

Kale, Quinoa, and Avocado Salad with Lemon Dijon Vinaigrette

Ingredients:

- 2/3 cup quinoa
- 1 1/3 cups water
- 1 bunch kale, torn into bite-sized pieces
- 1/2 avocado - peeled, pitted, and diced
- 1/2 cup chopped cucumber
- 1/3 cup chopped red bell pepper
- 2 tablespoons chopped red onion
- 1 tablespoon crumbled feta cheese
- Dressing
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 1/2 tablespoons Dijon mustard
- 3/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper



COOK TIME: 0:15 Minutes
PREP: 0:25 Minutes
SERVING SIZE: 4 Servings
CALORIES: 342 cal; 31%
CARBS: 35.4g; 11%
PROTEIN: 8.9 g; 18%
CHOLESTEROL: 2 mg; 1%
SODIUM: 552 mg; 22%

Based on a 2,000 calorie diet - 1 Serving

Directions:

1. Bring the quinoa and 1 1/3 cup water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.
2. Place kale in a steamer basket over 1 inch of boiling water in a saucepan. Cover saucepan with a lid and steam kale until hot, about 45 seconds; transfer to a large plate. Top kale with quinoa, avocado, cucumber, bell pepper, red onion, and feta cheese.
3. Whisk olive oil, lemon juice, Dijon mustard, sea salt, and black pepper together in a bowl until the oil emulsifies into the dressing; pour over the salad.

allrecipes.com/recipe/230050/kale-quinoa-and-avocado-salad-with-lemon-dijon-vinaigrette



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Director's Note

Stacy Lane - JPA Director

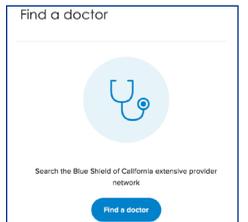
As summer approaches and you are planning your travels, please keep in mind that it is important to know where the nearest contracted providers are located in relation to where you will be staying. While we hope you don't need to use your insurance on vacation, it's important to be prepared! You have coverage throughout the world, although it may be limited in foreign countries. When I travel, I go to my blueshieldca.com account and print out a list of contracted hospital and urgent care facilities close to where I will be traveling. I keep it in my suitcase or give it to our leader, if I am on a tour. I know it sounds silly, but it can save you considerable out-of-network fees when you are faced with the stress of an emergency situation! From your account, you can create a list for any location, both in and out of the United States.

To create your personalized list, go to blueshieldca.com and login to your account. If you do not have an account, simply grab your Blue Shield ID card and follow the instructions on the screen.

Once you are logged into your account, scroll down the page until you find the "Find a Doctor" icon. Click on this icon to begin your search of California-based providers. If you want to search for providers outside of California or the United States, scroll to the bottom of the California page and click on the icon on the left margin that says "Accessing Care Outside CA."

If you need any help with navigating the Blue Shield website, or would like help finding a provider, please feel free to give us a call at 707-445-7126.

Also, please note that on Monday, June 19th, we will move to our summer hours of Monday - Thursday, 7am – 5pm. We will resume our normal Monday – Friday 8am – 5pm school schedule on Monday, August 21st.



MEN'S HEALTH IS IMPORTANT!

Studies have shown that the life expectancy for males is shorter than that of females. This is because the health of men has been ignored for a long time. Most men do not go for checkups and even the few that do are usually persuaded by their spouses. The month of June was put aside to sensitize men to put their health as one of their most important priorities. Most men give the excuse of being busy at work with appointments while fending for their families and therefore they are unable to go for checkups! The early detection of diseases helps in getting early treatment and therefore preventing serious complications that are likely to occur.

The aim of the month of June in men's health is to raise awareness to all males. There are several things that can be done to maintain optimum health for males. This is because the things that are done or not done daily have a big impact on the health of an individual. There are five things that should be done daily to ensure that one is healthy.

- Ensure that one gets the recommended 7-8 hours of sleep. Rest is important for the metabolism in the body.
- Exercise should be done every day and this includes the simple things like walking, aerobics, swimming and dancing. 2-3 hours of exercise per week will help

to make a big difference on health!

- Eat healthy by avoiding all junk foods and instead taking in more vegetables and fruits. It is important to ensure that your food intake is balanced with all nutrients. It is also advisable to drink at least eight glasses of water per day to help in removing the harmful substances from the body.
- Avoid stress by taking part in relaxation activities. This includes playing, meditation, yoga or reading a book. In extreme cases of stress, counseling should be sought.
- Ensure that one goes for regular checkups. This should be done at least once per year and 2-3 times if one is suffering from any chronic illness, including diabetes and hypertension.



<https://www.consumerhealthdigest.com/mens-health/june-the-month-of-mens-health.html>

FRESH FRUIT AND VEGETABLES

June is National Fresh Fruit and Vegetable Month. With the summer growing season kicking into full swing, I can't think of a better time to focus on eating more fresh fruits and veggies. If you're like most Americans who don't eat enough fruits and veggies, this is your reminder to make half your plate fruits and vegetables this month.

Nutrition Facts

Fruits and vegetables are packed with the nutrients our bodies need for healthy growth and development. They provide many important vitamins and minerals as well as dietary fiber. Since most fruits and veggies have a high water content, they also help keep us hydrated. That's why watermelon is so satisfying on a hot day. Eating a healthy diet with lots of fruits and vegetables can help reduce the risk of heart disease, including heart attack and stroke and protect against certain types of cancers.

- Dark-green vegetables are higher in vitamin K
- Red and orange vegetables are higher in vitamin A
- Dried peas and legumes are higher in dietary fiber and protein
- Starchy vegetables are higher in potassium

Vitamins

- Folate helps the body make red blood cells and prevents neural tube defects in unborn babies.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin C helps healing, keeps teeth and gums healthy, and increases iron absorption.
- Vitamin K helps blood clotting and is important for bone health.

Minerals

- Potassium helps to control blood pressure, keep bones stronger, and may also prevent kidney stones.
- Vegetables that are good sources of potassium include sweet potatoes, white potatoes, white beans, tomatoes, beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.
- Fruits that are good sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- Magnesium is involved in over 300 chemical reactions in the body, such as building proteins and bone, conducting nerve and muscle signals, regulating blood pressure and blood sugar, and producing energy from digestion.
- Fruits and vegetables that are good sources of magnesium include spinach, black beans, edamame, avocados, potatoes, kidney beans, bananas, raisins, apples, and carrots.

Dietary Fiber

Fiber helps reduce cholesterol levels and may help prevent heart disease. Fiber is important for digestion and keeps you regular. Eating high fiber foods can help keep you full with fewer calories, which may reduce the risk of obesity and type 2 diabetes. Fruit juice loses the fiber found in whole fruit during processing, which is why eating fruit is better than drinking it.

<http://blogs.ext.vt.edu/eatsmart-movemore>