

EVENTS THIS WEEK

Move Outdoors!

Stop by our table for tips on a variety of activities to keep you moving outdoors in the nice weather.

Monday, August 6:
11:30AM – 1:30PM
Cafeteria

**Farmers' Market
Tuesday, August 7:**
1:00 – 5:00pm
On the Terrace
outside the Medical
School Entrance

**Family Hike Nights
Wed August 8, 15
and 22**

6 pm sponsored by
the City of
Worcester
call 508-799-1190 to
RSVP and for
information

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@stepahead
program.com.**

Fun with Fruits and Vegetables

Are you looking for new ways to enjoy fruits and vegetables? Visit our Quick Tips Table this month to learn new tips for selecting, preparing and eating fruits and vegetables. Here are some ideas to get you started:

Dip it: snap peas, baby carrots, cherry tomatoes, red pepper slices, and celery sticks are great for dipping. Dip in your favorite bean dip like humus, or low-fat ranch dressing. Dip strawberries, melon pieces, grapes, sliced apples or pears in your favorite low-fat or fat-free yogurt.

Breakfasts: Add fresh or frozen fruit to oatmeal, cold cereal, low-fat yogurt or cottage cheese. Top waffles or pancakes with fruit instead of syrup.

Sandwiches: Add extra tomato slices, lettuce, baby spinach, shredded carrots, chopped or sliced peppers, cucumber slices, or sliced apples on your next sandwich or wrap.

Snacks: Take single servings of unsweetened applesauce to work. Fill a

small snack bag with red or green peppers, cut fruit, grapes, baby carrots or small cherry tomatoes. Frozen grapes and bananas are great on hot days.

Soups and Pasta sauces: Add shredded carrots, diced zucchini or yellow squash, fresh or frozen spinach to your favorite soup or pasta sauce. Cook and puree vegetables such as squash or carrots, and add to the dish.

Grilled Vegetables: Onions, mushrooms, tomatoes, and peppers taste great when grilled. When grilling throw on extra vegetables to use later in the week. Add to sandwiches, pita, wraps, salads and pasta sauces.

Grilled Fruit: Grilled pineapple slices, peaches, or nectarines makes a great dessert. Grill extra to use later in the week.

Dining Out or Take Out: Ask for extra vegetables and less cheese or meat when ordering your next pizza. Instead of potato or rice ask for two vegetable sides or a small side salad.

Stop by the Quick Tips table to learn more!

Recipe of the Week

Pan-Roasted Chicken and Vegetables Serves 4

This one of those meals that has it all... Quick, hearty, tasty and even better for lunch the next day.

1 1/2 pounds red potatoes, cut into 1 1/2-inch chunks
1 jumbo onion (1 pound), cut into 12 wedges
4 garlic cloves, peeled
2 tablespoons olive oil
1 1/4 teaspoons salt
1/2 teaspoon ground black pepper
1/2 teaspoon dried rosemary
1 pound skinless, boneless chicken thighs, each cut into quarters
1 bag (10 ounces) spinach, stems discarded
Fresh rosemary sprigs for garnish (optional)

- Preheat oven to 475 degrees F. In large roasting pan (17" x 11 1/2"), combine potatoes, onion, garlic, oil, salt, pepper, and rosemary; toss to coat.
- Roast vegetables 25 minutes, stirring once. Add chicken, tossing to coat; roast 15 minutes longer or until juices run clear when thickest part of chicken is pierced with tip of knife.
- Place spinach over chicken mixture and roast 5 minutes longer or until spinach wilts. Toss before serving. Garnish with rosemary sprigs.

Nutritional Information:

Calories: 440	Carbohydrates: 48
Total Fat: 13	Fiber: 11
Saturated Fat: 2	Protein: 34

Tip of the Week

When you are pumping gas, waiting in line, or waiting for a bus, use the time to stretch your calves, upper thighs, arms, and whatever helps your body to feel better!

To learn more about Step Ahead visit www.stepaheadprogram.com