

Mark Your Calendars

November 1 - All Saints Day

November 3 - National Sandwich Day

November 6 - National Nacho Day

November 18 - National Apple Cider Day

November 24 - Thanksgiving

November 27 - First Sunday of Advent

November 28 - National French Toast Day

Safely Cooking Your Thanksgiving Turkey

It's almost turkey time! Lots of people across the country love to cook up a juicy turkey on Thanksgiving day to share with their friends and family. Turkey is a great source of lean protein, B-vitamins, and zinc.

Turkey also contains tryptophan, which is what supposedly makes you sleepy after eating it. However, tryptophan also supports healthy levels of serotonin, which is a hormone that helps keep you happy and alert.

It's important that you and your family take the time to properly cook your turkey on Thanksgiving, as it can prevent the spread of foodborne illnesses.

Here are some safety tips for cooking your turkey:

- *Set the oven temperature to at least 325F.*
- *Be sure to completely thaw your turkey before cooking.*
- *Use a food thermometer to be sure your turkey has reached the desired internal temperature of 165F.*
- *Even if your turkey comes with a pop-up timer, double check the internal temperature with a meat thermometer.*
- *Let the turkey sit for about 20 minutes before removing all of the stuffing and carving the meat.*



Balsamic Roasted Brussel Sprouts

Prep Time: 8 Minutes
Cook Time: 25 Minutes

Ingredients:

- 1 Pound Fresh Brussel Sprouts
- 1.5 Tbsp of Olive Oil
- 3 Tbsp Balsamic Vinegar, Divided
- 2 Cloves of Fresh Garlic, Minced
- 1/2 Tsp Salt
- 1/4 Tsp Pepper

Directions:

1. Preheat the oven to 450F.
2. Clean brussel sprouts in water, trim the ends and cut them in half.
3. In a small bowl, whisk together oil, half the balsamic vinegar, garlic, salt, and pepper.
4. Spread the sprouts out evenly over a foil-lined baking sheet. Drizzle the oil mixture over the sprouts, and toss to evenly coat. Spread back into an even layer.
5. Roast for 20-25 minutes or until the sprouts tender with a crisp outside. Remove from the oven.
6. Drizzle with the remaining vinegar, and sprinkle with salt to taste.



EATING MINDFULLY DURING THE HOLIDAYS

During the holiday season, we have so many opportunities to eat treats and special meals with family. It can be hard to find a balance between keeping ourselves nourished and enjoying our favorite foods.

Mindful eating is the practice of connecting with our food by focusing on the present during eating, by noticing your thoughts, feelings, and sensations. This holiday season, try employing these mindful eating strategies to find that balance:

- ◇ Use all five of your senses while eating: sight, touch, sound, smell, and taste!
- ◇ Eat slowly. Try to see how long you can take to finish your food!
- ◇ Be ware of your hunger cues. How hungry are you before the meal? And after?
- ◇ Eliminate distractions! Enjoy your meal with the company around you, and try to avoid the TV, cell phone, or book.

