

Sutter Wellness



Upcoming Events & Activities May 2012

- **Sutter Wellness Walking Club**
Every Saturday, 8am - Sutter Bike Path
Join Sutter wellness for a brisk 1 hour walk along the Sutter Bike Path beginning at Royo Ranchero Drive. Family, friends and pets are welcome!
- **Brown Bag Lunch Series: Money Smarts**
Tuesday, May 15th, 2012, 12pm -1pm -- Health Department Auditorium
Presented by; Rich Berg, Nationwide Insurance. Are you concerned about how your finances will look when you retire? If so, join us for an informative talk about deferred comp and strategies for approaching retirement. It is never too late to begin investing for your future! Email Ericka at elansdon@co.sutter.ca.us to register.
- **Community Celebration**
Friday May 18th 5pm -7pm—Gauche Aquatic Park
Bring your family to a fun filled evening of learning activities, games and the famous John Carter in celebration of a healthy, tobacco free community.
- **Hiking Club Event – Alcatraz Island Hike**
Saturday, May 19th, 10 am – Alcatraz Cruises, San Francisco
Join us for an beautiful hike around historical Alcatraz Island, Ferry fees will be paid by Sutter Wellness for the first 10 employees who register. To register contact Ericka at elansdon@co.sutter.ca.us.
- **Bike to Work Month/Day**
May is Bike to Work Month & Thursday, May 17th is Bike to work Day
Leave your car at home and do yourself and the community a favor by riding your bike. Register for Bike month and log your miles for Sutter County at www.mayisbikemonth.com
 - Energizer stations (refreshing beverages and snacks provided) will be available from 7:00 am – 8:30 am on the following dates:
 - May 15 – Levee Bike Path at 5th Street Bridge
 - May 16 – Town Square, Plumas St.
 - May 17 – Corner of Civic Center Blvd. and Poole Blvd. near City Hall
 - May 17th, Bike to Work Day. Sutter Wellness, along with City of Yuba City will be hosting a Bike Carnival and fun bike activities for all those who participate.

For more information or to RSVP to any of these events please contact Ericka Lansdon at elansdon@co.sutter.ca.us or call 822-5939.

SEASONAL VEGETABLE SPINACH



Eating and preparing spinach is simple and easy, since it tastes good raw or cooked. Spinach can be found fresh, frozen, or canned; it can be easily incorporated into many dishes. Its versatility makes it easy to serve raw in salads or sandwiches or as a complement to soups, meat, fish, or other vegetable dishes.

Fresh spinach is usually found loose or bagged. For the best quality, select leaves that are green and crisp, with a nice fresh fragrance. Avoid leaves that are limp, damaged, or spotted. Wash thoroughly before preparing. If you are in a rush, grab a bag of fresh, pre-washed spinach. The ready-to-eat packaging makes it easy to be on the go and still stay healthy.

Fresh spinach should be dried and packed loosely in a cellophane or plastic bag and stored in the refrigerator crisper. If stored properly, it should last 3 or 4 days.

<http://www.fruitsandveggiesmatter.gov/month/spinach.html>

SEASONAL RECIPE SPINACH & CHICKPEA SALAD



Nutritional Information:

Servings per recipe = 12,
(½ cup)

Per serving:

Calories - 120
Total Fat – 4 g
Sat fat – 3 g
Protein - 4
Fiber- 6
Sodium- 260 mg

INGREDIENTS

- 2 pounds baby spinach
- 3 tsp extra-virgin olive oil, divided
- 1 medium red onion, finely chopped
- 5 cloves garlic, minced
- 1 19-ounce can chickpeas, rinsed
- 1 1/2 tsp dried thyme
- 1 1/2 tsp dried oregano
- 1 1/2 teaspoons ground cumin
- 1 tsp kosher salt
- 1/2 tsp hot paprika
- 1/2 cup golden raisins
- 1/2 cup reduced-sodium chicken broth, or vegetable broth

DIRECTIONS

1. Rinse spinach and let drain in a colander. With water still clinging to it, place half the spinach in a Dutch oven over medium heat. Cook, tossing with tongs until wilted, 6 to 8 minutes. Drain in the colander. Let cool slightly, and then coarsely chop.
2. Heat 1 tablespoon oil over medium heat. Add onion and garlic and cook, stirring, until the onion is tender and lightly browned, 8 to 10 minutes. Stir in chickpeas, thyme, oregano, cumin, salt and paprika.
3. Using a potato masher, mash some of the chickpeas, then cook, stirring, for 3 minutes. Stir in raisins and broth, scraping up any browned bits. Add the chopped spinach and stir gently to combine.
4. Remove from the heat and let stand 10 minutes. Drizzle with the remaining 2 tablespoons oil just before serving.