Legumes

Who says healthy food has to be expensive? Legumes are one of the cheapest ingredients you can buy and are packed with fiber, protein, iron, potassium, magnesium and other nutrients. Plus, beans, lentils and soybeans lend themselves to a variety of dishes and flavors, making them a tasty addition to any meal!

Nutritionist’s Corner

Did you know that you have a nutritional pharmacy in your kitchen? Every day herbs and spices have healthful properties. Once you read about them, you will want to look for ways to consume them more often. The next 4 Healthy Monday newsletters will highlight a few. Today let's start with one of my favorites: GINGER. Ginger is a powerful anti-inflammatory and immune system booster. It settles an upset stomach and improves digestion. It is commonly used in Asian style cuisine, marinades, and baked goods. One of my favorite uses is to make a ginger tea. Go buy a ginger root. It is available at your local grocery store and much tastier than the powdered ginger. Gently peel off the outer thin skin from the part you plan on using. Keep the skin on the part that you are saving. Slice a 2-inch piece into coin shapes. Boil 1-2 cups of water and add the ginger. Reduce heat to simmer for 15-20 minutes and then strain the ginger root out. Optional: add lemon or a touch of honey to taste. Enjoy! Place the leftover ginger root into a plastic bag and refrigerate. It will stay fresh for continued uses for a couple weeks.

- Dr. Gordon

Trainer’s Corner

Dumbbell Romanian deadlift
5 sets of 10 each

3 sets of 10
Each leg

Quad stretch 30 seconds
each leg