



EAT FIT - How Do I Add Quinoa To My Diet?

By: Karen Dunham, Healthy Living Market & Cafe

Start with simple recipes. Quinoa is very versatile. You can use it in breakfast cereals, soups, and salads. It can also be used as a replacement for a variety of cous cous, rice, and pasta dishes!

Why Quinoa?

It's got a delicious nutty flavor with a springy, tender texture. Replacing recipes with quinoa can double the protein and reduce the carbs up to 15 times depending on what it is used for. Quinoa is also gluten free and packed with magnesium, iron and fiber. As a bonus, it's incredibly easy and quick to prepare!

In both of these simple recipes, red or white quinoa can be used. Also, instead of using water, you can try cooking it with chicken stock or vegetable stock to add more flavor!

Chicken Lettuce Quinoa Wraps

Yield: 4 servings

- ½ cup quinoa, rinsed and drained
- 2 Tbs sesame oil
- 1 pound ground chicken
- 3 garlic cloves, minced
- 1 medium onion, small diced
- 1 red bell pepper, small diced
- ¼ cup hoisin sauce
- 3 Tbs soy sauce
- 1 Tbs rice wine vinegar
- 1 Tbs fresh ginger, grated
- 1 tsp lime juice
- 1 tsp sriracha, or more, to taste
- ⅔ cup shiitake mushrooms, stems removed, small diced
- 1 bunch scallions, thinly sliced for garnish
- 1 head romaine or Boston leaf lettuce

1. In a small pot combine 1 cup of water and ½ cup quinoa. Bring to a boil.
2. Once the water is boiling, reduce the heat to a simmer and cover the pot with a lid. Simmer on low until all of the water has been absorbed, about 12-15 minutes.
3. Remove the quinoa from the heat and keep the lid on for 5 minutes.
4. Remove the lid and fluff the quinoa with a fork. Set aside.
5. Heat sesame oil in a large skillet over medium-high heat. Add ground chicken and cook until browned, about 3-5 minutes. Make sure to crumble the meat up as it cooks. Drain excess fat.
6. Add garlic, onion, bell pepper, hoisin sauce, soy sauce, rice wine vinegar, ginger, lime juice and sriracha to the chicken mixture. Cook on medium heat until the onions become translucent, about 3-4 minutes. Stir in mushrooms and continue to cook for another 2 minutes. Remove from heat.
7. To serve, start with a tablespoon or two of the cooked quinoa and top with a tablespoon of the chicken mixture into the center of a lettuce leaf, taco-style. Top with scallions and enjoy!



GET FIT - Diet is Everything

By:Kenny Goodwin, Spin My Ad

To me, fitness is a personal journey. My fitness journey began early in life when being in top shape was mandatory for my past career. Let's just say I was busy in Manhattan, giving my best "Blue Steel". Unlike my past life's commitment to fitness, today as a small business owner it now has nothing to do with how I look on the outside and everything to do with how I feel on the inside and staying healthy.

I am generally in the gym 4-6 times a week and every now and then throughout the week I cycle between 15-30 miles on the road. This may seem like more than enough time to be "fit" but what you do in the gym will never outdo what you do outside of the gym! Simply put your diet is EVERYTHING and there is not one work out in the WORLD that can defeat a bad diet.

Let's do some math, shall we? Say you work out 5 times a week for one hour a day which is more than average people who belong to a gym or exercise regularly. There are 168 hours in a week. If you sleep on average 8 hours a night, that means you're up for 16 hours a day! That equates to 112 hours a week. How could 5 hours or even 10 hours a week in the gym ever outdo 112 hours of a bad diet? It will never. People connect "fit" with having to always go to the gym but for the above reason I connect "fit" with always paying attention to what goes in my body since I (like you!), spend over 100 hours a week outside of the gym!



LIVE FIT - Be a Life Saver

By: Leah Ferrone, Clifton Park Halfmoon EMS

It's pretty awesome that Saratoga is the healthiest county in New York, but why stop there? We want to make this a Heart Safe community too – and we need your help!

Sudden Cardiac Arrest (SCA) kills almost 1,000 people per day in the U.S, but early CPR and rapid defibrillation before an emergency team arrives can boost survival by 50%. Through CPR training, public access to AEDs we can insure that Saratoga County is Heart Safe, and increase our SCA survival rate.

Here is how you can help:

GET CPR TRAINED:

The more people who get CPR training, the more lives we can save! The new American Heart Association recommendations are for "Hands-Only CPR" – that's right, no breathes, only compressions. Sign up for a CPR class today: www.cphmems.org.

GET THE APP:

Want to save a life? Yep, there's an app for that – PulsePoint.

PulsePoint is like AMBER Alert for Sudden Cardiac Arrest victims. The app alerts CPR trained bystanders – like you – who can help victims before professional help can arrive.

The app will also give you the location of the nearest AED! PulsePoint was introduced to Saratoga County last year and already has over one thousand CPR trained followers.

SAVE A LIFE:

If an adult suddenly collapses and stops breathing normally, follow these steps until help arrives:

#1 - Call 9-1-1 immediately

#2 - If someone else is available, have them retrieve the nearest public access AED

#3 - Push hard and fast in the center of the chest, with a depth of two inches, at a rate of 100 compression per minute. The Bee Gee's song Stayin' Alive has a tempo of 100 beats per minute - - how appropriate!



Help us make Saratoga County heart safe and be an everyday hero!