

IT'S YOUR HEALTH

A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix

Recipe for Better Health



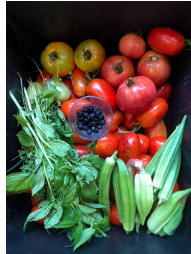
ZUCCHINI Noodle Dish

4- 6 medium zucchini spiralized OR sliced into thin, long strips
 1 small carton fresh spinach
 1 medium onion, sliced
 1 cup your favorite bell peppers, sliced
 1 container Follow Your Heart Parmesan Style Cheese Alternative
 Olive Oil
 McKay's Chicken Style, Garlic Powder, Bragg's to taste

Place olive oil in a skillet. Heat. Add onions and stir/saute for a few minutes. Add zucchini and stir/saute for a few minutes. Add onion, spinach, bell peppers and seasonings to taste. Continue to stir/saute uncovered until desired tenderness is reached. Add Parmesan Cheese and allow to melt. Adjust seasonings. Serve.

Serves 6

In Season - Final Call!



And, just like that, the summer harvest season is about over. If you're gonna get some of the goodies, better hurry. They're always better in season!! Make sure that you are making choices that will benefit your health and that will be delicious in the middle of winter, if you decide to save some for later.

Here are a few of our favorites with recipes. You need to get them before they are gone!! FINAL CALL!!!!

Mexican Street CORN Spread

1 tablespoon each vegan butter, mayonnaise, sour cream
 1/2 teaspoon chili powder/taco seasoning
 Juice of 1/2 lime
 Heaping tablespoon chopped cilantro
 Salt and Garlic Powder to taste
 Crumbled Violife Vegan Feta Cheese - 1/2 package



Mix all ingredients together and make a spread. Roll cooked corn on the cob in it as a spread. YUM!!

Fruit Syrup for Grilling

Your favorite summer fruit **MANGO** is my summer favorite)
 1/2 cup Evaporated cane juice crystals (white or brown)
 1/2 cup water



Couple pieces of ginger, peeled and sliced OR 1/4 teaspoon powdered ginger
 Dash of Jamaican allspice, cinnamon, cardamom or coriander
 1 tablespoon Earth Balance margarine (optional)

Place sugar in a small saucepan. Add water and stir until dissolved. Add ginger and other optional spices. Bring to a boil. Reduce and simmer to thicken and allow flavorings to blend. Remove from heat and cool. Brush fruit with syrup and place on grill. Cook until desired brownness. ENJOY!!! Yield: 3/4 cup

OPTION: You can also use honey or maple syrup as you like. You can always reduce the amount of sugar you use for a lighter syrup.

ONE mango has 564 milligrams of potassium!! That's more than what's in a banana. Perfect for helping your hypertension. And, there are so many to choose from. In India alone there are 1500 varieties. Yum, Yum!!!

Did You Know?

SUMMER SQUASH - Provides the antioxidants lutein and zeaxanthin which help protect the eye; great source of B vitamins; 1 cup provides 1/3 RDA for Vitamin C; 2.5 grams of fiber/cup and pectin which regulate blood sugars and protect against onset of Type 2 Diabetes; anti-inflammatory especially for gastric ulcer; seeds are anti-microbial and anti-parasitic and provide Omega-3 fat; promotes prostate health and fights cancer.

CUGH Cooking School is available on several Venues.

- Online LIVE!!!
- Lifestyle Therapeutix Kitchen
- Lifestyle Therapeutix - Website
- Lifestyle Therapeutix - YouTube
- Instagram Wellness Wednesdays



Order a copy of our eBook **Still Cookin' Up Good Health** Available on our **WEBSITE**



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for all your
Lifestyle Physical Therapy needs!!
We'd love to care for you
Where Circulation Means Health!

Callaloo and OKRA

- 3 pounds callaloo, chopped (or substitute with fresh spinach)
- 6 medium okra, chopped
- 1 medium onion, chopped
- 1 medium tomato, diced
- 1 small green pepper, chopped
- 1 small red pepper, chopped
- 1 teaspoon olive or coconut oil



Steam callaloo and okra in a small amount of water until done. While steaming sauté vegetables in oil. Combine both mixtures. Cover and let simmer about 10-15 minutes.

Optional seasonings: salt, **McKay's NO MSG Chicken Style, garlic powder**

OKRA - Provides calcium; high in the antioxidants that fight damage to cells caused by stress; fiber helps to lower blood cholesterol levels; delays uptake of sugar into blood improving body's ability to process sugars thus reducing the risk of diabetes; the Vitamin K in it helps with the blood clotting process and prevents calcification of your arteries. A native of Africa, it is quite popular in African, Caribbean and African-American cuisine.

Quick PEACH Cobbler

- ½ cup plant powered margarine
- 1 cup your favorite soy, rice or nut milk
- ½ cup whole wheat flour
- ½ cup unbleached, all-purpose flour
- 1 teaspoon Featherweight baking powder
- Dash of salt
- 1 cup evaporated cane juice crystals
- 4 cups fresh, sliced, peeled, peaches



Melt margarine in an 8x12 baking dish. In a bowl mix milk, flours, sugar baking powder and salt. Pour over melted margarine. Add sliced peaches but do not stir. Bake in a 375° oven until browning is noted. Serve with soy whipped cream. **Serves 8**

Fresh TOMATO Basil Pasta Sauce



- Olive oil
- 1 medium onion, finely diced
- 4-6 cloves garlic, finely diced
- 10-20 Roma/plum tomatoes, unpeeled OR peeled, and coarsely chopped
- 1 large bunch fresh **basil**, chopped
- Salt, Pepper-Like Seasonings and Red Pepper Flakes to taste (optional)

Pour about 1/4 - 1/3 cup of olive oil in a large pan. Heat on medium heat and add onions and garlic. Simmer on low for about 5 minutes. Add tomatoes and about half of the basil. Simmer for 20-30 minutes while tomato sauce thickens. When thickened, add rest of basil and other optional seasonings. Adjust to taste. Serve over whole-grain angel hair pasta. **Yield about 6 cups**
Variation: Add veggie sliced sausage.

Tomatoes are an EXCELLENT source of lycopene that is known to fight breast and prostate cancer and heart disease.

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