

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!

SPAGHETTI SQUASH

(Try substituting Spaghetti squash for the pasta in any of your favorite recipes!)

- | | |
|--|-----------------------------|
| 1 Spaghetti squash, halved lengthwise & seeded | 1 ½ Cups tomatoes, chopped |
| 2 Tbsp olive oil | ¾ Cup feta cheese, crumbled |
| 1 Onion, chopped | 3 Tbsp sliced black olives |
| 1 Clove garlic, minced | 2 Tbsp fresh basil, chopped |

Preheat oven to 350°. Lightly grease a baking sheet. Place spaghetti squash cut side down on prepared baking sheet and bake until a sharp knife can be inserted with only a little resistance, about 30 minutes. Remove squash from oven and place on a plate to cool until it can be easily handled.

While squash is cooling, heat oil in skillet over medium heat. Sauté onion until tender. Add garlic and sauté 1 minute. Stir in tomatoes and cook until tomatoes are warm. Use a large spoon to scoop the stringy pulp from the squash and place pulp in a medium size bowl. Toss sautéed vegetables, feta cheese, olives and basil with the squash. Serve warm. Enjoy!



HYDRATION, HYDRATION, HYDRATION!

Have you ever been so absorbed in your day, whether you are working on a project or doing errands, that you are shocked at how quickly time flies by. There never seems to be enough time in the day. I will usually notice when I feel hungry or when I have to use the restroom, but there are many times when the clock will say 1:00 p.m. and I will realize that I haven't had a sip of water since 8:00 a.m.!!

Ideally, we recommend that you aim to drink enough water to equal ½ your body weight (in ounces). Being well hydrated will allow your body to function properly, help eliminate muscles cramps, reduce joint pain, increase energy, improve digestion and the elimination of toxins and improve mental clarity.

Now I'll drink to that!

