

## Food Bank Cooking Demonstration: Recipes for Better Health!

Greetings of Summer Warmth,

In spite of the rainy weather and the thunderstorms we have been experiencing, it is still summer and warm. Vegetable gardens and flower gardens are flourishing.

As part of our ongoing effort to get vegetables in all of our lives, we will be having a representative from the Vermont food bank coming to demonstrate a beet recipe in the Activity Room kitchen at Randolph House at 10:00 am on August 25th for a taste test. Please RSVP to [ann@racdc.com](mailto:ann@racdc.com) or 802-728-3310 if you are planning to attend. All are welcome - not just residents of Randolph House!



Please come over and taste the recipe and pick up some fresh vegetables. If you are concerned about food access please talk to your SASH coordinator about signing up for 3SquareVT and other ways to improve your access to food. We have grant from the food bank for food

preservation and preparation for use with the vegetables that we get from

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*"The first week of August hangs at the very top of summer, the top of the live-long year, like the highest seat of a Ferris wheel when it pauses in its turning. The weeks that come before are only a climb from balmy spring, and those that follow a drop to the chill of autumn, but the first week of August is motionless, and hot. It is curiously silent, too, with blank white dawns and glaring noons, and sunsets smeared with too much color. Often at night there is lightning, but it quivers all alone." — Natalie Babbitt*

the food bank twice per month. This edition has heart healthy recipes using seasonal vegetables

In Joy and Health,

Ann Howard SASH Coordinator

Contact Your SASH Coordinator Ann or your SASH Wellness Nurse Nancy by calling 802-728-3310 or emailing them. Ann's email is [Ann@racdc.com](mailto:Ann@racdc.com)

Nancy's email is [nmcullough@giffordhealthcare.org](mailto:nmcullough@giffordhealthcare.org)

## Honey-Garlic Salmon (1 Serving)

(from American Heart Association Website)



Cooking spray

3/4 tablespoon mayonnaise

3/4 tablespoon balsamic vinegar

1/2 tablespoon honey

1/2 teaspoon sesame seeds

1/4 teaspoon dried oregano, crumbled

1/4 teaspoon olive oil

1/2 small garlic clove, minced

1 salmon fillets (about 4 ounces each)

Preheat the oven to 375°F.

Lightly spray a shallow baking dish with cooking spray.

In a small bowl, whisk together the mayonnaise and vinegar until smooth.

Whisk in the remaining ingredients except the fish.

Put the fish in the baking dish. Lightly spread the mayonnaise mixture over the top and sides of the fish.

Bake for 15 to 20 minutes, or until the fish is cooked to the desired doneness.

## Curry-Spiced Tofu with Asian Vegetables (4 Servings)

(from American Heart Association Website)



(Note: Chicken may be substituted for Tofu if pains are taken to ensure correct temperature.)

12 oz. extra-firm tofu (not silken), drained, patted dry, cut into 4 pieces

1 Tbsp. curry powder (divided use)

1 1/2 tsp. curry powder (divided use)

12 oz. packaged, fresh stir-fry vegetables, cut into bite-size pieces if large (about 4 cups)

1 Tbsp. water

2 tsp. canola or corn oil

1 tsp. toasted sesame oil

1 large onion, cut into 3/4-inch wedges

4 large garlic cloves (minced)

1/4 cup light coconut milk

1/4-1/2 tsp. chili garlic sauce or paste

1. Put the tofu on a large plate. Sprinkle the tofu on both sides with 1 tablespoon curry powder. (RECIPE CONTINUED PG 3)

Using your fingertips, gently press the curry powder so it adheres to the tofu.

2. Cook Vegetables until they are almost tender-crisp, but still have some crunch. Pour off any remaining water.
3. In a large nonstick skillet, heat the canola oil over medium-high heat, swirling to coat the bottom. Cook the tofu slices in a single layer for 3 to 4 minutes on each side, or until browned. Transfer to a separate large plate. Cover loosely to keep warm.
4. In the same skillet, heat the sesame oil over medium-high heat, swirling to coat the bottom. Cook the onion for 1 minute, stirring frequently.
5. Stir in the vegetables and garlic. Cook for 1 to 2 minutes, or until the vegetables are tender-crisp, stirring constantly.
6. Stir in the coconut milk, chili garlic sauce, and remaining 1 1/2 teaspoons curry powder. Bring to a boil, still over medium-high heat. Spoon the vegetable mixture over the tofu.



## Heart Healthy Salad

(from American Heart Association Website)

When we hear “salad,” some people think lettuce tossed with a few vegetables. But salad can be so much more! In fact, it can easily become an inexpensive main meal with just a few additional ingredients. Here are some building “blocks” to make a delicious and filling salad:

**Greens** - Look for dark, leafy lettuces like romaine, spinach or arugula. If you have access to fresh herbs like basil, thyme, oregano or mint, they add zest and extra nutrients to your salad bowl.

**Proteins** - Add more satisfaction to your salad with skinless poultry or fish with omega-3 fatty acids, such as salmon, trout and herring. Mix in a chopped hard-boiled egg or a small amount cheese (choose lower-fat, lower-sodium cheeses such as mozzarella or Swiss). Toss in a can of chickpeas, kidney, navy or black beans (choose low-sodium or no-salt-added and drain and rinse thoroughly). Unsalted nuts, like peanuts, almonds and walnuts, give your salad extra crunch and a dose of healthy fat. All these protein foods will keep you feeling fuller longer.

(CONTINUE ON PG 4)

Fruits - Slice up fresh fruit that is in season or on sale – choose a rainbow of colors! If you are using fruit canned in juice or frozen, thoroughly drain and pat dry so your leafy greens don't get soggy. Dried fruits without added sugars are another super salad ingredient.

Extra Veggies - Raw vegetables like carrots, cucumbers, broccoli and cauliflower add great crunch and color. Roasted veggies like beets, potatoes or squash add terrific flavor and a little bit of sweetness to any main meal salad.

Grains - Warm or cold whole grains add bulk and satisfaction. Try whole wheat couscous, barley, quinoa, bulgur or wild rice. To save money, look for whole grains in the bulk aisle of your grocery store (Montpelier Co-operative Grocery Stores has a bulk section). Whole wheat pastas are also an inexpensive way to bulk up any basic salad.

Dressings - With oil, vinegar and spices in your pantry, you are minutes away from a simple homemade vinaigrette dressing. Jazz it up with tasty ingredients like chopped fresh herbs; diced veggies with lots of flavor, like onions, garlic or scallions and/or a squeeze of citrus juice (orange, lemon or lime.) Experiment by adding small amounts of those add-ins to the following vinaigrette recipe, taste testing as you go.

Easy vinaigrette recipe:

Whisk together ¼ cup olive oil or canola oil, ¼ cup balsamic vinegar and ¼ teaspoon ground mustard.

Add a dash or two of black pepper and toss into a salad for four or more people.

Sometimes eating healthy can seem intimidating or expensive. But it doesn't have to be!







Is there one ingredient you could add or swap in something you normally cook? Maybe add canned tuna or salmon or beans to your pasta or potato salad. Maybe add chopped egg? What about finely chopped raw (or lightly cooked) vegetables like celery or peas, maybe carrot or beans or even broccoli or cauliflower? – Ann





## Upcoming Weekly SASH Events

<p><b>Tuesdays</b></p> <p><b>1:30 PM</b></p>	<p><b>Bone Builders</b></p> <p>Join us in the activity room at Randolph House for fun and gentle exercise that is clinically proven to improve bone density if done 2-3 times per week. Take the regular TriValley Bus over if you live elsewhere.</p> <p><b>One hour per session. Free.</b></p>	
<p><b>Thursdays</b></p> <p><b>1:30 PM</b></p>	<p><b>Cabin Fever</b></p> <p>Come on down to the Randolph House Activity Room (take the bus over and back home if you live at Joslyn House or Red Lion. We play a game. Share a poem or short story and talk about life in a safe space. No judgements and all that is said stays in the room.</p>	
<p><b>Fridays</b></p> <p><b>1:30 PM</b></p>	<p><b>Bone Builders</b></p> <p>Join us in the activity room at Randolph House for fun and gentle exercise that is clinically proven to improve bone density if done 2-3 times per week. <b>One hour per session. Free</b></p>	
<p><b>Fridays</b></p> <p><b>4:00 PM</b></p>	<p><b>Technology Drop-in</b></p> <p>Got technology questions? Stop in to Joslyn House on the Round Porch between 4:00 PM and 5:00 PM</p>	



Date	Free (or Low Cost) Community Events (cont on back)	Time
Wednesdays in August	<b>Wednesday night Bingo at the East Valley Community Hall on Rt 14 in East Randolph.</b> Each night features 12 regular games and 7 special games. We've got our popular raffle table - donations for the table are always welcome. Plus, we have breakaway tickets for more chances to win! Doors open at 5:30 pm, the game starts at 6pm.	6:00 PM
Fridays	<b>TAI CHI</b> , at the Randolph Area Senior Center Contact Anne Greshin (agreshin@cvcoa.org, 802-241-4840) for more information or to sign up.	10:30 AM
Starts August 15th	<b>Randolph Area Senior Center</b> is offering a <b>5-week course "iPad Essentials"</b> -- to cover how to use the Apple iPad, how to navigate the internet and how to send and receive email. No prerequisites. This course is designed for people with little or no iPad experience. CVCOA can lend you an iPad to use in class. Please call 802-477-1364/CVCOA or our office at 802-728-9324. Classes meet 2 times a week--to begin Aug. 15, from 10 - 11:15 am. Limited to 8 person. Call soon!	10:00 AM To 11:15 AM
Wednesday August 16	<b>DIY Herbal Oils &amp; Salves with Sarah Shaw</b> — Brookfield Old Town Hall, 93 Stone Road, Brookfield, VT-- Oils and salves are fantastic (and simple!) ways to preserve herbs for the inevitable bumps and bruises life brings us. In this workshop, local Clinical Herbalist and herb farmer Sarah Shaw will guide participants in making their own herb-infused oils and salves. Sponsored by the Randolph Area Garden Club. Please RSVP to Nancy Doda to reserve your space and supplies: dodainmiddle@gmail.com!	5:30 PM to 7:00 PM

Friday August 18	<b>Last Mile 2023 - 5K Run and 1- or 2-Mile Walk</b> Friday, August 18, 2023 – Gifford Park, Gifford Medical Center, Randolph VT <a href="https://giffordhealthcare.org/lastmile/">https://giffordhealthcare.org/lastmile/</a> Registration is \$25 per person and includes pizza, snacks, seltzer or water.	Registration on 4:30 p.m. Walk starts at 6:00 pm
Tuesday August 22	<b>SASH Canned Good Bingo</b> — Come to Randolph House and play BINGO bring a canned good or other non-perishable food item. Snacks and Tea provided. TRIVALLEY Bus stops just outside the door!	10:30 AM
Friday August 25	<b>BEET TREATS—Activity Room at Randolph House.</b> Vermont Food Bank will be here and demonstrating a tasty Beet recipe. Free Samples and Free Recipe!	10 AM
Three Per Month	<b>Randolph Area Senior Center Foot-Care Clinic</b> Three times per month. Call (802) 728-9324 for registration and more information.	Call for information

**“Mistakes are the portals of discovery.” James Joyce”**

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**A truck driver phones his boss, "Hey boss, my mirror is broken."**

**The boss says, "Well then Just buy a new one and replace it then."**

**The truck driver answers, "I can't. The truck is laying on it."**