

# Healthy Corner

Eat Well, Live Well, and Be Well

Live  
Well

This Month: **January**

“Jumpstart Your Heart”

Play Hopscotch with your child. It is fun.

“Nature Walk”

Tape a piece of masking tape to your wrist. Make sure the outside is the “sticky” part. As you walk with your child, talk about the things you see. Collect objects to put on your bracelet.

Be Well

Cervical Health Awareness Month

This month let's raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer.

## Robin's Quinoa with Mushrooms and Spinach

### Ingredients

- 2 tablespoons olive oil
- 1 cup diced onions
- 1 cup diced celery
- 3 cloves garlic, minced
- 5 (14.5 ounce) cans low-sodium chicken broth
- 1 cup sliced carrots
- 3/4 pound cooked chicken breast, cut into bite sized pieces
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 pinch dried thyme (optional)
- salt and ground black pepper to taste
- 3 zucchini squash, cut into 'noodles' using a spiral slicer or vegetable peeler

Eat Well

### Directions

1. Heat olive oil in a large pot over medium-high heat. Saute onion, celery, and garlic in hot oil until just tender, about 5 minutes.
2. Pour chicken broth into the pot; add carrots, chicken, basil, oregano, thyme, salt, and pepper. Bring the broth to a boil, reduce heat to medium-low, and simmer mixture until the vegetables are tender, about 20 minutes.
3. Divide zucchini 'noodles' between six soup bowls; ladle broth mixture over the 'noodles.'