



Children's®
Healthcare of Atlanta

strong **4** life
AT CHILDREN'S



2012

EMPLOYEE RECIPE CALENDAR



AS YOU SLEEP BREAKFAST CEREAL

Ingredients

1 cup oat groats*
½ cup barley groats
½ cup whole almonds
½ cup rye berries
¼ cup sunflower seeds
¼ cup pumpkin seeds

Directions

1. Mix all ingredients together and store in a sealed container until ready to use.
2. Before going to bed, scoop 1 cup of grain/seed mix into slow cooker.
3. Mix in 4 cups water. Cook overnight on low.
4. In the morning, stir up the cereal with milk, fruit, honey, coconut or other favorites.

*Oat groats are the whole oat grain. They look like whole wheat, but are longer, thinner and a little lighter in color.

Recipe submitted by Chrissy Derrer, Patient Access Trainer, The Park

ASIAN COLESLAW

Directions

1. Cook edamame as directed on package. When it's done cooking, rinse in colander with cool water.
2. Add other vegetables and seeds.
3. Add dressing and toss to mix.

Ingredients

1 cup frozen edamame, shelled
1 package fresh coleslaw with vegetables, including shredded red cabbage
¼ cup low-fat sesame ginger dressing (Newman's Own)
1 Tbsp. sunflower seeds

CEDAR PLANK SALMON

Ingredients

1 cedar plank, soaked in water for 30 minutes (make sure the wood is not treated with chemicals)
1 salmon fillet (skin on)
Salt and pepper or desired seasoning to taste
Lemon wedge

Directions

1. Prepare grill or smoker (if using coals, allow the coals to burn until covered with ash).
2. Season salmon with salt and pepper and place on the cedar plank skin side down.
3. Place salmon and plank on the grill. Cover and cook for approximately 40 minutes.
4. Halfway through the cooking process, drizzle juice from the lemon over the salmon.

Recipe submitted by Tony Davis, Manager, System Security, Children's at Egleston

CHICKEN WITH AVOCADO SALSA

Directions

To prepare chicken, combine first four ingredients in a large resealable plastic bag; toss and let marinate for at least five minutes. Remove chicken from marinade and sprinkle with salt. Grill (or use grill pan) until done.

Ingredients

Marinade:
2 Tbsp. minced fresh cilantro
2½ Tbsp. fresh lime juice
1½ Tbsp. olive oil
4 boneless, skinless chicken breasts
¼ tsp. salt

Salsa:
1 cup chopped, seeded tomato
2 Tbsp. finely chopped red onion
2 Tbsp. fresh lime juice
Salt and pepper to taste
1 Tbsp. chopped fresh cilantro
1 avocado, peeled & chopped

Recipe submitted by Kathy Adams, Staff Nurse—Resource, Children's at Egleston

EMPLOYEE
RECIPE CALENDAR **2012**

Notes: _____

Notes: _____

Notes: _____

Notes: _____

TOMATO, BASIL AND SHRIMP PASTA

Ingredients

1 package whole wheat penne pasta
1 package fresh basil
1 clove garlic
3 Roma tomatoes
1 cup feta cheese
1 pound shrimp (peeled)
Old Bay Seasoning (or other Cajun seasoning)
1 lemon
½ cup balsamic vinegar
Olive oil
Coarse sea salt and pepper

Directions

1. Boil pasta until al dente according to package directions. Rinse in cold water and set aside.
2. Finely chop the garlic with coarse salt and make a paste by rubbing knife back and forth over garlic.
3. Chop the tomatoes into ¼ inch dices.
4. Roll the basil and thinly slice.
5. Add all ingredients to the pasta.
6. Boil 6 cups of water.
7. Add ¼ cup of Cajun seasoning (such as Old Bay) to the water, along with a lemon and let boil for about 10 minutes.
8. Add the shrimp and cook until pink. Once cool enough to handle, chop shrimp into ½ inch dices. Add to pasta. Add feta to pasta. Add ½ cup of balsamic vinegar and a 3 count pour of olive oil.
9. Stir well and season with salt and pepper to taste. Enjoy.

Recipe submitted by Dawn Garn, Staff Nurse-Colleague, Children's at Scottish Rite

FROZEN YOGURT POPS

Directions

1. Throw all ingredients in the blender and blend until mixed.
2. Pour into popsicle molds or use small paper cups with popsicle sticks.
3. Freeze overnight.

Ingredients

1 cup fat-free yogurt, either plain or fruit-flavored (we use vanilla)
1 cup of your favorite berries (we like strawberries a lot)
1 Tbsp. honey

FRUITED SUMMER SALAD

Ingredients

Caramelized Almonds:
3 Tbsp. sugar
½ cup slivered almonds

Dressing:
½ tsp. salt
½ tsp. pepper
2 Tbsp. sugar
2 Tbsp. white vinegar
¼ cup vegetable oil
Dash of Tabasco
2 tsp. dried parsley

1 large head romaine lettuce
1 small can mandarin oranges, drained
10-12 strawberries (sliced)

Directions

1. Place sugar and almonds in frying pan. Heat on medium-high heat until sugar melts and coats the almonds. Stir continuously until almonds are golden brown. Pour onto aluminum foil to cool.
2. Combine ingredients for dressing and mix well.
3. Combine salad ingredients and almonds. Add dressing and toss well.

Recipe submitted by Renee Fraley, Foundation Program Coordinator, The Park

SHIRLEY'S CORN SALAD

Directions

1. Combine all ingredients.
2. Refrigerate covered until flavors blend (wait at least one hour).
3. Serve with chips.

Ingredients

1 ½ cup fresh (or thawed frozen) corn kernels
1 tomato, chopped (use Roma or grape tomatoes)
1 bundle green onions (tops and bottoms)
2 Tbsp. chopped cilantro
2 Tbsp. fresh lime juice
½ tsp. salt
1 can black beans, rinsed and drained

Recipe submitted by Shirley Garner, Epidemiologist, Children's at Hughes Spalding

EMPLOYEE
RECIPE CALENDAR **2012**

Notes: _____

Notes: _____

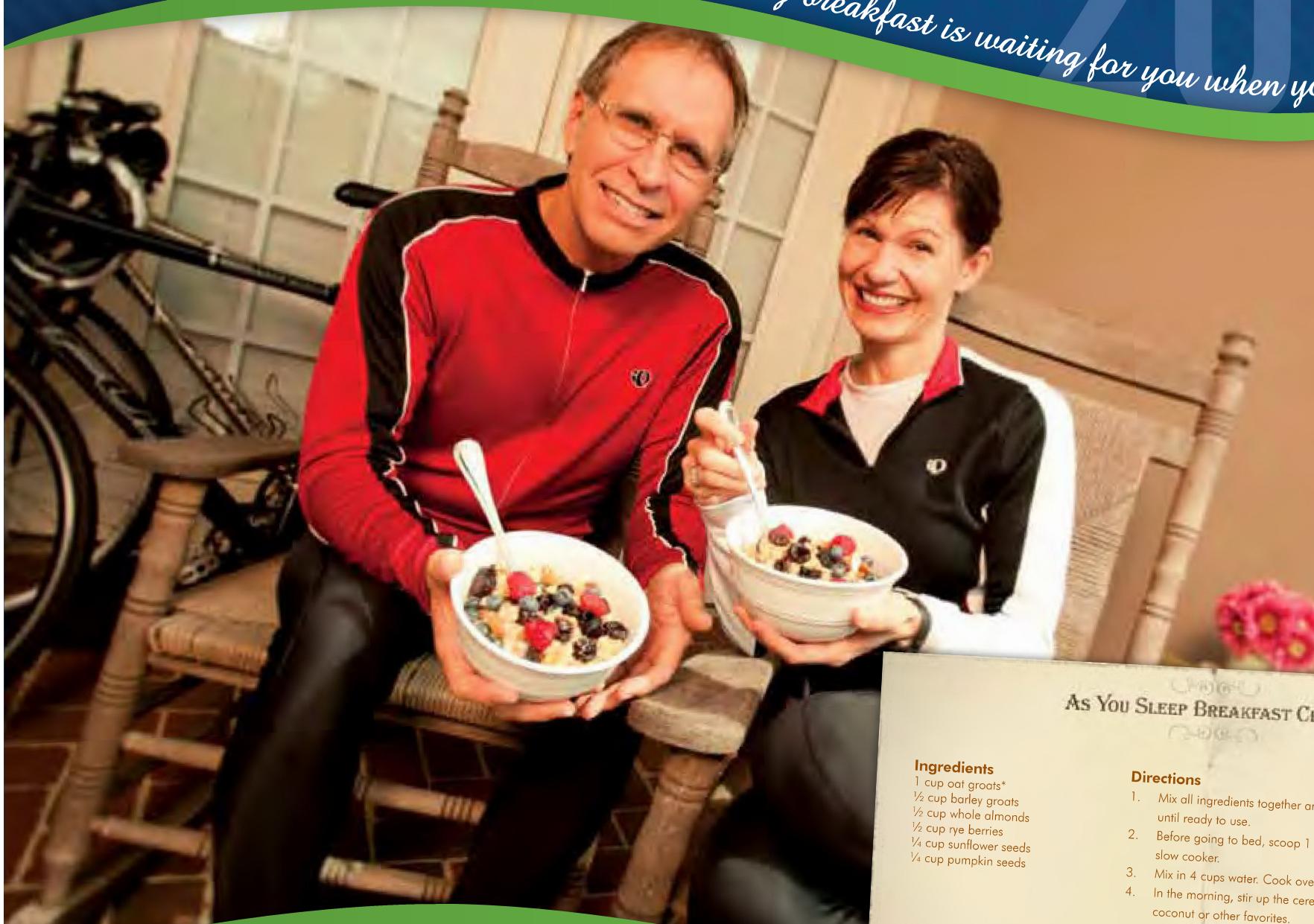
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Important Dates

2012

With this recipe, a hot, healthy breakfast is waiting for you when you wake up.



AS YOU SLEEP BREAKFAST CEREAL

Ingredients

1 cup oat groats*
½ cup barley groats
½ cup whole almonds
½ cup rye berries
¼ cup sunflower seeds
¼ cup pumpkin seeds

Directions

1. Mix all ingredients together and store in a sealed container until ready to use.
2. Before going to bed, scoop 1 cup of grain/seed mix into slow cooker.
3. Mix in 4 cups water. Cook overnight on low.
4. In the morning, stir up the cereal with milk, fruit, honey, coconut or other favorites.

*Oat groats are the whole oat grain. They look like whole wheat, but are longer, thinner and a little lighter in color.

JANUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 Holiday Observed	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	Martin Luther King Jr. Day					
22	23	24	25	26	27	28
29	30	31	1	2	3	4

\$ Payday

Children's Holiday Observance Days

Photo: Chrissy Derrer and her husband Doug replenish their energy with this nutrient-packed cereal after a morning bike ride.

December 2011

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2012

S	M	T	W	T	F	S
				1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Wellness Tip

Unrefined whole grains have numerous health benefits because they are rich in fiber, vitamins, minerals and protein. They are proven to lower blood pressure and bad cholesterol. Also, because of the high fiber content, you feel full longer after eating whole grains, which helps with weight loss and maintenance.

2012

Eating a nutrient-rich meal at work is more fun when you coordinate a healthy potluck lunch with your co-workers.



Ingredients

1 cup frozen edamame, shelled
1 package fresh coleslaw with vegetables, including shredded red cabbage
 $\frac{1}{4}$ cup low-fat sesame ginger dressing (Newman's Own)
1 Tbsp. sunflower seeds

Directions

1. Cook edamame as directed on package. When it's done cooking, rinse in colander with cool water.
2. Add other vegetables and seeds.
3. Add dressing and toss to mix.

ASIAN COLESLAW

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
		Valentine's Day				
19	20	21	22	23	24	25
					\$	
26	27	28	29	1	2	3

 Payday

January 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

March 2012

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Wellness Tip

Fill your daily diet with power foods like edamame, sweet potatoes and blueberries that are low in calories but high in nutrients.

Photo: (Left to right) Lynn Wilson, Sue Dale, Tara Nelson and Kathy Chupp enjoy a potluck lunch.

2012

Grill year-round to reduce fat and add flavor to fish, poultry, vegetables and fruit.

Ingredients

1 cedar plank, soaked in water
for 30 minutes (make sure
the wood is not treated with
chemicals)
1 salmon fillet (skin on)
Salt and pepper or desired
seasoning to taste
Lemon wedge

CEDAR PLANK SALMON**Directions**

1. Prepare grill or smoker (if using coals, allow the coals to burn until covered with ash).
2. Season salmon with salt and pepper and place on the cedar plank skin side down.
3. Place salmon and plank on the grill. Cover and cook for approximately 40 minutes.
4. Halfway through the cooking process, drizzle juice from the lemon over the salmon.



MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
Daylight Savings Time Begins						St. Patrick's Day	
18	19	20	21	22	23	24	
First Day of Spring					\$		
25	26	27	28	29	30	31	

Payday

Photo: Tony Davis tests the grill in the Children's at Egleston courtyard.

February 2012

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

April 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Wellness Tip

The omega-3 fats in fish like salmon can have a positive impact on or prevent serious degenerative illnesses like heart disease, hypertension, rheumatoid arthritis, Alzheimer's, diabetes and more.

2012

For variety, use the marinade on shrimp or fish. The avocado salsa goes great with both, too!



CHICKEN WITH AVOCADO SALSA

Ingredients

Marinade:
2 Tbsp. minced fresh cilantro
2 ½ Tbsp. fresh lime juice
1 ½ Tbsp. olive oil
4 boneless, skinless chicken breasts
¼ tsp. salt

Salsa:
1 cup chopped, seeded tomato
2 Tbsp. finely chopped red onion
2 Tbsp. fresh lime juice
Salt and pepper to taste
1 Tbsp. chopped fresh cilantro
1 avocado, peeled & chopped

Directions

To prepare chicken, combine first four ingredients in a large resealable plastic bag; toss and let marinate for at least five minutes. Remove chicken from marinade and sprinkle with salt. Grill (or use grill pan) until done.

To prepare salsa (can be done a few hours in advance): Combine first five ingredients in a bowl, then gently stir in avocado (if preparing brown). Serve salsa over grilled chicken.



APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Easter						
15	16	17	18	19	20	21
					\$	
22	23	24	25	26	27	28
29	30	1	2	3	4	5

Payday

March 2012

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

May 2012

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Wellness Tip

Avocados provide nearly 20 essential nutrients, including fiber, potassium, Vitamin E, B-vitamins and folic acid. They act as a nutrient booster by enabling the body to absorb more fat-soluble nutrients, such as alpha- and beta-carotene and lutein, in foods that are paired with the fruit.

Photo: Kathy Adams (right) and her daughter Amy chop up fresh ingredients for the salsa.

2012

Fresh herbs add flavor to even the simplest dishes.



TOMATO, BASIL AND SHRIMP PASTA

Ingredients

1 package whole wheat penne pasta
1 package fresh basil
1 clove garlic
3 Roma tomatoes
1 cup feta cheese
1 pound shrimp (peeled)
Old Bay Seasoning (or other Cajun seasoning)
1 lemon
½ cup balsamic vinegar
Olive oil
Coarse sea salt and pepper

Directions

1. Boil pasta until al dente according to package directions. Rinse in cold water and set aside.
2. Finely chop the garlic with coarse salt and make a paste by rubbing knife back and forth over garlic.
3. Chop the tomatoes into ¼ inch dices.
4. Roll the basil and thinly slice.
5. Add all ingredients to the pasta.
6. Boil 6 cups of water.
7. Add ¼ cup of Cajun seasoning (such as Old Bay) to the water, along with a lemon and let boil for about 10 minutes.
8. Add the shrimp and cook until pink. Once cool enough to handle, chop shrimp into ½ inch dices. Add to pasta. Add feta to pasta. Add ½ cup of balsamic vinegar and a 3 count pour of olive oil.
9. Stir well and season with salt and pepper to taste. Enjoy.

MAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Mother's Day						
20	21	22	23	24	25	26
27	28	29	30	31	1	2
Memorial Day						

\$ Payday

Children's Holiday Observance Days

Photo: Dawn Garn shows off her beautiful pasta dish in The Zone kitchen at Children's at Scottish Rite.

April 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

June 2012

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Wellness Tip

Always have fresh herbs available by starting your own indoor herb garden in a sunny window. Herbs that thrive indoors include mint, rosemary, chamomile, lavender, basil and oregano.

2012

Eliminate high-fructose corn syrup and artificial colors with this kid-approved summer treat.



FROZEN YOGURT POPS

Ingredients

1 cup fat-free yogurt, either plain or fruit-flavored (we use vanilla)
1 cup of your favorite berries (we like strawberries a lot)
1 Tbsp. honey

- Directions**
1. Throw all ingredients in the blender and blend until mixed.
 2. Pour into popsicle molds or use small paper cups with popsicle sticks.
 3. Freeze overnight.

JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
Father's Day			First Day of Summer			
24	25	26	27	28	29	30

\$ Payday

Photo: Ginny Barber enjoys frozen yogurt pops at the park with her daughters Evelyn and Madelynn.

May 2012

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

July 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Wellness Tip

Blend together a mix of fruits, vegetables and yogurt to get your daily serving of fruits and vegetables in one healthy smoothie (or freeze after blending for a cooler option).

2012

FRUITED SUMMER SALAD

Ingredients

Caramelized Almonds
3 Tbsp. sugar
1/2 cup slivered almonds

Dressing
1/2 tsp. salt
1/2 tsp. pepper
2 Tbsp. sugar
2 Tbsp. white vinegar
1/4 cup vegetable oil
Dash of Tabasco
2 tsp. dried parsley

1 large head romaine lettuce
1 small can mandarin oranges,
drained
10-12 strawberries (sliced)

Directions

1. Place sugar and almonds in frying pan. Heat on medium-high heat until sugar melts and coats the almonds. Stir continuously until almonds are golden brown. Pour onto aluminum foil to cool.
2. Combine ingredients for dressing and mix well.
3. Combine salad ingredients and almonds. Add dressing and toss well.



Turn a meal into an adventure for kids by hosting a picnic—indoors or outdoors.



JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			Independence Day			
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

\$ Payday

Children's Holiday Observance Days

June 2012

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

August 2012

S	M	T	W	T	F	S
					1	2
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

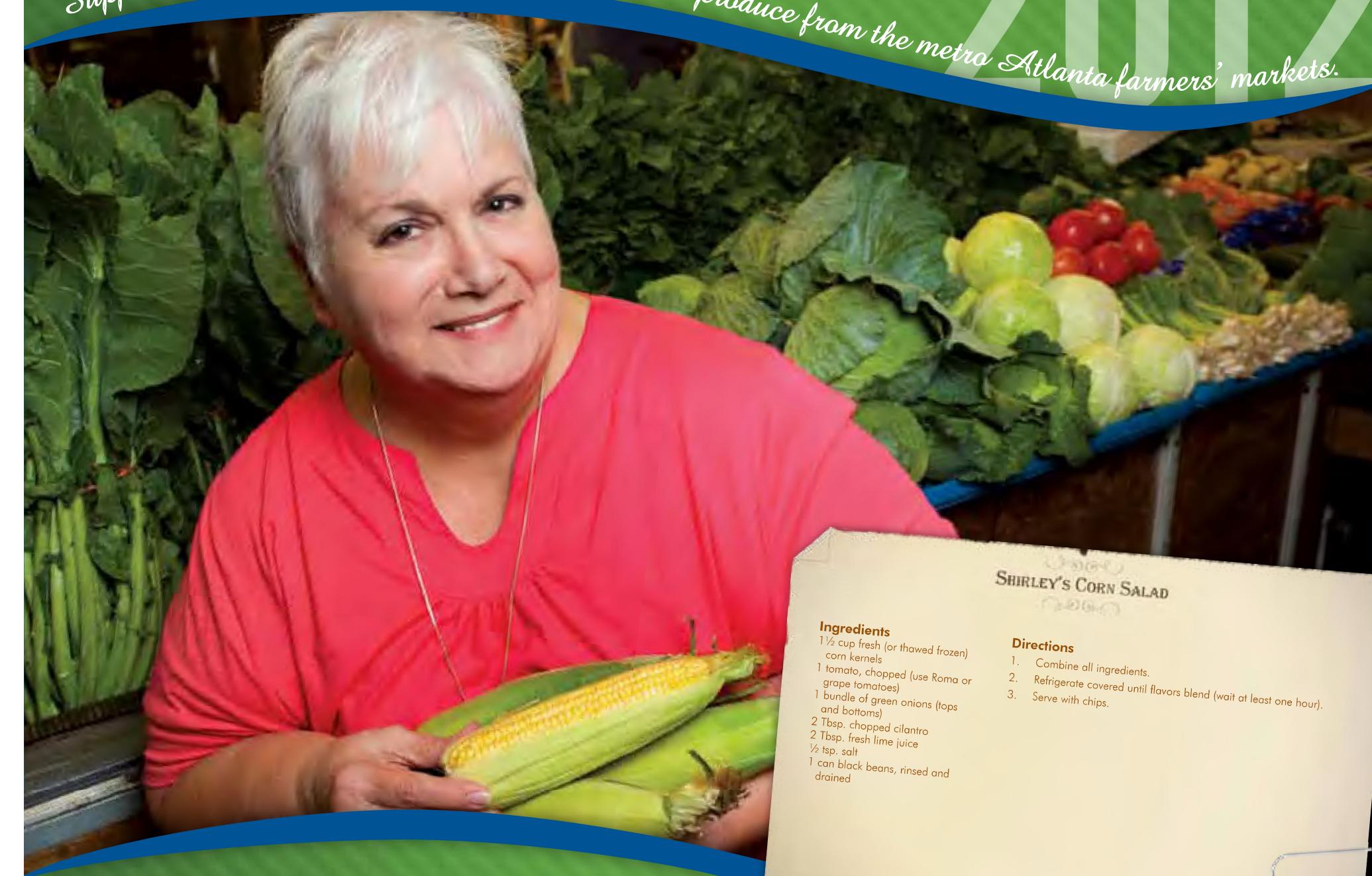
Wellness Tip

To avoid salad fatigue, experiment with adding color and texture to your greens through colorful fruits, veggies and nuts.

Photo: Renee Fraley enjoys a picnic with her children Jack and Lila.

2012

Support community farmers by purchasing fresh produce from the metro Atlanta farmers' markets.



SHIRLEY'S CORN SALAD

Ingredients

1½ cup fresh (or thawed frozen) corn kernels
1 tomato, chopped (use Roma or grape tomatoes)
1 bundle of green onions (tops and bottoms)
2 Tbsp. chopped cilantro
2 Tbsp. fresh lime juice
½ tsp. salt
1 can black beans, rinsed and drained

Directions

1. Combine all ingredients.
2. Refrigerate covered until flavors blend (wait at least one hour).
3. Serve with chips.

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

 Payday

July 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2012

S	M	T	W	T	F	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Wellness Tip

Did you know that a typical carrot has to travel 1,838 miles to reach your dinner table? The longer food sits after harvest, the more vitamins and nutrients it loses. So enjoy the added nutrition and delicious taste of fresh food while you support local growers.

Photo: Shirley Garner selects the perfect corn for her salad from the Sweet Auburn Market.

2012

BLACK BEAN AND FETA DIP

Ingredients

2 cans shelled corn, drained
or 2½ cups fresh corn kernels
2 cans black beans, drained
and rinsed
2 blocks feta cheese, crumbled
1 or 2 bunches green onions
½ cup extra-light olive oil
½ cup sugar
½ cup apple cider vinegar
Garlic powder to taste
Salt and pepper to taste

Directions

Combine ingredients and serve with multi-grain tortilla chips or fresh veggies, such as celery.





SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
Labor Day					\$	
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Payday

Children's Holiday Observance Days

Photo: (Left to right) Melissa Downs, Anne Symons and Nancy Richardson share food and laughter while tailgating for the big game.

August 2012

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

October 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Wellness Tip

Though not always easy, you can eat healthy at a tailgate. Offer to bring raw veggies, fresh sandwiches or a healthy dip option like Nancy's to ensure that you have something other than fried chicken and potato salad to snack on before kick-off. If possible, eat a light meal before arriving, so you won't fill up on unhealthy snacks and beverages.

2012

CHOCOLATE MARSHMALLOW BARK

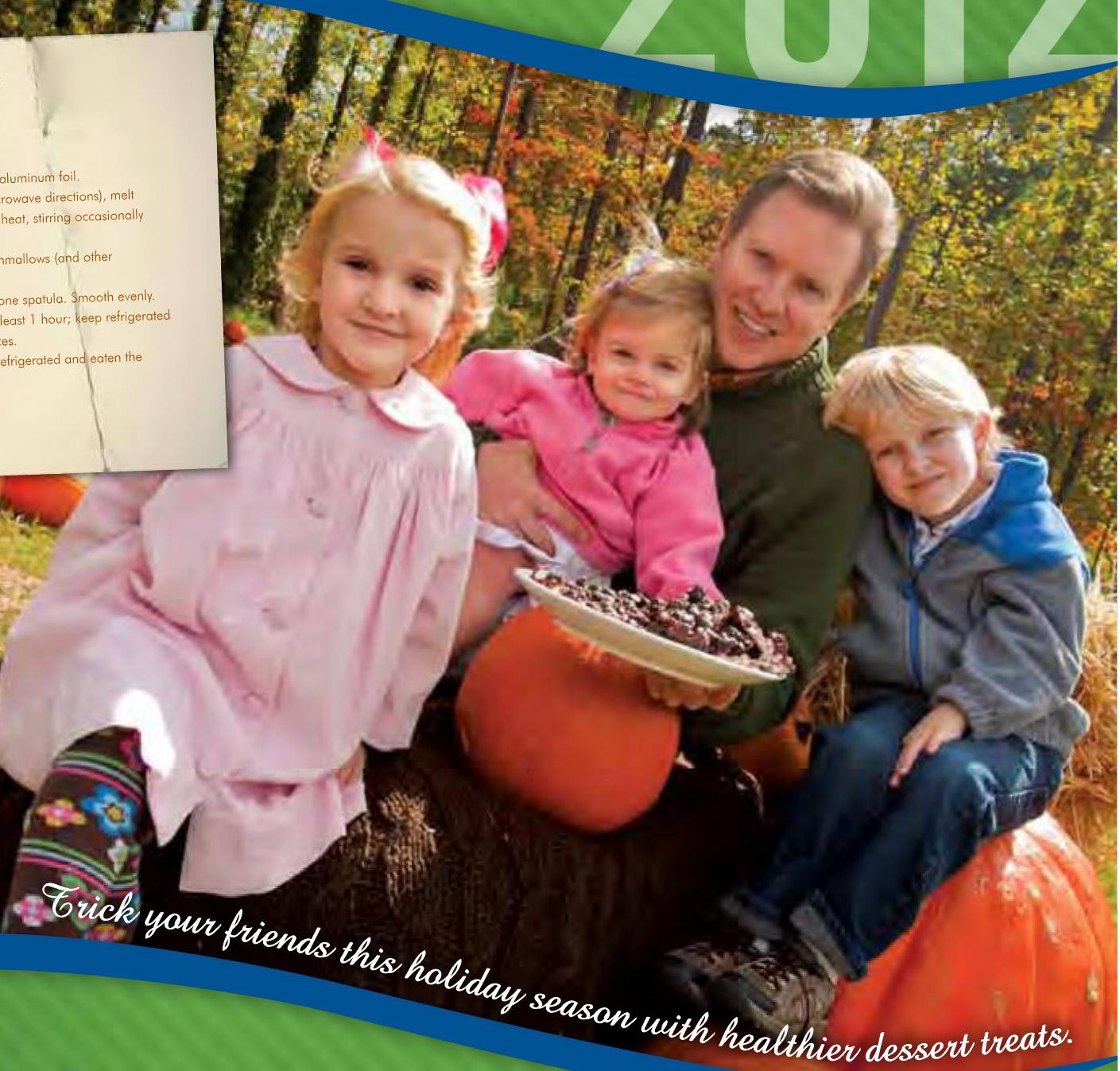
Ingredients

8 oz. bittersweet or dark chocolate, finest quality recommended
2 tsp. regular butter
3 cups mini marshmallows

Optional:
Dried fruit, fresh fruit, nuts

Directions

1. Line a 9" x 9" pan with heavy-duty aluminum foil.
2. In a double boiler (or following microwave directions), melt chocolate and butter over medium heat, stirring occasionally until it's thoroughly combined.
3. Remove from heat and stir in marshmallows (and other optional ingredients).
4. Scrape mixture into pan using silicone spatula. Smooth evenly.
5. Refrigerate until chocolate sets, at least 1 hour; keep refrigerated until ready to eat. Cut into 12 pieces.
6. If you use fresh fruit, this must be refrigerated and eaten the same day it's made.



OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Columbus Day

Halloween

\$ Payday

Photo: Don Mueller enjoys time with his kids Diana, Harper and Luke at a local pumpkin patch.

September 2012

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

November 2012

S	M	T	W	T	F	S
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Wellness Tip

Rich in heart-protective antioxidants, dark chocolate can help reduce the risk of stroke and heart disease. It's loaded with magnesium, manganese, copper, zinc and phosphorus, which are all important for strong bones.

2012

Cultivating a garden can be a family activity with nutritious and delicious rewards.



GARLIC-GINGER KALE

Ingredients

3 cups chopped fresh kale
2 cloves garlic
 $\frac{1}{2}$ inch piece ginger
 $\frac{1}{2}$ inch jalapeno (can increase depending on taste)
Few flakes crushed red pepper
 $\frac{1}{2}$ tsp. cumin seeds
Salt to taste
1 Tbsp. canola oil
1 Tbsp. sesame seed, powdered
 $\frac{1}{4}$ cup water

Directions

1. First make the garlic, ginger and jalapeno into a paste by crushing it together in a mortar-pestle or with the handle of a knife.
2. Heat the oil in a pan.
3. Once oil is heated a little, add cumin and let it sizzle.
4. Add the crushed red pepper and the garlic-ginger-jalapeno paste.
5. Let it sizzle in the oil and add the chopped kale leaves.
6. Sauté it for a few minutes and close the cover to cook it for about 3 minutes.
7. Open the pan and add about $\frac{1}{4}$ cup of water. Cover and cook for about 5 minutes.
8. Open pan and add salt to taste. Cook another 5 minutes. Kale should be chewy but tender. It should have used up most of the water.
9. Turn off the stove and add the crushed sesame seed powder. Mix together.
10. Enjoy on rice or with flat bread.



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
Daylight Savings Time Ends		Election Day				
11	12	13	14	15	16	17
Veteran's Day					\$	
18	19	20	21	22	23	24
				Thanksgiving Day		
25	26	27	28	29	30	1
					\$	

Payday

Children's Holiday Observance Days

Photo: Sowmya Garton enjoys her family garden with husband David and children Vikram and Shylaja.

October 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

December 2012

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30	31					

Wellness Tip

Even if you don't have a lot of outdoor space, growing your own vegetables and herbs can save money and also limit your exposure to pesticides and other chemicals. If you aren't able to grow your own vegetables, choose locally grown and organic vegetables when you can.

2012

When it's cold outside, this healthy dinner recipe will warm (and fill) you right up.

TURKEY LASAGNA ROLLS

Ingredients

8 oz. lean ground turkey
½ cup chopped onion
2 cloves garlic, minced
1 cup sliced fresh mushrooms
1 cup chicken stock or bullion
7 ½ oz. can tomatoes, diced
6 oz. tomato paste
1 ½ tsp. dried oregano, crushed
1 tsp. dried basil, crushed
1 tsp. Italian seasoning
8 dried lasagna noodles
1 egg, beaten
15 oz. ricotta cheese
10 oz. frozen chopped spinach, thawed and drained (one package)
1 ½ cups shredded mozzarella cheese
1 cup grated Parmesan cheese

Directions

1. For sauce, cook turkey, onion and garlic until turkey is brown; drain fat. Add the mushrooms, chicken stock, undrained tomatoes, tomato paste, oregano and basil. Bring to a boil; reduce heat. Cover and simmer for 20 minutes.
2. Make the lasagna noodles according to package directions. Drain noodles; rinse with cold water. Drain again.
3. For filling, in a large bowl stir together egg, ricotta cheese, spinach, 1 cup of the mozzarella cheese and ¾ cup of the Parmesan cheese.
4. Spread about ½ cup of the filling on each lasagna noodle. Starting from a narrow end, roll up each lasagna noodle. Place lasagna rolls in a 2-quart rectangular baking dish. Pour sauce over lasagna rolls. Cover dish with foil.
5. Bake at 375 F for 25 minutes. Remove foil. Sprinkle with remaining mozzarella cheese. Bake an additional 5 to 10 minutes. Sprinkle with remaining Parmesan cheese.





DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	Christmas Eve	31	Christmas Day		\$	

Payday

Children's Holiday Observance Days

November 2012

S	M	T	W	T	F	S
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January 2013

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Wellness Tip

Be sure to read the food labels when buying ground meat. It's true that lean ground turkey has almost half the fat and calories of ground beef, but if you don't buy lean, you'll add more than 100 calories and 10 grams of fat per serving. If you're looking for a vegetarian-friendly option, there are several ground meat alternatives, such as crumbled tofu, that—when seasoned well—almost taste like the real thing.

Photo: Regina Randle serves up some holiday cheer for dinner, along with her lasagna.

Important Dates

BLACK BEAN AND FETA DIP

Ingredients

2 cans shoepeg corn, drained
or 2½ cups fresh corn kernels
2 cans black beans, drained
and rinsed
2 blocks feta cheese, crumbled
1 or 2 bunches green onions
½ cup extra-light olive oil
½ cup sugar
½ cup apple cider vinegar
Garlic powder to taste
Salt and pepper to taste

Directions

Combine ingredients and serve with multi-grain tortilla chips or fresh veggies, such as celery.

CHOCOLATE MARSHMALLOW BARK

Directions

1. Line a 9" x 9" pan with heavy-duty aluminum foil.
2. In a double boiler (or following microwave directions), melt chocolate and butter over medium heat, stirring occasionally until it's thoroughly combined.
3. Remove from heat and stir in marshmallows (and other optional ingredients).
4. Scrape mixture into pan using silicone spatula. Smooth evenly.
5. Refrigerate until chocolate sets, at least 1 hour; keep refrigerated until ready to eat. Cut into 12 pieces.
6. If you use fresh fruit, this must be refrigerated and eaten the same day it's made.

Recipe submitted by Nancy Richardson, Program Specialist, The Park

GARLIC-GINGER KALE

Ingredients

3 cups chopped fresh kale
2 cloves garlic
½ inch piece ginger
½ inch jalapeno (can increase depending on taste)
Few flakes crushed red pepper

Directions

1. First make the garlic, ginger and jalapeno into a paste by crushing it together in a mortar-pestle or with the handle of a knife.
2. Heat the oil in a pan.
3. Once oil is heated a little, add cumin and let it sizzle.
4. Add the crushed red pepper and the garlic-ginger-jalapeno paste.
5. Let it sizzle in the oil and add the chopped kale leaves.
6. Sauté it for a few minutes and close the cover to cook it for about 3 minutes.
7. Open the pan and add about ¼ cup of water. Cover and cook for about 5 minutes.
8. Open pan and add salt to taste. Cook another 5 minutes. Kale should be chewy but tender. It should have used up most of the water.
9. Turn off the stove and add the crushed sesame seed powder. Mix together.
10. Enjoy on rice or with flat bread.

Recipe submitted by Sowmya Garton, Social Worker, Children's Healthcare at Sandy Plains

Ingredients

8 oz. bittersweet or dark chocolate, finest quality recommended
2 tsp. regular butter
3 cups mini marshmallows

Optional:

Dried fruit, fresh fruit, nuts

Recipe submitted by Don Mueller, Executive Director, Marcus Autism Center

TURKEY LASAGNA ROLLS

Directions

1. For sauce, cook turkey, onion and garlic until turkey is brown; drain fat. Add the mushrooms, chicken stock, undrained tomatoes, tomato paste, oregano and basil. Bring to a boil; reduce heat. Cover and simmer for 20 minutes.
2. Make the lasagna noodles according to package directions. Drain noodles; rinse with cold water. Drain again.
3. For filling, in a large bowl stir together egg, ricotta cheese, spinach, 1 cup of the mozzarella cheese and ¾ cup of the Parmesan cheese.
4. Spread about ½ cup of the filling on each lasagna noodle. Starting from a narrow end, roll up each lasagna noodle. Place lasagna rolls in a 2-quart rectangular baking dish. Pour sauce over lasagna rolls. Cover dish with foil.
5. Bake at 375 F for 25 minutes. Remove foil. Sprinkle with remaining mozzarella cheese. Bake an additional 5 to 10 minutes. Sprinkle with remaining Parmesan cheese.

Recipe submitted by Regina Randle, Materials Operations Supervisor, Children's at Scottish Rite

EMPLOYEE
RECIPE CALENDAR **2012**

Notes: _____

Notes: _____

Notes: _____

Notes: _____

2013 calendar

January						
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February						
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March						
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April						
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May						
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June						
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July						
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August						
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September						
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October						
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November						
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December						
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