

CMMHC WELLNESS BULLETIN

February 2019

February is American Heart Month—Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, you can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- **Manage Stress**—Not all stress is bad. But chronic (ongoing) stress can lead to health problems. Preventing and managing chronic stress can lower your risk for serious conditions like heart disease, obesity, high blood pressure, and depression. You can prevent or reduce stress by:

- Planning ahead
- Deciding which tasks need to be done first
- Preparing for stressful events

- Some stress is hard to avoid. You can find ways to manage stress by:
 - Noticing when you feel stressed
 - Taking time to relax
 - Getting active and eating healthy
 - Talking to friends and family
- **Get active and eat healthy.** When it comes to your heart, what you eat matters. Follow these tips for heart-healthy eating:
 - **Eat less saturated fats.** Cut back on fatty meats, high-fat dairy, cakes, cookies, and butter. This includes pizza, burgers, and foods with creamy sauce or gravy.
 - **Cut down on sodium (salt).** Read the Nutrition Facts label and choose foods that are lower in sodium. Look for the low-sodium or “no salt added” types of canned soups, vegetables, packaged meals, snack foods, and lunch meats.
 - **Get more fiber.** Eat vegetables, fruits, and whole grains to add fiber to your diet.

Resource: healthfinder.gov

Quinoa Veggie Burger

YIELD: 8 SERVINGS
PREP TIME: 45 MINUTES
COOK TIME: 45 MINUTES
TOTAL TIME: 90 MINUTES

Even meat-lovers will crave this vegetarian burger: toasted pecans, mushrooms, Cheddar cheese, fresh herbs and red quinoa pack this recipe full of delicious flavor. Red quinoa gives the burgers the perfect color, but white quinoa is fine too. These quinoa veggie burger patties hold together well for freezing, making for a quick and easy meal. Defrost overnight in the refrigerator before cooking. Serve with your favorite burger garnishes.

Nutrition Information: Per serving: 280 calories; 12 g fat (2 g sat); 6 g fiber; 35 g carbohydrates; 11 g protein; 48 mcg folate; 29 mg cholesterol; 6 g sugars; 4 g added sugars; 105 IU vitamin A; 2 mg vitamin C; 159 mg calcium; 2 mg iron; 372 mg sodium; 353 mg potassium



INGREDIENTS:

- 1 cup water
- 1/2 cup quinoa
- 1 tablespoon canola oil
- 1 cup diced onion
- 2 cups chopped white button mushrooms
- 1 teaspoon minced garlic
- 3/4 teaspoon dried marjoram
- 1/4 teaspoon dried oregano
- 1 large egg
- 2/3 cup shredded cheddar cheese
- 1/2 cup whole pecans, toasted and finely chopped
- 1/3 cup quick-cooking rolled oats
- 1 tablespoon reduced-sodium soy sauce
- 8 small whole wheat burger buns

Source:

<http://www.eatingwell.com/recipe/250670/>

DIRECTIONS:

1. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork and set aside to cool.
2. Preheat oven to 350°F. Lightly grease a baking sheet or line with parchment paper.
3. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until starting to soften, about 5 minutes. Add mushrooms, garlic, marjoram and oregano; cook, stirring, until the mushrooms are tender, about 5 minutes. Let cool for about 5 minutes.
4. Beat egg in a medium bowl. Add the quinoa, mushroom mixture, cheese, pecans, oats and soy sauce; stir to combine. Scoop scant 1/2-cup portions of the mixture onto the baking sheet and shape into 8 patties, about 3 inches wide, leaving about 1 inch of space between each patty. (The mixture will be crumbly; patting it into burgers on the baking sheet makes it easier to work with. The burgers hold together very well once baked.)
5. Bake the burgers until crispy, 28 to 30 minutes. Serve on buns with your favorite garnishes.

UPCOMING EVENTS★

- First Steps Baby Expo will be held at St. Cloud River's Edge on Saturday, March 30th.
- WHAM—Whole Health Action Management—April 16th & 17th from 9:00 am to 4:00 pm
- The Need to Address Tobacco in Behavioral Health Treatment Setting—May 2nd at St. Cloud State University from 9:00am to 11:00am and 12:00pm to 2:00pm
- Celebrating Winter— February 7th from 3:00pm to 6:00pm at The Community Outpost
- Potpourri Parent and Provider Conference—February 23rd from 8:00am to 4:00pm at Sauk Rapids-Rice Senior High School

CMMHC's Wellness Committee Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

Brought to you by your

Central Minnesota Mental Health Center Wellness Committee

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