

FOOD FOR THOUGHT: CONSCIOUS CONNECTION

There are so many ways to take control of your health. Here is a recipe and a health tip to help inspire you!

HEALTHY “FRENCH FRIES”

I make these potatoes weekly for my family and the kids LOVE THEM!

2-3 russet potatoes, peeled (or unpeeled)

Olive oil

Garlic powder

Sea salt

Black pepper

Preheat oven to 425°. Cut peeled potatoes into any desired shape (I like to cut mine into ½” cubes). Place cut potatoes in a large bowl and toss with enough olive oil to coat all the potatoes (about 2 Tbsp). Sprinkle with garlic powder, sea salt and pepper and toss to coat all potatoes evenly.

Pour seasoned potatoes onto a cookie sheet in a single layer. Bake about 15 minutes, open oven door and stir up potatoes so that they cook evenly on all sides. Continue to bake potatoes about 15 more minutes or until they are golden brown, crunchy on the outside and soft on the inside. Enjoy!



10 Keys to Happiness by Deepak Chopra!

As I was waiting for an appointment, I happen to glance over at a framed poster which was titled, “10 Keys to Happiness by Deepak Chopra”. As usual, I am always looking for inspiration and so I continued to read the poster. Each of the 10 keys resonated with me and I have picked one (#4) to share with you so that you might consider how its meaning might apply to you. Have a great week!

“Relinquish your need for external approval. You alone are the judge of your worth, and your goal is to discover infinite worth in yourself, no matter what anyone else thinks. There is great freedom in this realization.”

