

CMMHC WELLNESS BULLETIN

February 2020

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.
- Get active and eat healthy.



(Source: <https://healthfinder.gov/nho/februarytoolkit.aspx>)

Heart Healthy Food Swaps

LOSE IT:

- bacon, sausage & fatty, salty meats
- white bread, rice and pasta
- cream-based or cheese soups
- deep-fried, pan-fried, extra crispy, creamed, stuffed
- French fries
- refried beans
- sour cream, queso
- salty sauces like soy, teriyaki, cocktail, au jus
- all-you-can-eat, supersize, buffet
- traditional desserts, cookies, ice cream soda, sweet tea, sugary cocktails

CHOOSE IT:

- skinless chicken, fish, lean meat
- whole-grain bread, rice and pasta
- broth-based soup with lots of veggies
- grilled, sautéed, roasted, steamed, baked, poached
- baked potato or side salad
- pintos or black beans
- guacamole, pico de gallo
- light sauces flavored with herbs, spices, vinegar, wine
- a la carte, light menu, salad bar
- fresh fruit and fruit-based desserts
- water, 100% juice, diet soda, seltzer, spritzers



VEGAN SPINACH ARTICHOKE DIP

Warm, creamy and flavorful this lovely spinach artichoke dip is perfect for just about any occasion and is super easy to make! No sour cream or processed cheeses, just simple whole food plant based ingredients.

Author: [Julie | The Simple Veganista](#)

- **Prep Time:** 10 min
- **Cook Time:** 10 min
- **Total Time:** 20 minutes

INGREDIENTS

- 1 1/2 cups **raw cashews**, pref. soaked
- 2 – 4 tablespoon **nutritional yeast** or 1 tablespoon mellow miso
- 1 teaspoon **garlic powder** or 2 garlic cloves, minced
- 1 teaspoon **mineral salt**
- fresh cracked **pepper**, to taste
- juice of 1 small **lemon**
- 1 1/2 cups **unsweetened plain almond milk** (or your favorite) or water
- 10 – 14 oz. **spinach**, frozen or fresh (see notes)
- 1 can (14oz.) **artichoke hearts** in brine, drained and finely chopped

INSTRUCTION :

Preheat oven to 400 degrees F.

Soak Cashews: Soak, covered with 1 inch of very hot water for 10 minutes to help soften them up so they blend ultra creamy. If you have nut sensitivities, soak the cashews in cool water for 2 – 3 hours to aid in digestion.

Prep: Dice the artichoke hearts and prep the spinach.

Cashew Cheese: Using your favorite blender, add the soaked cashews, nutritional yeast, garlic pow-



Assemble: In a small or medium sized baking dish, add the spinach and artichoke hearts, pour the cashew cheese ovetop and mix to combine. Wipe along the rim of the baking dish before baking for clean finish if you like.

Bake: Place in the oven, covered for 10 minutes, remove cover and bake another 10 minutes. Feel free to adjust the cover at any time to your preference (for me, sometimes I leave it covered the entire time).

Serve: Serve as is or give a good stir before serving. This dip is great warm or at room temperature, and is delicious scooped up with a sliced baguette or [homemade crusty bread](#), pita chips, crackers or fresh vegetable sticks.

Would be great with a light dusting of [Almond Parmesan](#) too!

To serve:

- sliced baguette
- pita chips
- Crackers
- veggie sticks

(Source: <https://simple-veganista.com/vegan-spinach-artichoke-dip/#tasty-recipes-31158>)

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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♥ **HAPPY**
Valentine's
DAY ♥