

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!

EASY GRILLED VEGETABLES

I always forget how easy these are to make and how much everyone enjoys them!

2 Zucchini, medium size
8 Asparagus spears, medium thickness
1 Portabella mushroom
1 Red pepper
1 Vidalia Onion

Olive oil
Balsamic vinegar
Sea salt & pepper
1 Tbsp fresh thyme leaves

Place a vegetable grilling tray on the grill racks. Preheat the grill to medium-high heat. Slice all vegetables, except asparagus, into approximately ½” strips and place on a cookie sheet. Drizzle with enough olive oil to coat every vegetable slice when tossed, approximately 2 Tbsp, drizzle with the ½ Tbsp balsamic vinegar & toss again, season with salt & pepper. Grill, in a single layer, on grilling tray, turning each when light brown on one side. Be careful not to over cook vegetables as they will continue to cook once off the grill. Place grilled vegetables on a pretty platter & sprinkle thyme leaves.



DR. SEUSS HAS IT RIGHT!

I watched the movie, *The Lorax*, with my daughter last night and my favorite part was Dr. Seuss' quote at the end of the movie. The more I thought about that quote, the more I realized that one can apply these words to all areas of their life. AND of course I wanted to share it with you! 😊

“UNLESS someone like you cares an awful lot, nothing is going to get better. It's not.”

When you think about the changes you would like to see in the world, in your life, in your state of health and well-being and in your relationships with others, the only person who has the power to make those changes is YOU!

I encourage you to discover what you want to see “get better” and then “care” enough to make the necessary changes happen.

