outside the Medical School Entrance

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

Step Ahead can come to you! Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at [info@stepaheadprogram.com](mailto:info@stepaheadprogram.com).

## Hiking and Biking in and around Worcester

Central Massachusetts is filled with walking, hiking, and biking trails. Here are some of our favorite places in and around Worcester.

**Broad Meadow Brook Conservation Center and Wildlife Refuge.** Worcester [www.massaudubon.org](http://www.massaudubon.org). Hiking trails and programs.

**Green Hill Park,** Worcester [www.ci.worcester.ma.us](http://www.ci.worcester.ma.us) Near UMASS, this city park has over 480 acres with a variety of recreational activities.

**Family Hike Nights,** Wednesdays August 8, 15 and 22 at 6 pm. Free hikes offered by the City of Worcester. Call Parks and Recreation to RSVP or for information at 508-799-1190. [http://www.ci.worcester.ma.us/dpw/parks\\_recreation/pdf/FamilyHikes.pdf](http://www.ci.worcester.ma.us/dpw/parks_recreation/pdf/FamilyHikes.pdf)

**Massachusetts Central Rail Trail, Wachusett Greenways Section** [www.wachusettgreenways.org](http://www.wachusettgreenways.org) and [www.masscentralrailtrail.org](http://www.masscentralrailtrail.org).

There are 9 sections of the rail trail around Worcester. Some trails are smooth enough for strollers and bicycles, others have more

hills and a rougher terrain.

**Wachusett Mountain State Reservation,** Princeton is north of Worcester, with trails and roads for walking, hiking, biking and skiing. <http://www.mass.gov/dcr/parks/central/wach.htm>  
**Wachusett Meadow Wildlife Sanctuary** Princeton. [www.massaudubon.org](http://www.massaudubon.org). Programs and trails.

**Wachusett Reservoir,** West Boylston, MA Hike and bike around Boston's water source. <http://www.mass.gov/dcr/parks/central/wachRes.htm>

**Midstate Trail,** [www.midstatetrail.org](http://www.midstatetrail.org)  
The 92 mile hiking trail extends from the border of New Hampshire to Rhode Island.

**Blackstone Valley Heritage State Park** Uxbridge. [www.mass.gov/dcr/parks/central/blst.htm](http://www.mass.gov/dcr/parks/central/blst.htm). 1000 acres to walk, hike, and canoe.

To learn more about biking throughout the state check out **MassBike** at [www.massbike.org](http://www.massbike.org). If you want to join a biking club, check out the Seven Hills Wheelman out of Worcester, [www.sevenhillswheelmen.org](http://www.sevenhillswheelmen.org).

## Recipe of the Week

### Shrimp Scampi Serves 4

1 lb. jumbo shrimp, rinsed, peeled and deveined  
1 Tbsp. olive oil  
6 cloves garlic, finely chopped  
2 cups chicken broth (or vegetable broth)  
2 Tbsp. cornstarch  
¼ cup chopped fresh parsley  
Salt and pepper to taste

8 ounces spaghetti or angel hair whole wheat pasta.

- Prepare pasta according to package instructions.

- Heat olive oil in medium nonstick skillet over medium high heat; add shrimp and chopped garlic.
- Reduce heat to medium and cook until garlic is soft and shrimp is bright pink (5 minutes).
- In a small bowl, whisk together broth and cornstarch until smooth; add to shrimp, reduce heat to medium low and simmer until sauce is thickened (5 minutes).
- Add salt and pepper to taste. Serve over whole wheat pasta. Sprinkle fresh parsley on top.

#### Nutritional information:

Calories: 330	Carbohydrates: 49g
Fat: 5g	Fiber: 5g
Saturated fat: .9g	Protein: 23g

## Tip of the Week

Store cleaned, cut-up vegetables in the fridge at eye level and keep a low-fat or fat-free dip on hand. <http://www.fruitsandveggiesmatter.gov/tips/snacks.html>

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